

## RESOURCES FOR CHANGE

*Our society is today cultivating single vision, and the desensitization and the dehumanization that we feel all around us is a kind of sleep or death of awareness and conscience. We must revive in people a habit of double vision that can identify myths and values underlying society and can evaluate them from a perspective that transcends the limitations of that society.*

– William Fore

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For information about Jean Kilbourne's films and videos, please contact the Media Education Foundation ([www.mediaed.org](http://www.mediaed.org) or 800-897-0089). To schedule a lecture, please contact Jean Kilbourne ([jean@jeankilbourne.com](mailto:jean@jeankilbourne.com)). To schedule a lecture in the college market only, please contact Kevin MacRae at MacRae Speakers International ([kmacrae@macraespeakers.com](mailto:kmacrae@macraespeakers.com))

The following list is by no means comprehensive. Many of the organizations listed have their own resource lists and other materials.

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## **ADOLESCENTS, CHILDREN, AND PARENTS**

*The future belongs to those who give the next generation reason for hope.*

– Pierre Teilhard de Chardin

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American Academy of Pediatrics: Committee on Communications  
<http://www.aap.org>

APA Task Force on the Sexualization of Girls Report  
American Psychological Association, 2007.  
<http://www.apa.org/pi/women/programs/girls/report.aspx>

Ask the Mediatrix (Dr. Michael Rich, Director of the Center on Media and Child Health)  
<http://cmch.typepad.com/mediatrix>

*Body Image Survival Guide for Parents.*  
Warhaft-Nadler, Marci. Lemont, PA: Eifrig Publishing, 2012.

Brave Girls Alliance  
<http://www.bravegirlswant.com>

*Bullied: What Every Parent, Teacher and Kid Needs to Know About Ending the Cycle of Fear.* Goldman, Carrie. New York: HarperCollins, 2012.

Campaign for a Commercial-Free Childhood (CCFC)  
<http://www.commercialfreechildhood.org>

Campaign for Tobacco-Free Kids  
<http://www.tobaccofreekids.org>

Centre for Child Honouring  
<http://www.childhonouring.org>

Center on Alcohol Marketing to Youth  
<http://www.camy.org>

Center on Media and Child Health  
<http://www.cmch.tv>

Children Online  
<http://www.childrenonline.org>

*Cinderella Ate My Daughter.*  
Orenstein, Peggy. New York: HarperCollins, 2011.

Common Sense Media  
<http://www.common Sense Media.org>

*Consuming Kids: The Commercialization of Childhood* (A film from the Media Education Foundation.)  
<http://www.mediaed.org/cgi-bin/commerce.cgi?preadd=action&key=13>

*Dads and Daughters.*  
Kelly, Joe. New York: Harmony, 2003.

Daughters: For Parents of Girls (A bimonthly newsletter and online forum.)  
<http://www.daughters.com>

*Daughters of the Moon, Sisters of the Sun: Young Women and Mentors on the Transition to Womanhood.*  
Hughes, K. Wind and Wolf, Linda (eds.). Stony Creek, CT: New Society Publishers, 1997. (Includes an interview with Jean Kilbourne.)

Elements for Girls: A Fun & Engaging Self-Discovery Project.  
Young, Mary Ellen and McDonnell, Sandra. Downers Grove, IL: Authentic ME, 2013.

*Facing the Screen Dilemma: Young Children, Technology, and Early Education.*  
<http://www.commercialfreechildhood.org/screendilemma>

GirlsHealth  
<http://www.girlshealth.gov>

Girls, Inc.  
<http://www.girlsinc.org>

Go! Go! Sports Girls (A series of books and a doll.)  
<http://www.gogosportsgirls.com>

Guardian Princess Alliance  
<http://www.guardianprincesses.com>

Hardy Girls Healthy Women  
<http://hghw.org>

*Her Next Chapter: How Mother-Daughter Book Clubs Can Help Girls Navigate Malicious Media, Risky Relationships, Girl Gossip, and So Much More.*  
Day, Lori. Chicago, IL: Chicago Review Press, 2014.

*If the Buddha Had Kids: Raising Children to Create a More Peaceful World.*  
Kasl, Charlotte. New York: Penguin Books, 2012.

In this Together Media

<http://inthistgethermedia.com>

Kids in the House (a website featuring parenting experts, including Jean Kilbourne).

<http://www.kidsinthehouse.com>

*Little Girls Can Be Mean: Four Steps to Bully-Proof Girls in the Early Grades.*

Anthony, Michelle and Lindert, Reyna. New York: St. Martin's Griffin, 2010.

*The Modern Dad's Handbook.*

Badalament, J. Cole Valley Mill, 2007.

<http://www.johnbadalament.presskit247.com/content/content-article.asp?ArticleID=2254>

MomsRising

<http://www.momsrising.org>

New Moon Girls: An online community and magazine for girls and their dreams.

(For and mostly by girls ages 8 to 12.)

<http://www.newmoon.com>

*Packaging Boyhood: Saving Our Sons from Superheroes, Slackers, and Other Media Stereotypes.*

Brown, Lyn, Mikel, Lamb, Sharon, and Tappan, Mark. New York: St. Martin's Press, 2009.

<http://packagingboyhood.com>

Parent Corps

<http://www.parentcorps.org/>

Parents Against Junk Food

<http://www.parentsagainstjunkfood.org>

Parents for Ethical Marketing

<http://parentsforethicalmarketing.org>

Redefining Girly: How Parents Can Fight the Stereotyping and Sexualizing of Girlhood.

Wardy, Melissa Atkins. Chicago, IL: Chicago Review Press, 2014.

*Reviving Ophelia: Saving the Selves of Adolescent Girls.*

Pipher, Mary. New York: G.P. Putnam's Sons, 2004.

Rudd 'Roots Parents

(Rudd Center research used to support grassroots efforts of parent advocates.)

