

4 Media and I (Part - 2)



Life is meant to be lived, not flaunted.

Objectives

1. Students should be able to express what social media is in their own words.
2. Explain the effects of social media in own words.
3. Recognize / identify the effects of social media on their own life.
4. Explain the causes of disrespect towards women and suggest solutions.
5. Know about the options for seeking help against abuse.
6. Develop the ability to analyze their behaviour towards an individual of the opposite sex and manage to bring about changes if required.
7. Conclude that healthy individuals who are focused on their goal are able to make more progress than those who are addicted to a substance or social media.

We have already seen that many a times disrespect and a feeling of inferiority towards women is generated in our minds due to advertisements, cinema and TV serials. Let's now try to understand some other dimensions of this.

Let's find out

- Advertisements of oil, masala / spices, washing powder where a man is shown cooking or washing clothes.
- Movies wherein the heroine is seen saving the hero's life or is defeating him.
- Advertisements of child care products where the man is seen taking the responsibility of looking after the child.
- Movies where the heroine is much older than the hero in age.
- Advertisements where a woman is shown riding a motorcycle or driving a car.



- Advertisements where a woman is shown performing a courageous act.



Give the students a week's time to find advertisements of each of the above mentioned types. Ask them how many advertisements of each type did they find ?

Was it difficult to search for the advertisements? Why? What have they realized from this activity?

Is it not possible or easy for women to drive vehicles or perform courageous acts? Is cooking, looking after children, or washing clothes meant only for women?

What message is conveyed through the following?

1. A hero is shown chasing / following the heroine, troubling her, yet he is not punished.
2. The hero and the villain fight amongst themselves for the heroine without asking or considering the heroine's choice.

Help Students to think about the following -

Image of a Woman

The students must be made aware of the fact that certain things shown in the movies are far from reality.

Ask the students if they know of other situations of the same kind.

Eve Teasing : Teasing the girls, passing comments on them, harassing them, purposely troubling them is called 'eve teasing'. Some people behave in this manner on the roads or in the crowd. Passing indecent comments in foul language, touching inappropriately, criticizing them, using physical force, making lewd gestures are all included under eve teasing.



Do this

Make two different groups of 5-6 girls and 5-6 boys. Enact the following skit about eve Teasing. Both the groups should perform it separately. After the skit, invite discussion.

(A girl is walking on the road. There is a group of 4-5 boys standing on the road side)

Boy 1 : (whistles)

(The girl puts her head down and walks ahead)

Boy 2 : "Shh .. Shh .."

(addressing the girl) (she starts moving ahead).

Boy 3 : (throws crumpled ball of a paper towards her)

(She is afraid and starts walking fast. After she passes them, the boys have a hearty laugh as if celebrating their victory)

After the skit, ask the students to narrate their experiences and whether they would like to go back through the same experience. What did they realize about the problems that girls go through? What did the girls who played the roles of boys feel? Did they feel strong as a boy?

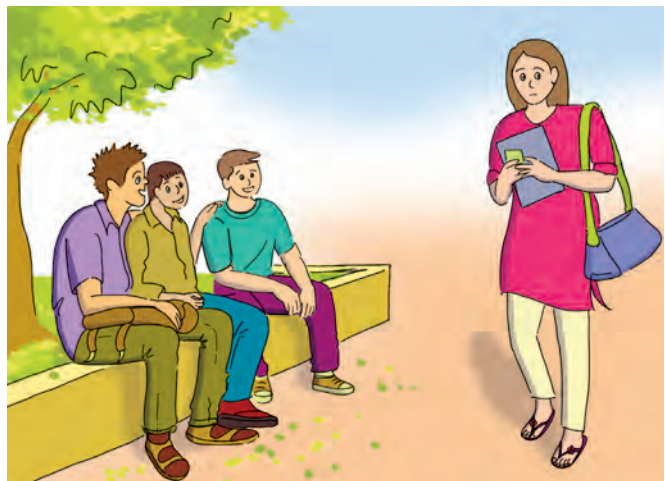


Think about it

Fearing the possibility of misbehaviour, many parents avoid sending their daughters out for education or jobs. Just because of this feeling of insecurity many girls are deprived of many opportunities. Do you think that we should create an atmosphere of security for everybody in the society? What attempts will you make for this?

