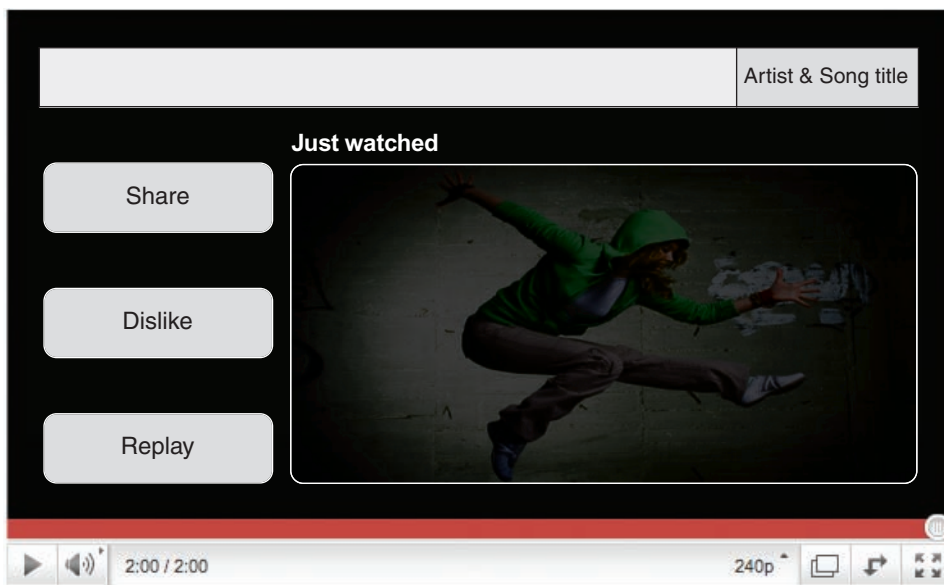


The Whole Picture

The songs we listen to affect us. The songs we listen to and watch may have an even greater impact. Since music videos can have an influence on our health and the health of our relationships, it is especially important to be a critical viewer.

Take these steps to help you discover if the music videos you watch are portraying healthy or unhealthy relationships. Get comfortable, get online, and get the whole picture.



Unhealthy Views		0-5
Drama	Wow! This video shows one or both partners doing a lot of making up/breaking up, yelling, destroying property, etc.	<input type="checkbox"/>
Possession	Crazy! This video shows one or both partners constantly calling, checking on, thinking about, or trying to control the other person, etc.	<input type="checkbox"/>
Disrespect	No way! This video shows one or both partners flirting with other people, cheating, touching inappropriately, ogling, etc.	<input type="checkbox"/>
Relationship = sex	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.	<input type="checkbox"/>
Manipulation	Whoa! This video shows one partner buying/giving gifts in order to get what he/she wants, using alcohol to get sex, etc.	<input type="checkbox"/>
Total Unhealthy Views		<input type="checkbox"/>
Healthy Views		0-5
Fun/Enjoyable	Awww! This video shows both partners laughing, smiling, doing activities together, etc.	<input type="checkbox"/>
Support	This video shows both partners comforting each other, watching/praising each other as they try something new, etc.	<input type="checkbox"/>
Respect	Yup! This video shows both partners talking and listening to each other, helping one another, etc.	<input type="checkbox"/>
Equality	Great! This video shows both partners making decisions together, sharing decision-making around sex, etc.	<input type="checkbox"/>
Trust	Wow! This video shows both partners sharing secrets, looking each other directly in the eyes, hanging out with other friends, etc.	<input type="checkbox"/>
Total Healthy Views		<input type="checkbox"/>

Directions

Step One: Find a music video

Select a music video of a song you enjoy. Watch the video on YouTube, iTunes, or TV. Begin with just getting a feel for the main themes of the images and behaviors of the people in the video.

Step Two: Determine if the music video has a relationship theme

Decide if the music video has a relationship theme. Look for two or more people with an emotional or physical connection. This connection should support or celebrate the healthy or unhealthy characteristics of the relationship.

Step Three: Score the music video

Watch the music video carefully, looking for images that give you information about the relationship. You may need to watch it more than once.

Look at the TrueView scoring tool to the left. For each healthy or unhealthy "view" that is present in the music video, assign a score. A score of **0** indicates that there is none of that relationship element present while a score of **5** indicates a very high level of that relationship element.

Step Four: Total your numbers

Add up the scores in both the unhealthy and healthy comment sections. These totals indicate the unhealthy and healthy relationship "views" contained in the music video.

Step Five: 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 and 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 music video.