<http://www.ruddrootsparents.org>

A Seat at the Table

(Six students at Miss Hall's School interview successful women leaders from a range of disciplines. Jean Kilbourne is one of them.)

<http://www.misshalls.org/tobecomealeader>

Scarleteen (Sex Education for the Real World)

<http://www.scarleteen.com>

Shaping Youth (Mission is to shift negative influences of pop culture to a healthier world view for kids.)

<http://www.shapingyouth.org>

*So Sexy So Soon: The New Sexualized Childhood and What Parents Can Do to Protect Their Kids.*

Levin, Diane E. and Kilbourne, Jean. New York: Random House, 2009.

SPARK (Sexualization Protest: Action, Resistance, Knowledge). A coalition of local and national partner organizations committed to working together to challenge the sexualization of girls.

<http://www.sparksummit.com>

Super Duper Princess Heroes

<http://www.superduperprincessheroes.com>

SUREFIRE (A conference event for high school girls.)

<http://www.surefiregirls.com>

*Teach Your Children Well*

Levine, Madeline. New York: Harper, 2012.

*The Big Disconnect: Protecting Childhood and Family Relationships in the Digital Age.*

Steiner-Adair, Catherine. New York: Harper, 2013.

Teen Health and The Media

<http://depts.washington.edu/thmedia>

Teen Talking Circles

<http://www.teentalkingcircles.org>

Teen Voices

<http://womensenews.org/story/teen-voices/130423/teen-voices-at-womens-enews>

*Tips for Parenting in a Commercial Culture.*

Available for free from the Center for a New American Dream:

<http://www.newdream.org>

Toward the Stars (A global marketplace for empowering gifts for girls.)  
<http://www.towardthestars.com>

True Child  
<http://www.truechild.org>

*The Ultimate Tween Survival Guide. Eating Disorders: Understanding Them, Preventing Them, and Helping a Loved One.*  
Zeckhausen, Dina. Alpharetta, GA: BookLogix, 2012.

## **ADVERTISING AND CORPORATE POWER**

*What the whole community comes to believe in grasps the individual as in a vise.*

– **William James**

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Write to the advertisers c/o the magazines or the manufacturers. Remember to support positive images and enlightened members of the advertising industry – they need your help and encouragement. Call local television stations or write to the networks.

*The Ad and the Ego* (A film by Harold Bohem)

<http://www.theadandtheego.com>

*Ad Nauseam: A Survivor's Guide to American Consumer Culture.*

McLaren, Carrie and Torchinsky, Jason. London: Faber & Faber, 2009.

*Advertising Age*

<http://www.adage.com>

*Advertising and the End of the World.* (A film by Sut Jhally).

<http://www.mediaed.org/cgi-bin/commerce.cgi?preadd=action&key=101>

Advertising Self-Regulatory Council

<http://www.narcpartners.org>

*Adweek*

<http://www.adweek.com>

*Can't Buy My Love: How Advertising Changes the Way We Think and Feel.*

Kilbourne, Jean. New York: Simon & Schuster, 2000 (Originally published by the Free Press in 1999 as *Deadly Persuasion: Why Women and Girls Must Fight the Addictive Power of Advertising.*)

<http://www.jeankilbourne.com/cant-buy-my-love/>

*Captains of Consciousness: Advertising and the Social Roots of the Consumer Culture.*

Ewen, Stuart. New York: McGraw-Hill, 1976 (and many others).

Commercial Alert

<http://www.commercialalert.org>

Conscious Capitalism

<http://www.consciouscapitalism.org>

Corporate Accountability International. (Protecting people around the world from irresponsible and dangerous corporate actions.)

<http://www.stopcorporateabuse.org>

*Deadly Persuasion: The Advertising of Alcohol & Tobacco.*

(A film based on Jean Kilbourne's lecture.)

<http://www.mediaed.org/cgi-bin/commerce.cgi?preadd=action&key=202>

Good Guide (Rates products on their ecological and health impacts.)

<http://www.goodguide.com>

*On Earth As It Is In Advertising: Moving from Commercial Hype to Gospel Hope.*

Van Eman, Sam. Grand Rapids, MI: Brazos Press, 2005.

Shaping Youth (Mission is to shift negative influences of pop culture to a healthier world view for kids.)

<http://www.shapingyouth.org/index.php>

*The Shock Doctrine: The Rise of Disaster Capitalism.*

Naomi Klein. London: Picador, 2008.

*Ways of Seeing.*

Berger, John. New York: Viking Press, 1973.

*When Corporations Rule the World (Second Edition).*

Korten, David C. Bloomfield, CT: Kumarian Press, Inc., 2001.

## **Subliminal Advertising**

*The Ad and the Id: Sex, Death and Subliminal Advertising.*

(A video by Bernard McGrane.)

<http://www.parallaxpictures.org/005.02.html>

*Subliminal Seduction.*

Key, Wilson Bryan. New Jersey: Prentice-Hall, 1972.

## **Website Ad Archives**

About Face

<http://www.about-face.org>

AdFlip

<http://www.adflip.com>

Ad Forum

<http://www.adforum.com>

Adland (Advertising information as well as access to commercials and an archive.)

