Pick a movie to watch this week.

As you watch your movie, pay attention to how certain groups of people are represented in that movie.

If you are choosing an animated movie, look at the way that characters are made to fit into stereotypes.

The movie that I chose:

Who were the non-white characters in the movie?

What are some of the ways that character was depicted that fed racial stereotypes?

How many women were in the movie? How many women of color?

Were any of these women independent of a romantic relationship?

Were they depicted as leaders?

Did the women have conversations with other women? What were they about?

Were there any LGBTQ++ characters?

How were they portrayed?

Media representation is a huge part of how we see the world. The stuff that we consume makes a difference in our opinions on things. Between television, movies, and advertisements we get so many different ideas about how we should treat people.

If you have seen 'Hamilton', many of the characters who were historically white are played by Black individuals. What do you think having Black actors and actresses in lead rolls does for younger children who are potentially interested in pursuing a career on stage and screen? What message do you think that it sends?

If you are an artist in any way, please think of the ways that you are depicting people of color in your work. If you are not doing that at all, why?

If you are just a consumer, please pay attention to the ways that the media you consume depicts people of color.