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Problem/Solution Essay

Sexism in Media

Sexism in America remains as strong as ever and exists as a serious issue, especially in the media. Sexist internet articles are always attacking women about everything, whether it be about their clothing, makeup, music, or anything else women enjoy or have an interest. Media is everywhere, “daily there are headlines coming out that are sexist in one way or another” (McCarthy). Escaping the growing world of the internet is nearly impossible, in society, people are confined to their sex and the sexism in media shows what men and women are supposed to look and act like. Media has been the main reason for all these problems, the media shows us how men and women are supposed to act or what to wear but that should not be the case. The media should be teaching us to be ourselves and embrace who we really are and not let the sexism in the media ruin more than it already has. The media “is so focused on the glossy and the glamorous they eclipse and undermine everything else” (When it comes to sexism, media must heal themselves). Boycotting the sexist internet articles and having everybody get involved will show these articles getting fewer views than before. Children can so easily access these media outlets, it can ruin their self-image and change the way they look at the world and themselves.

While the mass media can be great, it also does more damage than good. The sexism in advertising, movies, television shows, music, and magazines it is rapidly growing and this exposure to this attitude towards the sexes can hurt the children growing up currently. “Sexism in
the media—which in short could be described as the exploitation of a women or man's body and sexuality for the purpose of selling a product or a story” (Magenya). There is a significant lack of women and even less women of color in Hollywood, whether it be acting, directing or producing. Whenever you see a woman on the red carpet, they are only ever being asked what they are wearing and who made it. The representation of women that are present, are hurting young girls, who see the mass media every day. "Social trends highlight how the media and its 'ideal' image of femininity have impacted women in unprecedented ways” (Berberick 1). They believe that if they don’t look like the girls they see on their phones, that nobody will ever like them, but that is not the case. The people who believe that every woman has to look like the ones on the billboards, magazines, and more, they are the problem. They are the ones that are fueling the sexism in the media and self-loathing that women can go through on a daily basis. Sexism in media over sexualizes women, which is hurting the younger generation of women who will only see themselves as sex objects, which is not the case and will never be.

Educating people on the sexism happening in the media and the negative effects that it causes will help show the people the issues at hand. Going around to schools, setting up seminars just to get people understanding and getting everybody involved. There are seminars for drugs and alcohol, and sexism being exposed to people the entire world is just as bad. Our whole lives we go to some seminars that educate us on how bad drugs are for or how you should not drink alcohol until you are of age, but there are never any discussions on sexism in the media and the negative effect that it can put on people. More classes should be offered which show the issues of sexism, and how to avoid it in the media. Educate people that what they see on television is not always right. On television, it has women and men in what are supposed to be there roles in society. If somebody in one of these shows or movies stands up for themselves, they are disliked
or one of the least favorite characters. If a kid watches a movie like this, they will believe they either have to do these types of thing or avoid being like the person that stands up for themselves to be liked by people. The future without sexism will be happier no doubt, people will be more confident with who they are. There will be more positive representation of women and less sexist clickbait articles.

As time goes on the younger the girls get, who are self-conscious about themselves and the amount of eating disorders have gone up and the age has gone down (Bawdon). Many lack self-confidences because of these unrealistic expectations that are set on young women. "reality television, an endless stream of advertisements showcasing before and after photos of people losing a large portion of their body mass by taking a pill...are actually encouraging women to take dangerous measures to 'look good,' as defined by an unrealistic, media crafted ideal” (Berberick 4-5). It is not wrong to want to look good, but when somebody wants to look because society has pressured him or her to change everything about themselves because they do not fit into their "norms" they are making the issue worse. According to data collected, many see sexism in the media while almost all of them said they almost never experience sexism (Anonymous Survey on Sexism). Everybody should know that when there is a picture of a model, it would be photo shopped. The model or actors you see do not actually look like that everything about has been fixed to fit societies code. Nobody can tell anybody else what to look like; everybody is unique in his or her own way. Clickbait articles create double standards of women and the media and the people who read the articles help fuel the fire.

The only way to end sexism in the media is to get people involved. Get people to care about why sexism in the media is a huge issue. This is the 21st century; there should not be this much sexism or any at all for that matter in everybody's everyday life. Try to get people to stop
watching, reading, or listening, to anything that is sexist. A way to fight back is to stop supporting those people to be condoning this type of behavior. While educating in schools would be ideal, many would not see it as an issue that would need to be addressed in school because they do not see it as important as drugs or alcohol. In schools that offer a marketing class, the sexist articles should be brought up. The sexism and the click baiting of articles should be taught, so people know what to click and what ones to avoid.

Sexism in the media is an issue that is causing harm to everybody. The younger generation is growing up with this type of influence because will not know any different. Teenagers by looking at the mass media and their whole lives being dedicated to this life style are being harmed, whether they realize it or not. Growing up with the insecurities created by the media, may seem normal because this generation doesn’t know anything different but it is not healthy to believe that it is. People in to come together, educate others on the issues at hand, make others believe that they are worth something even if the media and society say otherwise. Do not be afraid to stand up against these social "norms" and fight back and eventually others will follow. Everybody can be a lot happier with the results of no sexism in media.
Works Cited


