

# THE REEL BINARY

## STEP ONE: FIND A TV SHOW OR MOVIE

Pick a TV show or movie you enjoy. Begin by watching the program and selecting a couple or two of your favorite male and female identified characters. Focus on them for the duration of the movie or show.

## STEP TWO: SCORE THE CHARACTERS

Watch the program carefully, looking for behaviors that give you information about the character(s) personality. Look at the Reel Binary scoring tool to the left. For each feminine or masculine "norm" that is present in the program, assign a score. A score of "1" indicates a low level of that behavior while a score of "5" indicates a very high level of that behavior for that character.

## STEP THREE: TOTAL YOUR NUMBERS

Add up the scores for each character in the feminine and masculine "norms" sections. These totals indicate the gender "norms" demonstrated within the film or show.

## STEP FOUR: ASK YOURSELF

- How does the character(s) demonstrate a positive or healthy image for men or women?
- Whose behavior had the most influence on the relationship?
- How do you perceive the character when they don't fit the norm of how a man or woman should behave?

## WAYS NORMS MAY BE PRESENTED

**Clothing:** Wears clothing that is revealing or made to accentuate certain body parts. **Emotional:** Not able to keep their composure loses temper or cries. **Flirty:** Uses flirting (verbal or non verbal) as a way to manipulate others. **Gossips:** Talks about others, spreads rumors or slander others. **Insults:** Makes comments to put down others. **Intimidation:** Uses money or physical strength in order to exert power. **Nags:** Frequently complains worries, finds faults in others or urges them to do things. **Rebellious:** Goes against status quo or what an authoritative figure (ex. parent or boss) says. **Sex:** Sex on the mind, talks about sex or sexualizes others. **Toughness:** Has an ego, or exhibits a sense of pride that prevents them from acknowledging mistakes or seeking help.

## WARNING

Behaviors described below are NOT the belief of the creator of the tool, BPHC or OWV on how men and women are or should be. The descriptions are used to bring awareness to the portrayal of men and women in media.

## THE GENDER BOX

The media we consume can reinforce sometimes harmful societal norms. The characters we see on the screen can become the unspoken rule for how men and women should behave, which can impact our perceptions of ourselves and others. This makes it especially important to be a critical viewer. Use this tool to help you discover if the show or movie you watch is portraying men and women through a stereotypical lens. Get comfortable, get online, and get the "reel" picture. Whether it's a new show or an old favorite, rate the character as if you are watching them for the first time.

MOVIE OR TV SHOW TITLE:	CHARACTER 1:		CHARACTER 2:	
	PRESENT (X)	INTENSITY (1-5)	PRESENT (X)	INTENSITY (1-5)
<b>MASCULINE NORMS</b>				
INSULTS				
INTIMIDATION				
REBELLIOUS				
SEX				
TOUGHNESS				
<b>TOTAL MASCULINE</b>				
<b>FEMININE NORMS</b>				
CLOTHING				
EMOTIONAL				
FLIRTY				
GOSSIPS				
NAGS				
<b>TOTAL FEMININE</b>				