How is the atmosphere in your class?

1. Is there an atmosphere of equality in your class?
2. Does anyone in the class pass inappropriate comments or tease somebody, which makes others uncomfortable?



3. Does everybody understand each other's problems and take care that they do not cause inconvenience to others?
4. Does everybody get equal opportunity to participate in class / group projects?
5. In school, do you find obscene messages or rumours being spread about anyone?
Give the students 5-10 minutes time to think over the above questions.



Responsible social behaviour



1. Protecting each other from other people indulging in misbehaviour.

Beware of people trying to misbehave with you. Say 'No' firmly to anyone trying to misbehave with you. Inform this to somebody you trust. If you see anyone misbehaving with someone you know, try to put a stop to the misbehaviour and inform the elders about this. Never tolerate anyone who takes undue advantage or misbehaves with you or anybody else.

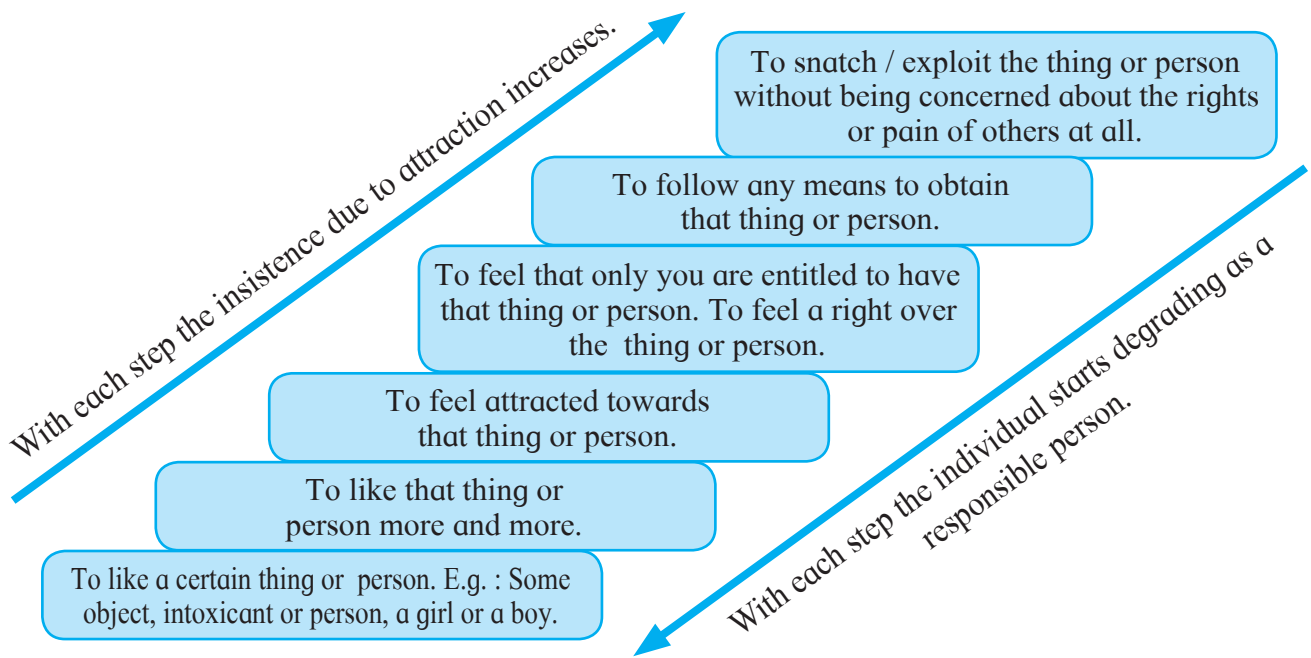
2. Respect people around you

Many people may like us but we may not necessarily like all of them. Similarly we may like many people but they all need not necessarily like us. Once we understand this it becomes easier to respect each other's opinion. Just as you may have likes and dislikes. Learn to respect and accept other's likes and dislikes.

