

Name: _____

TV Unplugged

When we watch television or read magazines or newspapers, it is important to be able to look at them critically in order to understand the messages that they are trying to give us.

Choose a fictional television show (e.g., sitcom) that you like. As you watch it, answer the questions listed below. You may want to watch the show more than once.

1. Name of show:
2. Does the female character(s) portray any stereotypes about food choices, or body shape and size (e.g., thin, attractive girl is popular)? If yes, describe.
3. Does the male character(s) portray any stereotypes about food choices, or body shape and size (e.g., heavy boy eats lots of high fat foods)? If yes, describe.
4. What message(s) about food choices, body image, body shape/size or the standard of beauty are reflected by the character(s) (e.g., words, actions).
5. How do you feel about the messages of body image, body shape/size or the standard of beauty reflected by the character(s)?
6. Do the characters in the show reflect individuals in real life? Describe.