<http://adland.tv/index.php>



AdRants

<http://www.adrants.com>

Center on Alcohol Marketing to Youth

<http://www.camy.org>

Coloribus: Creative Advertising Archive

<http://www.coloribus.com/>

Gender Ads

<http://www.genderads.com>

Media Literacy Clearinghouse

<http://www.frankwbaker.com>

Now Foundation – Love Your Body

<http://www.loveyourbody.nowfoundation.org/offensiveads.html>

Retronaut

<http://www.retronaut.co>

Sociological Images

<http://contexts.org/socimages>

Tobacco Ads: Campaign for Tobacco-Free Kids

<http://www.tobaccofreekids.org/index.php>

Trend Hunter

<http://www.trendhunter.com>

## **BEAUTY AND BODY IMAGE**

*Only when you make things unnatural, do you have any chance of changing or intervening into the social process of advertisements. We must make what is invisible, visible, so we have a choice to make about how we want to participate in the world we inhabit.*

**– Erving Goffman**

AnyBody (Giving women a voice to challenge images of women.)  
<http://www.any-body.org>

Body Positive  
<http://www.bodypositive.com>

Campaign for Body Confidence (UK)  
<http://campaignforbodyconfidence.wordpress.com>

Campaign for Real Beauty (Dove's campaign, including a short video illustrating how the "ideal" image is created.)  
<http://www.dove.us/Social-Mission/campaign-for-real-beauty.aspx>

Endangered Bodies  
<http://www.endangeredbodies.org>

Healthy Body Image: Teaching Kids to Eat and Love Their Bodies Too!  
(A comprehensive holistic guide and curriculum for upper elementary age children.)  
<http://www.bodyimagehealth.org>

*Killing Us Softly 4: Advertising's Image of Women*  
(A film based on Jean Kilbourne's lecture.)  
<http://www.mediaed.org/cgi-bin/commerce.cgi?preadd=action&key=241>

*The Male Body: A New Look at Men in Public and in Private.*  
Bordo, Susan. New York: Farrar, Straus & Giroux, 2000.

Miss Representation (film)  
<http://film.missrepresentation.org>

Middle Women  
<http://www.middlewomen.com>

Media Awareness Network  
<http://www.mediaawareness.ca>

National Association to Advance Fat Acceptance  
<http://www.naafaonline.com/dev2>

National Organization for Women (Love Your Body Campaign)  
<http://loveyourbody.nowfoundation.org>

Real Women Project  
<http://www.realwomenproject.org>

*Slim Hopes: Advertising & the Obsession with Thinness*  
(A film based on Jean Kilbourne's lecture.)  
<http://www.mediaed.org/cgi-bin/commerce.cgi?preadd=action&key=305>

Stop the Beauty Madness  
<http://www.stopthebeautymadness.com>

Thick Dumpling Skin (A community for Asian Americans to discuss body image.)  
<http://www.thickdumplingskin.com>

True Body Project (A journal and film created by teenage girls.)  
<http://truebodyproject.org>

*Unwanted Hair and Hirsutism: A Book for Women.*  
Amoroso, Alison. Lexington, KY: Your Health Press, 2010.

### **Photoshopping and Retouching Sites & Information**

Dove Campaign for Real Beauty  
<http://www.dove.us/Social-Mission/campaign-for-real-beauty.aspx>

Frank W. Baker  
<http://www.frankwbaker.com/isbmag.htm>

## **EATING-RELATED ISSUES**

*It is in great part the anxiety of being a woman that devastates the feminine body.*

– **Simone de Beauvoir**

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A Beautiful Body Project

<http://www.abeautifulbodyproject.com>

A Chance to Heal (An information and advocacy organization.)

<http://achancetoheal.org>

Academy for Eating Disorders (AED)

<http://www.aedweb.org>

Action for Healthy Kids

<http://www.actionforhealthykids.org>

Alliance for a Healthier Generation

<http://www.healthiergeneration.org>

Academy of Nutrition and Dietetics

<http://www.eatright.org>

*Almost Anorexic: Is My (Or My Loved One's) Relationship with Food a Problem?*

Thomas, Jennifer J. and Schaefer, Jenni. Center City, MN: Hazelden, 2013.

America Walks

<http://www.americawalks.org>

ANAD (National Association of Anorexia Nervosa and Associated Disorders)

<http://www.anad.org>

*Appetite for Profit: How the Food Industry Undermines Our Health and How to Fight Back.*

Simon, Michele. New York: Nation Books, 2006.

Bodypositive.com (Boosting self-image at any weight)

<http://www.bodypositive.com>

*Does This Pregnancy Make Me Look Fat? The Essential Guide to Loving Your Body Before and After Baby.*

Mysko, Claire and Amadei, Magali. Deerfield Beach: Health Communications, Inc., 2009.

Eating Disorder Referral and Information Center  
<http://www.edreferral.com>

Eating Disorders and Obesity Prevention (American Psychological Association)  
<http://www.apa.org/topics/eating/index.aspx>

Eating Disorders Blogs  
<http://www.eatingdisordersblogs.com>

Eating Disorders Coalition for Research, Policy & Action  
<http://www.eatingdisorderscoalition.org>

Eating Disorders Information Network  
<http://www.myedin.org>

Eat Well Guide (A free online directory of thousands of family farms, restaurants and other outlets for fresh, locally grown food.)  
<http://www.eatwellguide.org>

*Feeding Frenzy: The Food Industry, Marketing & the Creation of a Health Crisis*  
<http://www.mediaed.org/cgi-bin/commerce.cgi?preadd=action&key=308>

*The Hidden Faces of Eating Disorders and Body Image.*  
Reel, Justine J. and Beals, Katherine A. Reston, VA: National Association for Girls and Women in Sports, 2009.

IAEDP (International Association of Eating Disorders Professionals)  
<http://www.iaedp.com>

The Klarman Eating Disorders Center at McLean Hospital  
<http://www.mclean.harvard.edu/patient/child/edc.php>

Let's Move (Michelle Obama's campaign.)  
<http://www.letsmove.gov>

Men Get Eating Disorders Too  
<http://www.mengetedstoo.co.uk>

MentorConnect  
<http://www.key-to-life.com/mentorconnect>

National Association of Anorexia Nervosa and Associated Disorders  
<http://www.anad.org>

National Eating Disorder Information Centre (Canada)  
<http://www.nedic.ca>

NEDA (National Eating Disorders Association)  
A comprehensive list of resources is available on the website:  
<http://www.nationaleatingdisorders.org>

*Not All Black Girls Know How to Eat.*  
Armstrong, Stephanie Covington. Chicago: Lawrence Hill Books, 2009.