It is important to know your limits and behave. Taking advantage of crowded places for behaving in an obscene or uncivilized manner with girls, whistling at them, passing or writing vulgar remarks, writing degrading remarks about someone on the walls, all such practices must be avoided and prevented at any cost.

Remember

All living beings have some basic needs which are essential for survival. Trees require soil, water, fertilizers etc. Animals and human beings also have such needs. But the major difference between animals and human beings is that human beings follow certain rules or systems even for fulfilling their basic needs. Such as when they are thirsty they want clean water, when hungry they don't eat spoilt food. They have the ability to control their desires, have patience. It is a sign of a responsible person to follow certain rules for fulfilling even our basic desires.



Discuss on the basis of the above figure.

Read and understand

As our insistence and attraction increases, we start climbing higher on the ladder shown. However at the same time, we start degrading as a responsible person with every step.

3. Get authentic / reliable information



We obtain the knowledge about how the different systems in our body work? What are vitamins? etc. from subjects like Anatomy and Physiology. But we can remain fit only after applying that information in our day to day life. For e.g. if we have the information on vitamins but we don't eat the food items containing vitamins

then this information is of no use to us. Also if we have incomplete or wrong information on such topics then we may feel anxious or afraid. For e.g. if you sit next to a person suffering from Leprosy, you will also be infected by that disease. Many a times wrong information may lead to extreme curiosity or anxiety and to satisfy it we may tend to indulge in extremely risky behaviour without thinking about the consequences. For e.g. when someone says that by eating a tablet we might be able to reduce five kilos of weight in two days.



If there exists a possibility of physical harassment, domestic violence or misbehaviour with you or any one you know, do not be silent. Call the phone number 1098 immediately. This is a helpline to assist children and adolescents. The helpline for women who need help in case of emergency is 1010 / 1091.

4. Support of law

Cyber crime is a criminal act performed using electronics or computerised media like mobile, computer, pendrive, camera etc. Writing objectionable / obscene comments about a person or an institution, misuse or stealing of personal and sensitive information, publishing or broadcasting objectionable content about somebody are some of the examples of cyber crime. Actions like financial penalty and imprisonment can be taken if found guilty.

Provide the students, the numbers of a few people who could help them in case of emergency

Appropriate / Inappropriate

Do you think the following adolescent students are behaving in a responsible way?

1. Your friend likes a particular girl. He follows her on her way to tuition class. She refuses to befriend him and now he starts threatening her of defamation.
2. Some of your friends like to dash against girls in a crowd and they touch them inappropriately.
3. A friend of yours writes defaming remarks about another boy or girl on the class blackboard.
4. A friend secretly clicks photographs of other boys/girls without their permission.
5. After school your friends indulge in passing obscene/vulgar remarks about other boys and girls.



What will you do in these situations?

- Some boys tease and trouble your friend on his / her way home.
- Your friend confides in you that a particular person makes him / her feel uncomfortable when around.
- Your friend has got into the habit (addiction) of eating 'gutka'.
- Your friend's father drinks a lot of alcohol and beats your friend under its influence.
- Your friend behaves disrespect fully towards girls and women. You want to change his view towards women his and behaviour.

Discuss the given instances and whether they are proper or improper and why?

Make a group of 4-5 students. Allot one of the given situations to each group. Discuss for 10 minutes about what steps you would take in such a situation to help solve the problem. Present the solution. Write it down.

Social media

The media which is used by different groups in the society to connect, to discuss, to communicate, to share each other's experiences, opinions or information is called social media. WhatsApp, Facebook, Twitter, etc. are examples of social media.



