

Reality Shows: Destroying the New Generation

Did you know that 85% of the population suffers from low esteem, the majority of it is caused by movies and reality shows? I am not allowed to watch these reality TV shows, but I know that they can really disorientate people's true perception of the world. I believe that social media, movies that involve aggression and reality TV are exploiting people. First we need to look at what is happening right now with reality shows taking advantage and exploiting people. Next, I will tell you what issues are right now with lack of understanding what reality shows are actually trying to do. Finally, we will discuss what we can do to understand to another level why reality shows are doing this.

Currently in the world, most reality shows are exploiting and taking advantage of people because they thrive on gloating on someone else's sense of failure, promoting behaviors like bullying and harming self-esteem. Most reality TV shows inappropriate behaviors involving bullying, aggression and drama. This only shows how even shows so popular have the so called 'engaging characters', leading to being racist, stereotypical and straight up mean, only to gain popularity in the main livestream. Movies like Mean Girls and other shows like this can start bullying and aggression. For example in the movie, there are the Mathletes or the Art freaks which implies that people are defined as who they hang out with and their social groups. This may cause people to feel pressured and feel like an outsider if they don't fit the "standards" of the stereotypical concept of a student or child/teenager.

These shows are trying to influence our thoughts and preferences, so it is necessary to consider why this is happening. In movies, the actors/actresses will portray characters who are racist, sexist and stereotypical only to captivate the audience's attention. Mean Girls, one of the most popular movies right now, has several traits that can cause misunderstandings, conflict and drama. The producers have done this purposefully to draw the attention of viewers and hit livestream. Although sometimes the shows can also be sympathetic or magical, these movies and shows are most likely to include stereotypes or examples that are too perfect. Shows that portray unrealistic standards can cause people to compare themselves with others and have low self-esteem. This can foster negative behaviour such as manipulation, dishonesty, and a lack of empathy. Many movies choose to have this theme to draw in the attention of the viewers and can cause conflict in real life because watching shows like this can cause unpleasant emotions. This can happen because the brain releases hormones into our brain that suppresses pleasant emotions. Also for younger children, watching reality shows makes them feel self-conscious and teaches them to compare themselves to others which can result in low self-esteem. Stereotypes, betrayal and low-esteem may seem like hard things to face, but there are actually really simple steps we can take to help and prevent feeling these negative emotions and going through these experiences.

The first step to many things often begin with acknowledging something. It is important to understand that there is such a thing as these stereotypical, racist movies that can cause conflict. These movies causing conflict is an important subject to acknowledge because knowing the truth helps us understand the world and allows us to live more meaningful lives. Something else to acknowledge and is a meaningful action you could take is to avoid believing the lies and stereotypes and instead, work towards watching movies that can properly reveal reality. If anyone has ever watched the Disney movie, Pocahontas. They will know that basically, when the

colonizers first came to the US, Pocahontas supposedly fell in love with one of the colonizers and lived happily ever after. In reality, Pocahontas was shipped off in a trade deal and, trust me, she did not like it. This shows how a crime was romanticized by Disney and was morphed into a happily ever after. This shows people even in cartoon movies include stereotypes, biases and false information.

To conclude, reality TV shows are taking advantage and exploiting people. Reality TV is negatively impacting our daily lives and how these shows and movies can twist, romanticize and exaggerate content. Moving forward from now on, I challenge you to be able to know and remember what reality shows and movies can do. To take an even bigger step forward, you should tell others, friends and family members, warning them to beware of such shows. In closing, "If more than 80% of the population watches TV, how many of them will fall for these lies if you don't do something?"