Obesity Action Coalition  
<http://www.obesityaction.org>

Obesity Society  
<http://www.obesity.org>

Parents Against Junk Food  
<http://www.parentsagainstjunkfood.org>

Partnership for a Healthier America  
<http://www.ahealthieramerica.org>

Rudd Center for Food Policy & Obesity  
<http://www.yaleruddcenter.org>

Salud! America (National organization focused on reducing obesity among Latino children.)  
<http://www.salud-america.org>

*Slim Hopes: Advertising & the Obsession with Thinness.*  
(A film version of Jean Kilbourne's lecture.)  
<http://www.mediaed.org/cgi-bin/commerce.cgi?preadd=action&key=305>

Something Fishy (Popular recovery website.)  
<http://www.something-fishy.org>

## **GENDER, RACE, & IMAGES IN THE MEDIA**

*The values that have been labeled “feminine” – love, compassion, cooperation, patience – are very badly needed in giving birth to and nurturing a new era of greater peace and justice in human society. It would be unfortunate if they were forsaken by women because they seem dysfunctional to competition in a “masculine” world. Now, more than ever, these are the values that need to be asserted by men and women in creating a new world order.*

– Patricia Mische

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About Face

<http://www.about-face.org>

*Backlash.*

Faludi, Susan. New York: Crown Publishers, Inc., 1991.

*Bitchfest: Ten Years of Cultural Criticism from the Pages of Bitch Magazine.*

Jervis, Lisa and Zeisler, Andi. New York: Farrar, Straus and Giroux, 2006.

Center for the Study of Men and Masculinities

<http://www.stonybrook.edu/CSMM>

*Commercializing Women: Images of Asian Women in the Media.*

Frith, Katherine T. and Karan, Kavita (eds.). Cresskill, NJ: Hampton Press, 2008.

Beauty Redefined

<http://beautyredefined.net>

*Can't Buy My Love: How Advertising Changes the Way We Think and Feel.*

Kilbourne, Jean. New York: Simon & Schuster, 2000. (Originally published by the Free Press in 1999 as *Deadly Persuasion: Why Women and Girls Must Fight the Addictive Power of Advertising.*)

<http://www.jeankilbourne.com/cant-buy-my-love/>

*The Colonizer and the Colonized.*

Memmi, Albert. Boston: Beacon Press, 1965.

Commercial Closet. (Focused on representations of gays and lesbians in advertising.)

<http://www.commercialcloset.org>

*Dreamworlds 3: Desire, Sex and Power in Music Video* (A film by Sut Jhally.)

<http://www.mediaed.org/cgi-bin/commerce.cgi?preadd=action&key=229>

Domestic Violence Outreach Program  
[http://aboutus.verizonwireless.com/commitment/community\\_programs/hopeline](http://aboutus.verizonwireless.com/commitment/community_programs/hopeline)

*Enlightened Sexism: The Seductive Message that Feminism's Work is Done.*  
Douglas, Susan. J. New York: Henry Holt and Company, 2010.

*Families Like Mine: Children of Gay Parents Tell It Like It Is.*  
Garner, Abigail. New York: HarperCollins, 2004.  
<http://www.familieslikemine.com>

FEM Inc. (A content discovery and recommendation platform designed to promote empowering female portrayals in popular entertainment.)  
<http://www.fem-inc.com>

Feministing  
<http://www.feministing.com>

*Full Frontal Feminism: A Young Woman's Guide to Why Feminism Matters.*  
Valenti, Jessica. Emeryville, CA: Seal Press, 2007.

*Gender Advertisements.*  
Goffman, Erving. New York: Harper & Row, 1979.

*Generation Like* (Frontline special on social media and teens)  
<http://www.pbs.org/wgbh/pages/frontline/generation-like/>

*Generation M: Misogyny in Media & Culture* and *The Bro Code*  
(Films by Thomas Keith.)  
<http://www.mediaed.org>

*Guyland: The Perilous World Where Boys Become Men.*  
Kimmel, Michael. New York: HarperCollins, 2008.

*Killing Us Softly 4: Advertising's Image of Women*  
(A film based on Jean Kilbourne's lecture.)  
<http://www.mediaed.org/cgi-bin/commerce.cgi?preadd=action&key=241>

*Laboring Under an Illusion: Mass Media Childbirth vs. the Real Thing*  
(A film by Vicki Elson)  
<http://www.birth-media.com>

The Line Campaign  
<http://www.whereisyourline.org>

*The Macho Paradox: Why Some Men Hurt Women and How All Men Can Help.*  
Katz, Jackson. Naperville, IL: Sourcebooks, Inc., 2006.



Media Watch

<http://www.mediawatch.com>

MediaWatch Canada

<http://www.ohpe.ca/node/4578>

Men Can Stop Rape

<http://www.mencanstoprape.org>

Mental Health Resources for College Students

<http://www.onlinecolleges.net/for-students/mental-health-resources>

National Center on Domestic and Sexual Violence

<http://www.ncdsv.org>

National Coalition Against Domestic Violence

<http://www.ncadv.org>

National Organization for Men Against Sexism

<http://www.nomas.org>

National Organization for Women

<http://www.now.org>

National Sexual Violence Resource Center

<http://www.nsvrc.org>

National Women's Health Network

<http://nwhn.org>

*The New Soft War on Women: How the Myth of Female Ascendance Is Hurting Women, Men—and Our Economy.*

Rivers, Caryl and Barnett, Rosalind. New York: Tarcher, 2013.

*Race/Gender/Media: Considering Diversity Across Audiences, Content, and Producers (Second Edition).*

Lind, Rebecca Ann (ed.). Boston: Allyn & Bacon, 2009.

(Includes a chapter by Jean Kilbourne.)

*Reality Bites Back: The Troubling Truth About Guilty Pleasure TV.*

Pozner, Jennifer. Berkeley, CA: Seal Press, 2010.

SPARK (Sexualization Protest: Action, Resistance, Knowledge).