Difference between information and broadcasting media and social media

What according to you is the difference between information and broadcasting media and social media like WhatsApp, Facebook?

Given below are some points of discussion for you -

1. Costly / cheap
2. Accessible / do not reach many people.
3. Rules, control and reliability
4. Easy / difficult to use
5. Impressive / unimpressive

Information we get from the social media

The following message had become viral on WhatsApp.

UNESCO has declared that the Indian National Anthem is the best.

Ask the students to find out information about this message and verify it.

1. Do your parents or friends verify the information on WhatsApp?
2. What will be the effect of spreading false information?



Read and understand

Effects of spreading false information

Since there is no external control over social media, most of the times no one can be held responsible for any misinformation published on it. Anti-social elements often take undue advantage of this. They create misunderstanding amongst different groups by disseminating wrong information or claiming their own opinions to be the truth. If you happen to receive such information, as a responsible person, you should check its validity, the facts involved and only then, believe it.

How to verify the received information?

1. Check if the same information is available on the internet.
2. In case you find the information, check if it is available on the official website of any of the newspapers or government departments.
3. Is the person providing the information an authorized person? Does he /she have any statistical details of the same or is he /she only expressing his / her opinion? After verifying all these aspects, decide whether to trust the information or not.



Effects of Social Media on us

What do you know about Facebook, Twitter or WhatsApp?

How much time of the day do you spend on them?

Would you like to spend more time indulging in this media? Why?

Make groups of students and give them 10 minutes for discussion. Students should give their reasons and write them in their notebooks.

Illusion of being heard



Although social media provides us with the freedom to express our opinions, it may not necessarily mean that other people carefully pay attention to them or try to understand them. People are in the habit of casually clicking 'Like' on our views and it may not necessarily mean anything to them.

Real life and online life

Everyone tends to publish only positive things about himself / herself on the social media. However real life consists of both positive and negative incidents. People may feel depressed by looking at the positive things that others post and think that nothing positive happens in their life.



The Misconception of Perfection

Because of social media, people tend to believe that their physical appearance, their life, their relationships must always be flawless, complete and ideal otherwise they are worthless. Thus to portray such an ideal life, people tend to exaggerate, lie and create an online illusion about themselves. However they feel inferior in real life. In reality, life is always imperfect. We need to work on it to make it better.

Understanding the Situation

It takes a number of things to create an awareness about an external situation; words, body language, expressions, style of communication etc. According to one research, only 7% communication takes place through words. Rest 93% is through body language, gestures and the tone of speech. Unless we understand the social situation around us, we cannot move around and interact with the people in our society. The brain connections required for this understanding are created only through actual experience. This means the more we spend time on social media; the more we lose on actual or real life experience. Hence we may not be able to develop the social skills required for actual interaction.

Understanding the meaning of written words



Let us have some fun

Prepare 5-6 small chits of a chart paper. On one side of each chit draw a picture of a 'like' sign. On the backside of the chit write a sentence which can be a response to any presentation. Write sentences of your choice.



For E.g. :

1. It is good.
2. It is okay; nothing special.
3. It is alright; nothing wrong.
4. It is okay; I like it.
5. It is okay; I was expecting more but no choice.
6. This is the best.

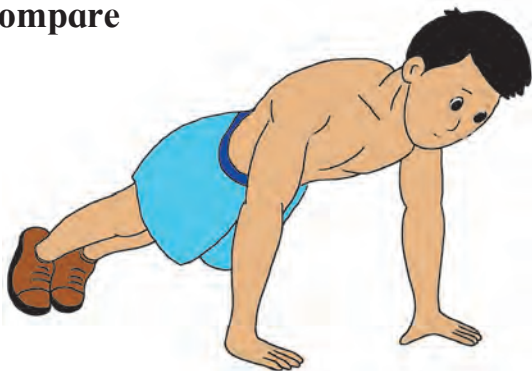
Make a student sit in the front of the group. Arrange the chits in such a manner that he or she can only see the 'like' sign but the others can see the backside of the chit with the sentences written on them. Now the student can perform an act like singing a song or sharing a joke etc. Other students should pick up a chit with the response they feel appropriate but only show him the sign of 'like'. Then ask that student to think about the likely meaning of that sign.

