

## **Wanna be on top? Sexism and Media's Next Top Ideas on How Women and Men 'Should' Act**

What I Need: TV, video, flip chart paper, markers, ANTM photos,

Hand outs: 20 ways to transform rape culture, 2 articles on ANTM VAW, crisis line handys,

### **Workshop Outline**

1. Intro: 5 mins
  - Me as facilitator
  - Trcc/mwar
  - Workshop topic
  
2. Goals of the workshop 5 mins
  - To learn definitions of sexual violence
  - To analyze media and how it portrays sexual violence, women and men
  - To intersect ideas about race and sexism to analyzing media
  - To learn creative ways to resist these inaccurate portrayals and labels
  
3. Safe Space: 5 mins
  - What are guidelines you would like to see in this space to have a good time here and feel safe to express your ideas/opinions, etc?
  - Confidentiality
  - One person talking at a time
  - Right to pass
  - Right to leave
  - Take care of your needs
  - Respect and anti-oppression expression
  
4. Check in: 10 mins
  - Your name, something you want to learn today and
  - What do you think about reality tv shows in general?
  
5. Ice breaker game 10 mins: The wind blows
  - The wind blows for anyone who watches TV
  - The wind blows for anyone who likes music videos
  - The wind blows for anyone who know who Tila Tequila is
  - The wind blows for watches ANTM
  - The wind blows for anyone who has an email address
  - The wind blows for anyone who has access to a computer
  
6. Discussion 20 mins:

What is sexual violence? How does sexual violence happen?

- Definitions of sexual violence – making links to spectrum of sexual violence
- How we look at rape in society – the myths and facts around rape
- What is rape and sexual violence really about: Consent, Power

6. CLIP – America’s Next Top Model - 15mins

7. Small groups/Pairs: the links to the media portrayal of sexual violence
- How does the media portray: women? Violence? and sexual violence specifically?
  - What is the message the media wants us to know about women and sexual violence through its portrayals?

7. Clip and group discussion: 15 mins

Music video –

Masculine and Feminine Box – 5 “characteristics” of what we see as M or F....

- Masculine is seen as strong, powerful, logical
- Feminine is seen as weak, powerless, emotional
- Whiteness, richness, Christianity, no disabilities, straight

What is the link from masculine and feminine identities to media and sexual violence (portrayals and occurrences)?

7. Exercise: Media I want to see
- Group can make a group collage about resisting media images
  - Can be like a poster or collage...
  - Can be a visual manifesto
  - Culture jamming and recreating “everyday” images
7. Check out – 5 mins
- How do I resist media images and combat what we think about women and sexual violence on TV?