

# Woo Stories

## EPISODE 8 RESOURCES

### WHAT IS REPRESENTATION?

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Representation is the way certain groups are shown in media, like movies or TV, the news, art, books, and, of course, in podcasts! When we think about who is or isn't being well represented, we might think about race, sexual orientation, gender, abilities and disabilities, ethnicity, age, nationality, or other categories that form our identities.

BONUS

#### WHY IS REPRESENTATION IMPORTANT?

When we are able to engage with media that shows people who look like us, sound like us, use our language, or have similar experiences to us, it can give us confidence to be ourselves and affirm our identities. Engaging with media that shows people who look and sound different or have different experiences can also help you empathize with others.

#### SO, WHAT ABOUT YOUTH AND KIDS?

Youth and kids are one group that is not as well-represented in our media as we need it to be, especially for Black, brown, Indigenous, queer, or disabled youth. Youth stories are important! You can raise your own voice, encourage others to share their stories, and make an impact! We hope Woo Stories will be a place where those voices will be heard.



Woo Stories is an educational podcast produced by the Worcester Division of Youth Opportunities.



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