



CLASSROOM BASED MEDIA LITERACY

For School Aged Children

What is Media Literacy?

Media literacy helps build skills in analyzing media and the role of media in societal appearance ideals.

Classroom-based media literacy strategies are aligned to the Ontario curriculum and co-developed by Ontario educators.

Why Media Literacy ?

The goal of media literacy is to prevent the onset of disordered eating.

Media literacy helps protect children and youth from the pressure to conform to appearance ideals through critical thinking about media content.

Media literacy helps decrease the influence of media by improving self-esteem and decreasing internalization of appearance ideals.

(Chua et al., 2020; Schwartz et al., 2019).

Topics/Activities will include:

- Peer influences and social comparisons
- Motivations of media
- Lack of realism in media
- Critical analysis of media messages
- Risks of pursuing appearance ideals
- Critical analysis of appearance ideals
- Empowerment

