

MEDIA & IMAGINATION

VIDEO #1 _____

- a) What you think is positive or negative about the video?
- b) Is there anything sexual about the video?
- c) How are women portrayed?
- d) Is the video good for self-esteem?

VIDEO #2 _____

- a) What you think is positive or negative about the video?
- b) Is there anything sexual about the video?
- c) How are women portrayed?
- d) Is the video good for self-esteem?

VIDEO #3 _____

- a) What you think is positive or negative about the video?
- b) Is there anything sexual about the video?
- c) How are women portrayed?
- d) Is the video good for self-esteem?

VIDEO #4 _____

- a)** What you think is positive or negative about the video?
- b)** Is there anything sexual about the video?
- c)** How are women portrayed?
- d)** Is the video good for self-esteem?

VIDEO #5 _____

- a)** What you think is positive or negative about the video?
- b)** Is there anything sexual about the video?
- c)** How are women portrayed?
- d)** Is the video good for self-esteem?

VIDEO #6 _____

- a)** What you think is positive or negative about the video?
- b)** Is there anything sexual about the video?
- c)** How are women portrayed?
- d)** Is the video good for self-esteem?

VIDEO #7 _____

- a)** What you think is positive or negative about the video?
- b)** Is there anything sexual about the video?
- c)** How are women portrayed?
- d)** Is the video good for self-esteem?

ASSERTING MY RIGHTS

As a young woman, I have the right:

- ➡ To look people in the eye when I talk to them.
- ➡ To express my own feelings, beliefs, and opinions.
- ➡ To speak up if I feel like I am being mistreated.
- ➡ To ask for help or emotional support.
- ➡ To make mistakes.
- ➡ To defend myself if others try to hurt me physically or emotionally.
- ➡ To say no to peer pressure.
- ➡ To take a stand against racism, sexism, and oppression in all forms.
- ➡ _____
- ➡ _____
- ➡ _____

KEEPING A FOOD DIARY

WEEK OF: _____



MONDAY:

Breakfast:

Lunch:

Dinner:

Snacks:

TUESDAY:

Breakfast:

Lunch:

Dinner:

Snacks:

WEDNESDAY

Breakfast:

Lunch:

Dinner:

Snacks:

THURSDAY

Breakfast:

Lunch:

Dinner:

Snacks:

FRIDAY

Breakfast:

Lunch:

Dinner:

Snacks: