

Make It Happen

Leave a Message

Select a piece of media that you like (such as a TV show, a song, a magazine, a movie, a website, etc.) Analyze it by answering the following questions.



Your Name:

Date:

Name of Media Piece Selected:

Example: Riverdale season 1

Type of Media:

Example: TV show, song, magazine, etc.)

1. What health behaviors does the piece portray?
2. What messages does the piece give about those behaviors?
3. How does the piece deliver those messages? For example, does it use certain images?
4. Do these messages match with what is popular or socially acceptable for you or the culture you identify with?
5. Which strategies do you think you can use to resist messages that are not acceptable to you?

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