https://www.youtube.com

TrueView

The Whole Picture

SIGN IN

The Whole Picture

1,360,551 views

StartStrongTV

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SUSBSCRIBE 12M

Visual media, including shows, movies, music videos and even Youtube videos, affect us. It is important to be a crucial viewer since visual media can have an influence on the health of our relationships. Take these steps to help you discover if the visual media you watch portray health or unhealthy characteristics.

Step 1 Find a video

SELECT a video that you enjoy. Watch the video and get a feel for main themes and behaviors of the people in it.

Step 2 Determine if the video has a relationship theme

DECIDE if the video has a relationship theme, such as 2 or more people with an emotional or physical connection. Are these characteristics healthy or unhealthy?

Step 3 Score the video

WATCH the video carefully while using the True View scoring tool. Assign a score for each healthy or unhealthy "view." (A score of 0 means that element is not present, 5 means a high level of that element present)

Step 4 Total your numbers

ADD up the scores in both the unhealthy and healthy section. The totals indicate how many unhealthy and healthy "view's are in the video.

Step 5 Replay, Dislike or Share

Based on your scores, choose one of the three choices in the video screen:

CIRCLE SHARE if you think the overall message about relationships is something you admire/would like to share with others.

CIRCLE DISLIKE if you think the overall message celebrates or glorifies unhealthy relationships.

CIRCLE REPLAY if you are unsure of the overall message conveyed about the relationship. If you circle this choice, you may want to view the video again alone or with another person who might be able to help you evaluate it. [Use this tool whenever you want to find out the relationship views of a video.]

Up next

AUTOPLAY

0-5

Wow! This video shows one or both partners doing a lot of making up/breaking up, yelling, destroying property, etc.
Drama
1.9M views · 22 hours ago

Wild! This video shows one or both partners constantly calling, checking on, stalking, or trying to control the other person, etc.
Possession
1.9M views · 22 hours ago

No way!This video shows one or both partners flirting with other people, cheating, touching inappropriately, ogling, etc.
Disrespect
1.9M views · 22 hours ago

Uh-uh! This video takes place mostly in the bedroom, shows one or both partners with very few clothes, focuses primarily on the physical parts of the relationship, etc.
Relationship = Sex
1.9M views · 22 hours ago

Whoa! This video shows one partner buying/giving g ifts to get what they want, using alcohol to get sex, gaslighting, etc.
Manipulation
1.9M views · 22 hours ago

0-5

Aww! This video shows both partners laughing, smiling, doing activities together, etc.
Fun/Enjoyable
1.9M views · 22 hours ago

Nice! This video shows both partners comforting each other, watching/praising eachother as they try something new, etc.
Support
1.9M views · 22 hours ago

Yup! This video shows both partners talking and listening to each other, helping one another, etc.
Respect
1.9M views · 22 hours ago

Great! This video shows both partners making decisions together, sharing decision-making around sex and other parts of their relationship, etc.
Equality
1.9M views · 22 hours ago

Good! This video shows both partners sharing secrets, hanging out with friends without the other being jealous, etc.
Trust
1.9M views · 22 hours ago