

Empowering Girls: Media Literacy Resources

With the help of the adults in their lives, girls and boys can gain media literacy skills, can learn to resist the message that how girls look is what matters, and can learn how to advocate for themselves. Here are some resources that can help.

Girls get this message repeatedly: What matters is how “hot” they look. It plays on TV and across the Internet. You hear it in song lyrics and music videos. You see it in movies, electronic games, and clothing stores. It’s a powerful message. As parents, you are powerful too. You can teach girls to value themselves for who they are, rather than how they look. You can teach boys to value girls as friends, sisters, and girlfriends, rather than as sexual objects. And you can advocate for change with manufacturers and media producers. The following list of resources can help. See www.apa.org/pi/wpo/sexualization.html for more information, including APA’s Report of the Task Force on the Sexualization of Girls.

This list of resources was provided to APA’s Council of Representatives with the Report of the Task Force on the Sexualization of Girls and has been filed with APA. This means that the list of resources has not been adopted as a policy of APA nor has APA endorsed each of the resources cited. This list of resources is provided only for information and reference purposes.

About-Face, www.about-face.org

ACT--Alliance for Children and Television, www.act-aet.tv/

American Academy of Pediatrics Safety Net *, <http://safetynet.aap.org/>

Advocates for Youth, www.advocatesforyouth.org

Beacon Street Girls, www.beaconstreetgirls.com/

Center for Media Literacy, www.medialit.org/focus/ster1_articles.html

Dads and Daughters, www.dadsanddaughters.org

Geena Davis Institute on Gender in Media *, <http://www.thegeenadavisinstitute.org/>

Girl Scouts of America, www.girlscouts.org

Girls Inc., www.girlsinc.org/

Girls Inc. Media Literacy, www.girlsinc.org/ic/page.php?id=1.2.3

Jean Kilbourne Resources for Change *, <http://www.jeankilbourne.com/resources/Resources2007.pdf>

Just Think *, www.justthink.org

Girls, Women + Media Project, www.mediaandwomen.org/resources.html

Hardy Girls Healthy Women, www.hardygirlshealthywomen.org/

Mainly Girls, www.midcoast.com/%7emegirls/

Media Awareness Network, www.media-awareness.ca/

Media Literacy Clearinghouse, www.frankwbaker.com/

medialiteracy.com, www.medialiteracy.com/

Mediawise, www.mediafamily.org/

New Moon Magazine, www.newmooncatalog.com/store/departments.asp?dept=7

Our Bodies, Ourselves *, <http://www.ourbodiesourselves.org/book/links.asp?topicID=59>

See Jane/Improving Gender Portrayals in Children’s Media, www.seejane.org

Teen Voices/Women’s Express, www.teenvoices.com/tvhome.html

Third Wave Foundation, www.thirdwavefoundation.org/

uniquely Me! The Girl Scouts/ Dove Self-Esteem Program,

www.girlscouts.org/program/program_opportunities/leadershipuniquelyme.asp

Words Can Work, www.wordscanwork.com

Information taken from <http://www.apa.org/pi/wpo/sexualizationres.html>

* Not listed on APA Web site