A coalition of local and national partner organizations committed to working together to challenge the sexualization of girls.

<http://www.sparksummit.com>

*Tough Guise: Media Images and the Crisis in Masculinity.* (A film by Jackson Katz.)

<http://www.mediaed.org/cgi-bin/commerce.cgi?preadd=action&key=211>

Veteran Feminists of America

<http://www.vfa.us>

*Voice Male: The Untold Story of the Pro-Feminist Men's Movement.*

Okun, Rob. A. Northampton, MA: Interlink Publishing Group, 2014

Wellesley Centers for Women

<https://www.wcwonline.org>

White Ribbon Campaign

<http://www.whiteribbon.com>

WIMN (Women in Media and News). (A media analysis, training and advocacy

organization. Offers female sources to reporters, speakers on women in the media, and a listserv on media analysis and reform.)

<http://www.wimnonline.org>

## **GOVERNMENT ACTION AND AGENCIES**

*It seems to me that the cultural and economic liberation of women is inseparable from the creation of a society in which all people no longer have their lives stolen from them, and in which the conditions of their production and reproduction will no longer be distorted or held back by the subordination of sex, race, or class.*

– **Sheila Rowbotham**

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Send e-mails to the President (comments@whitehouse.gov) and your Congressional representatives (www.senate.gov and www.house.gov). Get your representatives' voting records from the Center for National Independence in Politics (www.votesmart.org).

Campaign for Body Confidence (UK)

<http://campaignforbodyconfidence.wordpress.com/>

Center for Disease Control and Prevention

<http://www.cdc.gov>

Center for National Independence in Politics

<http://www.votesmart.org>

Children's Defense Fund

<http://www.childrensdefense.org>

Common Cause

<http://www.commoncause.org>

Emily's List (A political network for electing women.)

<http://www.emilyslist.org>

Federal Trade Commission

<http://www.ftc.gov>

National Institute on Alcohol Abuse and Alcoholism (NIAAA)

<http://www.niaaa.nih.gov>

National Institute on Drug Abuse (NIDA)

<http://www.nida.nih.gov>

Substance Abuse and Mental Health Services Administration

<http://www.samhsa.gov>

## INDEPENDENT PUBLICATIONS

*The enemy of truth is not the lie, but the persistent, persuasive, and unrealistic myth.*

– John F. Kennedy

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*AdBusters Quarterly*

<http://www.adbusters.org>

AlterNet

<http://www.alternet.org>

*Campus Progress*

<http://www.campusprogress.org>

*ColorLines: Race Culture Action* (Magazine on race, culture, and organizing.)

<http://www.colorlines.com>

*Common Dreams* (News and Views for Progressives.)

<http://www.commondreams.org>

Credo Action (Website with strong columnists and links to Laura Flanders' radio show.)

<http://www.credoaction.com>

FAIR (Fairness and Accuracy in Reporting.)

<http://www.fair.org>

Institute for Public Accuracy

<http://www.accuracy.org>

Media and Gender Monitor

<http://www.waccglobal.org/en/resources/media-and-gender-monitor.html>

*Media Ethics*

<http://www.mediaethicsmagazine.com>

*Media Matters for America*

<http://www.mediamatters.org>

*On the Issues*

<http://www.ontheissuesmagazine.com>

*Origin: The Conscious Culture Magazine*

<http://www.originmagazine.com>

*The Nation*

<http://www.thenation.com>

*The Progressive*

<http://www.progressive.org>

Project Censored

<http://www.projectcensored.org>

Racialious: The Intersection of Race and Pop Culture

<http://www.racialicious.com>

Refdesk.com (For facts of all kinds.)

<http://www.refdesk.com>

*Voice Male Magazine*

<http://www.voicemalemagazine.org>

Who Makes the News?

<http://www.whomakesthenews.org>

*Yes! A Journal of Positive Futures*

<http://www.yesmagazine.org>

## INDEPENDENT PUBLICATIONS, ESPECIALLY FOR GIRLS & WOMEN

(for a more complete list, go to [www.wimnonline.org](http://www.wimnonline.org))

*The most valuable educational experience a woman can have is one which teaches her to identify and analyze – and resist – the conditions in which she lives, the morality she has been taught, the false images of herself received from high art as well as cheap pornography, classic poetry as well as TV commercials.*

– Adrienne Rich

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Alliance for Women in Media  
<http://www.awrt.org>

Amplify  
<http://www.amplifyyourvoice.org>

*Bitch: Feminist Response to Pop Culture*  
<http://www.bitchmagazine.org>

*Bust Magazine*  
<http://www.bust.com>

*the f word* (Monthly feminist publication from the UK.)  
<http://www.thefword.org.uk>

Feministing  
<http://www.feministing.com>

Guerilla Girls  
<http://www.guerillagirls.com>

*Herizons* (Canadian magazine with international and feminist views.)  
<http://www.herizons.ca>

In this Together Media  
<http://inthis Togethermedia.com>

JAWS (Journalism & Women Symposium – An organization for female journalists.)  
<http://www.jaws.org>

Jezebel  
<http://www.jezebel.com>

*Media Report to Women*  
<http://www.mediareporttowomen.com>

*Ms. Magazine*  
<http://www.msmagazine.com>

New Moon Girls: An online community and magazine for girls and their dreams  
(For and mostly by girls ages 8 to 12.)  
<http://www.newmoon.com>

*Shameless*  
<http://www.shamelessmag.com>

SheSource (An online resource of expert women ready to enrich the public debate.)  
<http://www.shesource.org>

Teen Voices  
<http://womensenews.org/story/teen-voices/130423/teen-voices-at-womens-enews>

Women's eNews  
<http://www.womensenews.org>

*Women's International News Network* (International feminist online magazine.)  
<http://www.feminist.com/win.html>

Women's Institute for Freedom of the Press  
<http://www.wifp.org>

## **INDEPENDENT TV, RADIO, & FILM**

*The word liberal comes from the word free. We must cherish and honor the word free or it will cease to apply to us.*

**– Eleanor Roosevelt**

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American Documentary

<http://www.amdoc.org>

California Newsreel

<http://www.newsreel.org>

CounterSpin

<http://www.fair.org/index.php?page=5>

Democracy Now!

