

# Media Madness

**I**t's fun to visit new worlds in movies and video games. But just as the food we eat affects our health, the media we consume can impact our thoughts and actions.

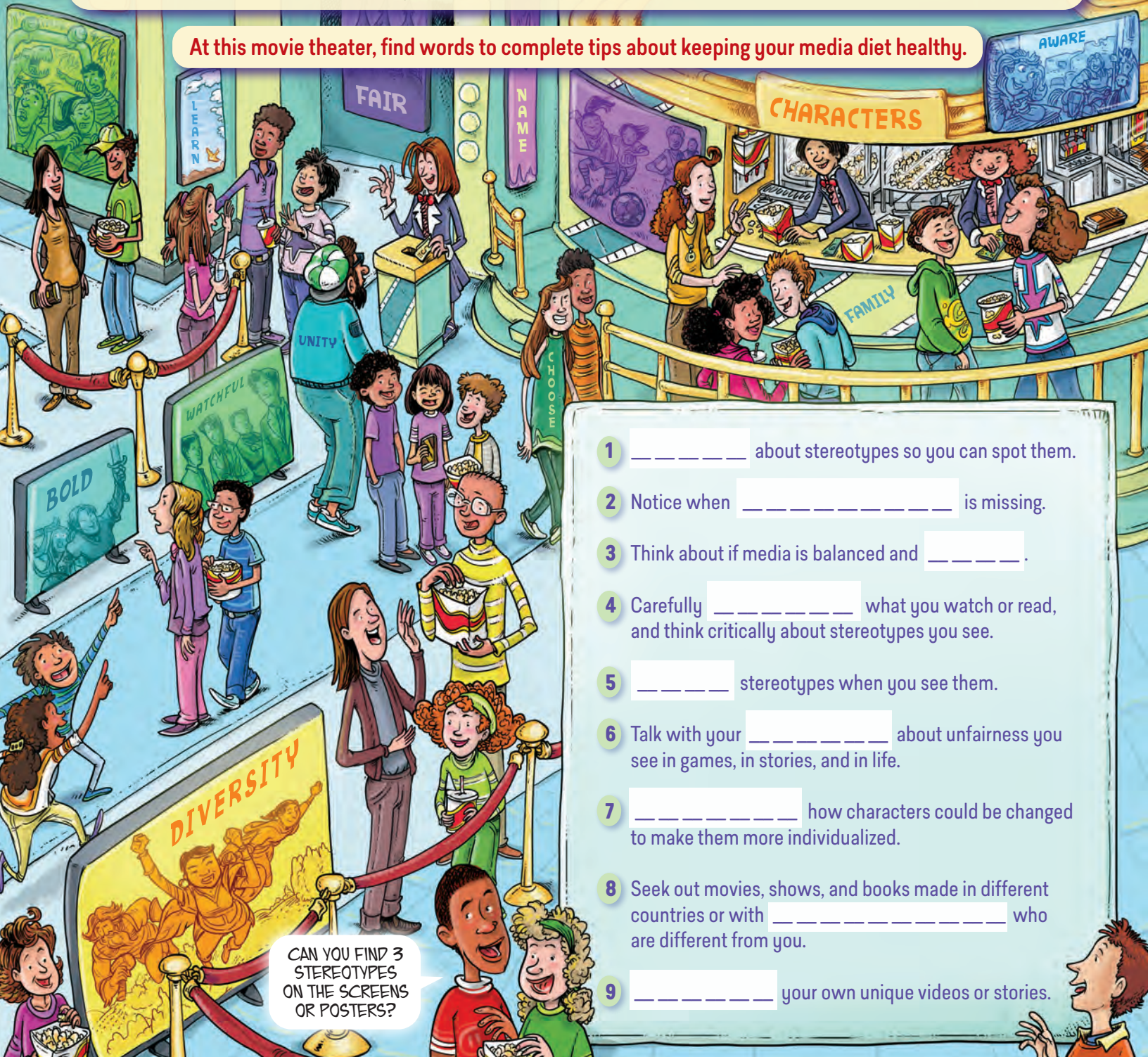
Media is full of **stereotypes**—unfair ideas that assume everyone in a group is the same. You can see this in movies when all the heroes are white, and any people of color

have smaller roles. Or when only boys and men save the day, while girls and women have to be rescued.

Like eating junk food, taking in stereotypes is harmful. We may start to expect white people to always be in charge or girls to be weak and helpless. Not cool!

To protect your brain from stereotypes, feed it carefully. You can be smart about media and help *stop* the madness!

At this movie theater, find words to complete tips about keeping your media diet healthy.



- 1 \_\_\_\_\_ about stereotypes so you can spot them.
- 2 Notice when \_\_\_\_\_ is missing.
- 3 Think about if media is balanced and \_\_\_\_\_.
- 4 Carefully \_\_\_\_\_ what you watch or read, and think critically about stereotypes you see.
- 5 \_\_\_\_\_ stereotypes when you see them.
- 6 Talk with your \_\_\_\_\_ about unfairness you see in games, in stories, and in life.
- 7 \_\_\_\_\_ how characters could be changed to make them more individualized.
- 8 Seek out movies, shows, and books made in different countries or with \_\_\_\_\_ who are different from you.
- 9 \_\_\_\_\_ your own unique videos or stories.