After watching the documentary Miss Representation, I almost felt sad. I felt sad for how women are portrayed in the media and how they have been for so long. But also, I felt called to action. Mentally, I was trying to figure out how I could help other women and men and eventually my own children not be objectified or objectify women. One of the biggest issues in my opinion was indeed the objectification of women in movies, the news, advertisements, radio, music and all other forms of media. Women are not just men’s “play things” to be used as they wish. I agree with the film that the media does in fact dehumanize women. At the end of the film, one of my favorite lines by Geena Davis, was “Why do you think she is wearing that when she is trying to rescue someone?” That in itself proves that whoever is directing the film or show finds it necessary to dress their women scantily even if they are the heroine. But it was also apparent through the film that this is not a new problem. Even if you look at the comic Super Woman from its first years, I’m sure she is dressed in a short, low cut leotard with high stiletto red boots. How is she supposed to be a success super hero in that? Just as Geena said. But just as men objectify women due to these images, women also objectify themselves. They lower their self-worth and feel that they themselves do live up to what men want, causing low self-esteem and often times lead the girls to participate in degrading activities with men.

The film also revealed how the media does not empower women to become political leaders, run for an office, be a lawyer, or any demanding job. The media doesn’t even support women who stay at home. It doesn’t support women at all. Nothing women do is ever good enough or socially acceptable except for wearing a low cut, short, size 0 dress. The media doesn’t give women brains, only bodies. It does not encourage or uplift any intellectual thinking, and if women try, it only portrays them as stupid or a ditz. This is not helpful to young women trying to pursue a career or anything in that matter because it tells them that they will never succeed in what they do, or that they will always be tormented through the media for their aspirations. Women make up the majority of television viewers and very seldom does it actually benefit them. This is a problem for the future of all of America because without women in high powered offices, how are we supposed to feel equal to men and how are men supposed to treat us equally? Men do not see women as they should but as below them, and if more women were in more jobs of power, men would learn to take women more seriously and value their opinion and thought. Right now, with few women in positions of power,
men do not always take their contributions seriously. In regards to television, on average 2-3 women are in positions of power in broadcasting networks out of 12-16 total, yet the majority of people watching television are women. With the media being so oriented on the male perspective, this shows that women are not getting enough say in the work force and need reinforcement.

Personally, I did have a few problems with this film because I believe that women are designed physically and chemically to give birth and care for children. I feel like that role in society is underemphasized as was it in this film. Staying at home seems like a stereotypical career for a woman to have and its importance isn’t as valued. Without mothers, there wouldn’t be that next female president. It is important for mothers as well to instill in their children a sense of self-worth and worth for others; for them to teach their sons as well not to objectify women as well. The film focused on what women could do now, and stressed having the drive to reach positions of power. But it is the future mothers of this generation who will carry that on to their children and for generations to come, which is just as important of a job. I feel like, the feminist movement can be very empowering for women but somewhat degrading for those who do want to just be mothers, and stay at home with their children.

Overall, I not only enjoyed the film, but also learned a lot about American media and its portrayal of women in society. It was very enlightening and somewhat scary for future generations. Women should not be always concerned with their bodies for the sake a man’s pleasure but for their own happiness and that should be celebrated. Also women need to band together to find a voice and support one another in finding each one’s individual voice. Women have a very unique role in society as the most prominent caregiver and that should be celebrated as well.