<http://www.democracynow.org>

Feminist International Radio Endeavor (FIRE)

<http://www.fire.or.cr/indexeng.htm>

Free Speech Radio News

<http://www.fsrn.org>

Free Speech TV

<http://www.freespeech.org>

GRITtv with Laura Flanders

<http://lauraflanders.firedoglake.com>

Listen Up!

<http://listenup.org/index.php>

Making Contact/Women's Desk

<http://www.radioproject.org/desks/women.html>

Media Education Foundation

<http://www.mediaed.org>

National Radio Project

<http://www.radioproject.org>

New Day Films

<http://www.newday.com>

On the Media

<http://www.onthemedial.org>



Paper Tiger TV

<http://papertiger.org>

People's Production House

<http://www.peoplesproductionhouse.org>

Prometheus Radio Project

<http://prometheusradio.org>

Reel Grrls

<http://www.reelgrrls.org>

WINGS (Women's International News Gathering Service)

<http://www.wings.org>

Women Make Movies

<http://www.wmm.com>

## **MEDIA ADVOCACY**

*In a democratic society we ought to have the widest possible discussion about the hazards that affect people. Advertising is a powerful deterrent to that free and unimpeded discussion.*

– Dan Beauchamp

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Allied Media Conference

<http://www.alliedmediaconference.org>

Benton Foundation

<http://www.benton.org>

Berkeley Media Studies Group

<http://www.bmsg.org>

BeyondMediaEducation

<http://www.beyondmedia.org>

Campaign for a Commercial-Free Childhood

<http://www.commercialfreechildhood.org>

Center for Digital Democracy

<http://www.democraticmedia.org>

Center for Media and Democracy

<http://www.prwatch.org>

Center for Media Justice

<http://www.centerformediajustice.org>

FAAN Mail (Fostering Activism and Alternatives Now)

<http://faanmail.wordpress.com>

Fair Use Network

<http://www.fairusenetwork.com>

Institute for Sustainable Communities

[http://www.iscvt.org/what\\_we\\_do/advocacy\\_and\\_leadership\\_center](http://www.iscvt.org/what_we_do/advocacy_and_leadership_center)

*Media Reform Action Guide: Tools, Tips and Techniques for Promoting Change.*

[http://www.freepress.net/files/Action\\_Guide.pdf](http://www.freepress.net/files/Action_Guide.pdf)

*Media Strategies for Women's Rights Advocates and Reclaiming the Media for a Progressive Feminist Future.* Pozner, Jennifer.

(Available from <http://www.wimnonline.org>.)

Planet Feedback (A site to get addresses for letter-writing activists.)  
<http://www.planetfeedback.com>

WIMN Women in Media and News. (A media analysis, training and advocacy organization. Offers female sources to reporters, speakers on women in the media, and a listserv on media analysis and reform.)  
<http://www.wimnonline.org>

## **MEDIA CONCENTRATION AND OWNERSHIP**

*For the first time in human history, most of the stories about people, life, and values are told not by parents, churches or others in the community who have something to tell, but by a group of distant conglomerates that have something to sell.*

– **George Gerbner**

Benton Foundation

<http://www.benton.org>

Center for Creative Voices in Media (Preserving original, independent, and diverse voices in America's media.)

<http://www.creativevoices.us>

Center for Digital Democracy

<http://www.democraticmedia.org>

Center for Investigative Reporting

<http://cironline.org>

Center for Media and Democracy

<http://www.prwatch.org>

Center for Media Justice

<http://centerformediajustice.org>

Center for Public Integrity (Investigative journalism in the public interest. Tracks who owns the media in a given region.)

<http://www.publicintegrity.org>

*Digital Destiny: New Media and the Future of Democracy.*

Chester, Jeff. New York: The New Press, 2007.

Fairness and Integrity in Telecommunications Media Coalition (FIT Media)

<http://fitmedia.org>

Free Press (Works to involve the public in media policymaking and to craft policies for more democratic media.)

<http://www.freepress.net>

Free Press Action Network

<https://www.freepress.net/action>

MAG-NET Media Action Grassroots Network

<http://www.mag-net.org>

Media Action Center

<http://www.mediaactioncenter.org>

Media Alliance

<http://www.media-alliance.org>

Media Channel (A global network for democratic media.)

<http://www.mediachannel.org>

Media Justice League

<http://www.MediaJusticeLeague.org>

Media Owners (Who owns the American media)

<http://www.mediaowners.com>

Reclaim the Media

<http://www.reclaimthemedias.org>

Who Makes the News

<http://www.whomakesthenews.com>

Who Owns What? (Columbia Journalism Review's interactive listing of media parent companies and their holdings.)

[http://www.freepress.net/files/Action\\_Guide.pdf](http://www.freepress.net/files/Action_Guide.pdf)

## **MEDIA LITERACY**

*The most potent weapon in the hand of the oppressor is the mind of the oppressed.*

– **Steve Biko**

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ACME (Action Coalition for Media Education)  
<http://www.acmecoalition.org>

Ask the Mediatrix (Dr. Michael Rich, Director of the Center on Media and Child Health)  
<http://cmch.typepad.com/mediatrix>

Association for Media Literacy (Canada)  
<http://www.aml.ca>

BeyondMedia  
<http://www.beyondmedia.org>

*Beyond the Echo Chamber: How a Networked Progressive Media Can Reshape American Politics.*  
Clark, Jessica and Van Slyke, Tracy. New York: The New Press, 2010.

