

July 10, 2014

Are we missing the point?



This fall I watched “Miss Representation” on Netflix. For those who haven’t seen it, director Jennifer Siebel Newsom aimed to create a film that tackles the gender gap that faces today’s society, especially in the media.

Since seeing this movie, I haven’t thought about the world the same. Even when I see an ad on TV, I can clearly see how overly sexualized women are portrayed as. And I wonder, “Why? Who decided this was how it had to be?”

As I think back on all the recent films and TV shows that come across Hollywood, there’s very few that are directed by women, or that feature complex roles. If we are constantly being told that we can do anything that boys can do, then why can’t we be portrayed as strong women in film?

Even shows on The Disney Channel are guilty of this. *Disney*. Most of their target audience is young girls, but yet, the writers and directors are men. How can we teach young girls what’s acceptable if we’re not even allowed to contribute to the media?

“Miss Representation” starts off by discussing how many hours we spend consuming media: television, movies, magazines, and commercials—we consume it constantly. And most of the time, though we may enjoy it, it’s harming how we perceive ourselves and others.

It goes on to talk about how media even degrades the most powerful women intellectuals and

humanitarians as to focus solely on their looks. What message are we sending? That it doesn't matter if you're smart, as long as you're pretty?

We should be looking up to women who've done something worthwhile, not a Photoshopped model who proves men's' fantasies correct by acting brainless but beautiful and sexy. Young girls shouldn't be forced to grow up so fast; they should get to enjoy their childhood, as boys do, and get to be themselves as opposed to an impossible ideal of beauty and perfection.

Well, guess what? Perfection doesn't exist. So, why are we fighting so hard to be perfect? Why isn't how we actually look and feel ever enough? We need to show the world how women are complex, and that we deserve to be shown that way.

We need to fight for the next generation of girls. So that they believe that they can be smart and that they can be leaders.

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*Photos courtesy of womenshealthmag.com, cosmopolitan.com, and nytimes.com*