Read and understand

The 'like' sign can have a number of meanings. If social media is the only way we communicate and respond to others and if it has reduced our personal dialogue with others, we must remember that it may create a lot of misunderstanding.

Loneliness

Compare



1. A - Exercises regularly and plays outdoors.

1. B - Plays mobile games till late night and doesn't wake up early. Doesn't exercise. While cycling or while travelling in a bus, listens to songs or plays mobile games.

2. Talks to his friends in school. All his friends sit together, eat their tiffin in the lunch break and talk over lunch.	2. In the lunch break he and his friends are engrossed in their mobiles.
3. Talks to his family members and neighbours in the evening	3. Doesn't eat dinner with his family. Eats alone while watching TV or the internet.
4. A - Makes limited use of the social media but many people around him know him.	4. B - He has 1500 friends on facebook

Whom would you consider to be more lonely?

Read and understand

We may be under the impression that we are connected with many people and we have many friends because of social media. But this connection is very superficial. The possibility of real and meaningful friendship on social media is very limited. The more we spend time on social media, the lesser we interact with people personally and hence we do not form a real connect with anybody.

Who will progress better?

Make or bring five dolls. Assign them the following characters.

1. An addicted person
2. A person who dropped out of school due to abuse / exploitation
3. A person who is distracted from studies due to the influence of advertisements and media.
4. A person who participates in a riot under the influence of misinformation spread on social media
5. A boy / girl who is healthy, attentive in school

Discuss on the following points and justify your answer.

1. Who will have a healthy future?
2. Who will have a better career in life?
3. Who will have peace of mind?
4. Who will have better relations with his / her family members?
5. Who will be able to pursue his / her hobbies?

We have to start from one end of the class and reach the other. Keep all the dolls in a line.

When you ask a question and the answer is 'yes' for a character, take that particular doll one step ahead. If the answer is 'no', let the doll be in its place.

After all the questions are answered, check which of the dolls has made the most progress. Ask the students what have they understood from this whole activity?

Positive side of the media



Read and understand

We have seen the negative side of the media. The positive side of media is also important. Media provides us with information on mythology, history and science. Educational information, exam results, thoughts of different people, invitations, audio-visual information can be obtained in no time because of the media. It is also easier to exchange thoughts with the help of media. The role of media is also important in national unity, social transformation. Use of media is also very effective in the areas of agriculture, health, education, industry and trade.

Write other positive uses of Media in your note book.



Successfully handling / managing the effects of media.

1. Understand

Be aware of the effects of social media on your life. Understand the effects well.

2. Identify

Keep a watch on the time that you spend on social media. Do you feel uncomfortable if you do not use your phone or internet? Think about it.

3. Challenge

Plan and spend time for yourself. Try and stay away from the internet during this time. To begin with, spend 10 minutes for yourself and your health. Gradually increase this time.



4. Implement

Implement the changes you have planned and decided on. In case you are not successful talk to your parents. Explain to them your plans and efforts. Plan afresh.

Assessment (Weightage 15 %)

Criteria	Great	Fine	Incomplete	Marks
	Very Good	Satisfactory	Not satisfactory	
Finding advertisements	Actively participated in finding advertisements and clearly articulated the conclusions.	Participated but could not draw any conclusions.	Copied the activities	
Introspection about the environment in the class	Introspected honestly and planned for changes	Introspected but did not plan for change	Copied the answers	
What will you do?	Participated enthusiastically in the group discussion and came up with solutions by using the content from the textbook.	Participated in the discussions but could not come up with solutions.	Did not participate in the discussion.	