Buying and Selling of Cool  
<http://www.buyingandsellingofcool.com>

Campaign for a Commercial-Free Childhood  
<http://www.commercialexploitation.org>

Center for Media Literacy (Current resources as well as an extensive archive.)  
<http://www.medialit.org>

Children's Media Coalition  
<http://www.kidsfirst.org>

Citizens for Media Literacy  
<http://www.main.nc.us/cml>

Commercial Alert  
<http://www.commercialalert.org>

Common Sense Media  
<http://www.common sense media.org>

Consortium for Media Literacy (Addresses the role of global media through the advocacy, research and design of media literacy education for youth, educators and parents. The Consortium is building a body of research, interventions and communication that demonstrate scientifically that media literacy is an effective intervention strategy in addressing critical issues for youth.)

<http://www.consortiumformedialiteracy.org>

Electronic Frontier Foundation

<http://www.eff.org>

Fair Use Network

<http://fairusenetwork.com>

Fairness and Accuracy in Reporting (FAIR)

<http://www.fair.org>

*Fast Media, Media Fast.*

Cooper, Thomas. Bloomington, IN: AuthorHouse, 2011.

Future of Music Coalition

<http://futureofmusic.org>

*Free Press*

<http://www.freepress.net>

Also see: <http://www.StopBigMedia.com>

*Gender & Pop Culture.*

Trier-Bieniek, Adrienne and Leavy, Patricia (eds.). Rotterdam: Sense Publishers, 2014.

Girls, Women + Media Project

<http://www.mediaandwomen.org>

GLAAD—Gay & Lesbian Alliance Against Defamation

<http://www.glaad.org>

Global Action Project: Youth Make Media

<http://www.global-action.org>

GoLeft.org

<http://www.goleft.org>

Guerrilla Girls

<http://www.guerrillagirls.com>

*Hey Kidz: Buy this Book!*

Moore, Anne Elizabeth. A primer on using media education to get young people interested in activism. Download for free at <http://www.anneelizabethmoore.com>

Just Think (Igniting Young Minds Through Media Education)

<http://www.justthink.org>

The LAMP

<http://www.thelampnyc.org>

Media Alliance

<http://www.media-alliance.org>

Media Education Foundation (Films and videos on the media and social issues, as well as fact sheets, posters and handouts on deconstructing ads.)

<http://www.mediaed.org>

Media Education Lab (Curriculum materials, workshops and seminars, teaching resources.)

<http://www.mediaeducationlab.com>

Media Literacy Clearinghouse (An extensive source of resources for educators, including articles, ads, curricula, and more.)

<http://www.frankwbaker.com>

Media Literacy for Prevention, Critical Thinking, Self-Esteem

<http://www.medialiteracy.net>

*Media Literacy in the K-12 Classroom.*

Baker, Frank W. Eugene, OR: International Society for Technology in Education, 2012.

Media Literacy Project

<http://www.nmmlp.org>

*Media Literacy Series for Students in Grades 3 to 5.*

Capstone Press, 2007. (Six books by leading media literacy scholars.)  
[http://www.frankwbaker.com/capstone\\_media\\_literacy.htm](http://www.frankwbaker.com/capstone_media_literacy.htm)

Media Matters for America

<http://www.mediamatters.org>

Media-Smart Youth (An interactive education program focusing on media, nutrition, and physical activity for young people ages 11 to 13.)

<http://www.nichd.nih.gov/msy>



Media Smart (A media literacy program from the UK for 6 to 11-year-olds.)  
<http://www.mediasmart.org.uk/>

Media Smarts (Canada)  
<http://www.media-awareness.ca>

Mental Engineering (Comedians and professors dissect TV commercials on television.)  
<http://www.mentalengineering.com>

NAMLE (National Association for Media Literacy Education)  
<http://namle.net>

National Alliance for Media Arts & Culture  
<http://www.namac.org>

Project Look Sharp (Provides materials, training and support for teachers and evaluates media literacy programs. Free classroom-ready media literacy curriculum kits for social studies and other subjects).  
<http://www.ithaca.edu/looksharp/>

SeeMe Media Literacy (Australia)  
<http://www.seeme.org.au>

Shaping Youth (Mission is to shift negative influences of pop culture to a healthier world view for kids.)  
<http://www.shapingyouth.org>

*The Teacher's Guide to Media Literacy.*  
Scheibe, Cyndy and Rogow, Faith. Thousand Oaks, CA: Corwin Press, 2011.

## **PEACE AND SOCIAL JUSTICE**

*It is not hope that gets people engaged in struggle. It is being engaged in struggle that gives people hope.*

– **Cornel West and Roberto Unger, The Future of American Progressivism**

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Center for Gender and Justice

<http://www.centerforgenderandjustice.org>

Center for Partnership Studies

<http://www.partnershipway.org>

Code Pink

<http://www.codepink4peace.org>

Global Issues Network (Empowers students to work internationally with their peers to develop solutions for global issues.)

<http://www.global-issues-network.org>

Imagining Ourselves: a Global Generation of Women (An anthology and online project featuring personal stories, paintings, photographs, essays and poems by hundreds of young women from more than 100 countries around the world.)

<http://imaginingourselves.imow.org>

MADRE (International Women's Human Rights organization.)

<http://www.madre.org>

Peace X Peace (A global network connecting women's circles.)

<http://www.peacexpeace.org>

United for Peace and Justice

<http://www.unitedforpeace.org>

Violence Policy Center (Provides policy analysis on gun violence.)

<http://www.vpc.org>

*Weapons of Mass Deception* (A film by Danny Schechter.)

<http://www.mediachannel.org/wmd-weapons-of-mass-deception/>

Women's Action for New Directions

<http://www.wand.org>

*The World We Want: New Dimensions in Philanthropy and Social Change.*

Karoff, Peter. Lanham: AltaMira Press, 2007.

