The Media vs. Reality

In part one of this activity pupils will be examining the way images in the media make them feel. Then in part two pupils will explore the ways images can be manipulated and edited.

**Objective:** Pupils will begin developing the self-reflective skills they need to make objective judgements about the images shown in the media.

**Materials:**

* Printed worksheets (pupils will be in groups of four and will share worksheets)
* Pens

**Total Time 50 minutes**

**Part One** (20 minutes)

* Split the class into groups of four and give each group a set of the worksheets.  
  *Try to make sure each group is mixed gender.*
* Ask pupils to look through the images in Group 1 and discuss as a group how the images make them feel. Then write down words relevant to their feelings underneath each image.
* Discuss the images in Group 1 as a class and ask each group to present what they wrote down for one of the images.

**Part Two** (20 minutes)

* In the same groups, ask pupils to look through the images in Group 2 then discuss and write down changes that have been made to the person.   
    
  *Tell pupils that there is nothing wrong with the unedited pictures- they are normal! The purpose of this activity is not to encourage body shaming, it is simply to show the difference between what we see in the media versus the reality.*
* Discuss the images in Group 2 as a class and ask each group to present what they wrote down for one of the images.

**Part Three** – Reflection (10 minutes)

* Ask the class to reflect back on their group discussions think about why it is important to be a critical viewer of social and media messages.

# The Media vs. Reality Worksheet

## Images – Group 1

Image 1a

A person standing in front of water

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Image 1b

A picture containing road, outdoor, person, woman

Description automatically generated

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Image 1c

A picture containing indoor, wall

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Image 1d

A person taking a selfie

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Image 1e

A picture containing road

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Image 1f

A person sitting at a table

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Image 1g

A group of people that are standing in the water

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## Images – Group 2

Image 2a

A person posing for a picture

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Image 2b

A picture containing person, indoor, wall, red

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Image 2c

A close up of a person looking at the camera

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Image 2d

A group of people posing for the camera

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Image 2e

A close up of a person

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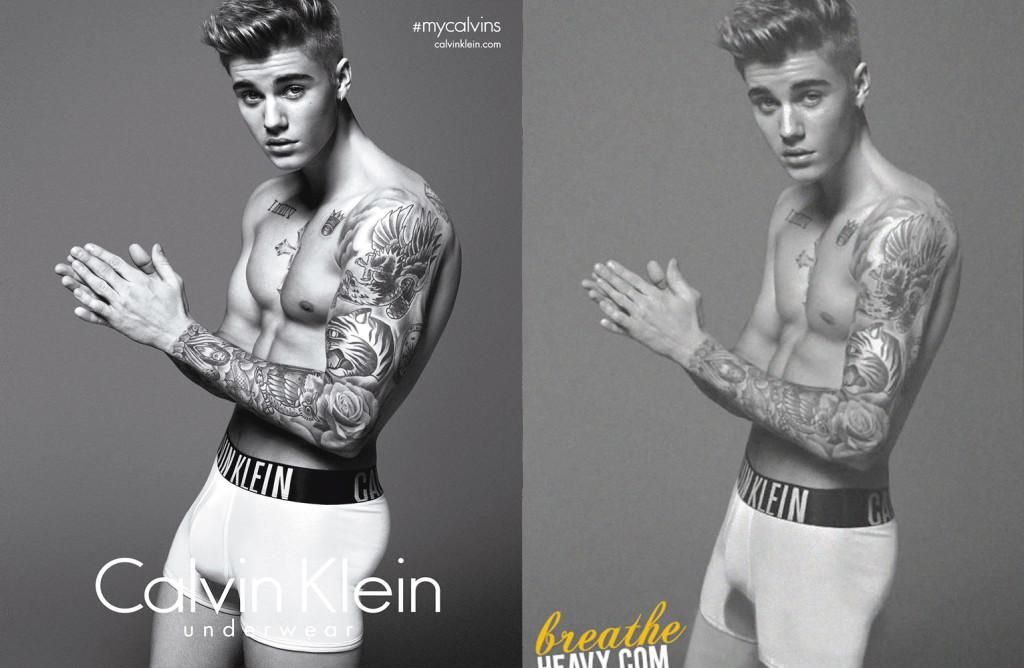
Image 2f

A person standing on a beach posing for the camera

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Image 2g



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