

Hypersexualization is the process or act of making everything “sexy.”

Hypersexualization can be found in the media, children’s toys, music, TV shows, movies and many other examples throughout the world.

Hypersexualization can make you feel as though you:

- Have to wear revealing clothes.
- Have to be “sexy”
- Have to do drugs to be “sexy”
- Have to drink alcohol to be “sexy”
- Have to wear name brands
- Listen to a certain type of music
- Watch certain TV shows
- Wear make up/ use protein
- Exercise a lot

How Individuals are affected by Hypersexualization:

Both Girls and Boys/ Men and Women are affected by hypersexualization. People of all ages are negatively affected by hypersexualization. Hypersexualization reinforces a heterosexual society.

How Girls are affected:

Girls are made to feel that femininity is defined by how much skin they show, and that females are inferior to males.

- Girls/Women’s voice is silenced, along with their potential and accomplishments
- Have to look a certain clothing size or fit a certain image, which may promote unhealthy use of diet pills or eating disorders

- Poor feeling of self worth
- Always feel they have to or should be something other than what they are
- Skin should be flawless
- Hair should be flawless
- Should look older when they're young and young when they are older
- Allows men to objectify women

How Boys Are Affected:

Boys are made to feel as though masculinity is something that is earned. They are made to feel as though they have to:

- Objectify women
- Portray a tough guy image
- They must have muscles (often through consuming protein and sometimes steroids).
- Have to have expensive “things”- clothes, cars, motorcycles, etc.
- Date the “right girl” (only girls that are “pretty, wear the cool clothes and do their make up and hair everyday).
- Should have a little black book, brag about and tally how many girls they have been with.
- And above all, boys and men are told that they **MUST** like the opposite sex.
- Gay men are often mistreated for being “different”.

Know that it is ok to be who you are. When you love yourself others will love you too.