## **PUBLIC HEALTH AND PREVENTION**

*It is easier to build strong children than to repair broken men.*

– **Frederick Douglass**

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Alcohol Justice (“Talk Back” service generates letters to alcohol advertisers.)  
<http://www.alcoholjustice.org>

CADCA (Community Anti-Drug Coalitions of America.)  
<http://www.cadca.org>

CDC (Centers for Disease Control and Prevention)  
<http://www.cdc.gov>

Campaign for Tobacco-Free Kids  
<http://www.tobaccofreekids.org>

Campus Calm (Where students speak out about stress and well-being.)  
<http://www.campuscalm.com>

CAMY (Center on Alcohol Marketing to Youth)  
<http://www.camy.org>

CASA (National Center on Addiction and Substance Abuse at Columbia University.)  
<http://www.casacolumbia.org>

Center for the Study and Prevention of Violence  
<http://www.colorado.edu/cspv>

DrugWatch.com (Up to date information on the side effects of prescription and over-the-counter medications, including safety advice for pregnancy)  
<http://www.drugwatch.com>

Hard to Swallow: Spit Tobacco Marketing  
<http://www.nmmlp.org>

The Health Reformer  
<http://www.healthreformer.org>

Higher Education Center for Alcohol and other Drug Prevention  
<http://www.higheredcenter.org>

INWAT (International Network of Women Against Tobacco.)  
<http://www.inwat.org>

MADD (Mothers Against Drunk Driving)  
<http://www.madd.org>

Mental Health Resources for College Students

<http://www.onlinecolleges.net/for-students/mental-health-resources>

National Association for Children of Alcoholics

<http://www.nacoa.org>

National Center for Tobacco-Free Kids

<http://www.tobaccofreekids.org>

NCADD (National Council on Alcoholism and Drug Dependence)

<http://www.ncadd.org>

Non-Smokers Rights Association

<http://www.nsra-adnf.ca>

PIRE (Pacific Institute for Research and Evaluation. Original research on public health problems and solutions.)

<http://www.pire.org>

Planned Parenthood

<http://www.plannedparenthood.org>

Prevention Institute (Primary prevention of gender-related violence.)

<http://www.preventioninstitute.org>

Prevention Research Institute (Prime for Life, training programs for parents, teachers, addiction professionals, and students.)

<http://www.primeforlife.org>

RID (Remove Intoxicated Drivers)

<http://rid-usa.org>

Smoke Free Movies Campaign

<http://www.smokefreemovies.ucsf.edu>

Smokescreeners (An educational program to take the glamour out of smoking in movies.)

<http://www.fablevision.com/smokescreeners>

*Spin the Bottle: Sex, Lies & Alcohol.* (A film about drinking on college campuses by Jackson Katz and Jean Kilbourne.)

<http://www.mediaed.org/cgi-bin/commerce.cgi?preadd=action&key=210>

Trinkets & Trash Services (An archive of tobacco products and tobacco industry marketing materials.)

<http://www.trinketsandtrash.org>

## RECOVERY FROM ADDICTIONS

*To end our pervasive obsession with drugs requires nothing less than the transformation of American society. We need to reorient our values and priorities so that we value and invest in our most precious resource: people.*

– R. Richard Banks

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National Organizations for Recovering from Addictions (with local chapters listed online):

- Alcoholics Anonymous: <http://www.alcoholics-anonymous.org>
- Al-Anon: <http://www.Al-Anon-Alateen.org>
- Debtors Anonymous: <http://www.debtorsanonymous.org>
- Gamblers Anonymous: <http://www.gamblersanonymous.org>
- Sex and Love Addicts Anonymous: <http://www.slaafws.org>

Addiction Center

<http://www.addictioncenter.com>

AllTreatment (A rehab directory and substance abuse information source.)

<http://www.alltreatment.com>

*A Woman's Way Through the 12 Steps* (book and workbook).

Covington, Stephanie. (Available along with many other resources from <http://www.stephaniecovington.com>.)

*Drinking: A Love Story.*

Knapp, Caroline. New York: Dell Publishing, 1996.

FAVOR (Faces and Voices of Recovery)

<http://www.facesandvoicesofrecovery.org>

HelpGuide

<http://www.helpguide.org>

*The Invisible Alcoholics: Women and Alcohol Abuse in America.*

Sandmaier, Marian. New York: McGraw-Hill, 1980.

*The Ladykillers: Why Smoking is a Feminist Issue.*

Jacobson, Bobbie. New York: Continuum Press, 1982.

Powerfully Recovered!

<http://www.powerfullyrecovered.com>

She's in Recovery (An online community for women in recovery)

<http://www.shesinrecovery.com>

*Slaying the Dragon: The History of Addiction Treatment and Recovery in America.*

White, William L. Bloomington, IL: Chestnut Health Systems, 1998.

Sober.Com (A website to help addicts and alcoholics find recovery programs and other resources.)  
<http://www.sober.com>

## **VOLUNTARY SIMPLICITY AND RESPONSIBLE CONSUMPTION**

*For, in the final analysis, our most basic common link is that we all inhabit this small planet. We all breathe the same air. We all cherish our children's future. And we are all mortal.*

– **John F. Kennedy**

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Alternatives for Simple Living  
<http://www.simpleliving.org>

*An Inconvenient Truth* (A film and a book about global warming by Al Gore.)  
<http://www.climatecrisis.net>

Center for a New American Dream  
<http://www.newdream.org>

Center for Partnership Studies  
<http://partnershipway.org>

*Deep Economy: The Wealth of Communities and the Durable Future.*  
McKibben, Bill. New York: Times Books, 2007.

New Road Map Foundation  
<http://www.financialintegrity.org>

Responsible Purchasing Network (Dedicated to improving human health and the environment through best practices, superior products and networking.)  
<http://www.responsiblepurchasing.org>

*The Real Wealth of Nations: Creating a Caring Economics.*  
Eisler, Riane. San Francisco, CA: Berrett-Koehler Publishers, 2008.

*We must be the change we wish to see in the world.*

– **Mahatma Gandhi**