

ENTER
NOW!

Being Seen

Some starting points for teachers & students

Generating Ideas

What does the phrase 'being seen' mean to you?

- On a post-it, write a single word suggested to you by the phrase. Share the post-its in your group. Are some words mentioned more than once? What variety of suggestions has your group come up with? Did you all read the phrase in the same way? How did your interpretations differ?
- In your group try and write a definition of the phrase 'Being Seen' that you are all happy with.
- Discuss any stories, films, music videos or other content that would fit that definition.

Deeper Reflection

- Now read the following definitions of 'being seen', gathered randomly from online sources.
- In your group, discuss how far you agree with each these different definitions. Do any of these relate to any experiences you have had?

'Being seen' refers to:

Being understood by someone else in a significant and empowering way.

A state in which a part (or parts) of our identity, emotions, needs, and/or physical presence get fully recognized through various means – such as representation, validation, support, acknowledgement and/or inclusion. The opposite of feeling seen often leaves us feeling invisible, unheard, and neglected.

It's more like 'I feel understood' or 'I feel affirmed' or 'I feel recognized.' It's a feeling of identification with the content that has truthfully reflected our own experience back to us.

The experience of being looked at or observed.

Feeling exposed, found-out, watched, spied on.

Get Creative

'Being Seen' in your own production work

Below is a selection of the sorts of ideas you may already have come across in class or on screen.

- For each one, discuss what connection it might have with the idea of 'being seen', and how you could incorporate it into a short piece of video.
 - » A fiction narrative where the camera is used to represent the point of view of a particular character
 - » A music video representing the culture and values of a particular genre, e.g. heavy metal, drill etc.
 - » A personal or autobiographical documentary exploring your own views or experience of a particular topic or cause
 - » Scopophilia – a fictional narrative illustrating theorist Laura Mulvey's exploration of the male gaze
 - » An advertisement or campaign featuring a group or situation not usually represented on screen
 - » An opening sequence or trailer of a horror or thriller narrative based on the idea of being seen, whether literally (someone is being watched) or metaphorically (someone is struggling to uncover the truth or represent
 - » A documentary about a previously under-represented issue, place or experience

These ideas are just the tip of the iceberg – It's actually quite hard to think of examples of media texts that don't, in some way or another, involve ideas about 'being seen'. Maybe one of them will fire your imagination, maybe not; and if you're not sure you've hit our theme, don't worry, your entry won't be excluded. The most important thing is for you to make and send us something you really enjoy and feel passion for, and we at *MediaMag* will do the rest!

We can't wait to see your entries! If you have any queries, contact jenny@englishandmedia.co.uk for guidance.