

MATES Junior Activity Resource Guide

Goal: **Broadened Worldview**

**Activity Type: Individual
or small group**
Relationship Stage: Any

Activity Name:

"Who's in the media?"

Objective:

To explore how the media presents stereotypes and diversity

Preparation Time:

None

Activity Duration:

40 mins – 1 hour

Required Material:

- Magazines which can be cut up (minimum of 5-6 magazines, check there are plenty of images of people inside)
- Scissors
- Paper
- Pens/markers

Instructions:

- Cut paper into 5-6 slips, and on each one write a theme for mentees to look for in the magazines (e.g., people playing sports, people at work, people smiling/looking happy). Spread these slips on a desk or table.
- Instruct mentees to go through the magazines and cut out anyone who fits into the themes and put them underneath the slip with that theme on it.
- Once all the magazines have been cut up, go through the pictures associated with each theme. Discuss who is presented in the pictures, thinking about stereotypes and diversity. Possible discussion questions include:
 - What ethnicity is most/least common?
 - How old are people in the pictures? Are there young people? Elderly people?
 - What body types are presented? Tall, short, thin, heavy?
 - How are men and women portrayed? Similar or different?
 - Are there any images of people with physical or intellectual disabilities?
 - Is anyone wearing clothing or symbols associated with religion? (e.g., turban, hijab, bindi, cross)
 - Do mentees see people in magazines who look like them? Is this common or unusual? How does it make them feel?