



# Course program and reading list

Semester 0 Year 2022

**School:** Sammy Ofer School of Communications B.A

Media and Teen Health, Body Image and Sexuality

**Lecturer:**

Dr. Keren Tzur-Eyal [keyal@runi.ac.il](mailto:keyal@runi.ac.il)

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<b>Course No.:</b>	<b>Course Type :</b>	<b>Weekly Hours :</b>	<b>Credit:</b>
7462	Seminar	6	6

<b>Course Requirements :</b>	<b>Group Code :</b>	<b>Language:</b>
Final Paper	220746200	English

**Prerequisites**

**Prerequisite:**

4048 - Preparatory Course: Practicing Academic Writing  
7214 - The Documentary Film and Reality **OR** 2658 - Content Creation for Viralization in Social Networks: implementation and analysis

**Students who took one of the courses listed below will not be allowed to register to the course Media and Teen Health, Body Image and Sexuality (7462):**

7241 - Seminar - Children, Adolescents and Television

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**Course Subjects:**

Note: Each class meeting in the first semester will be devoted to two parts: (1) Media and

youth health topic and (2) Seminar topic

<b>Week #</b>	<b>Class Topic</b>	<b>Assigned Reading</b>	<b>Seminar Topic</b>	<b>Seminar Exercise for Submission</b>
<b>1</b> <b>12.10.21</b>	Introduction to the course	James et al. (2017)	What is a seminar?	
<b>2</b> <b>19.10.21</b>	Health socialization	Broder et al. (2017)	How to choose a topic for a seminar project?	
<b>3</b> <b>26.10.21</b>	Mental health	Vyncke & Van Gorp (2018) Or O'Reilly et al. (2019)	Identifying relevant literature	Initial thoughts about the topic for the seminar
<b>4</b> <b>2.11.21</b>	Physical health	Banerjee et al. (2019) Or Domoff et al. (2017)	Searching the databases + APA citation guidelines	
<b>5</b> <b>9.11.21</b>	Smoking, alcohol drinking, and drug use	McCauley Ohannessian et al. (2017) Or Vogel et al. (2021)	Summarizing the literature	Initial references for the seminar (list in APA format)

<b>Week #</b>	<b>Class Topic</b>	<b>Assigned Reading</b>	<b>Seminar Topic</b>	<b>Seminar Exercise for Submission</b>
<b>6</b>	Personal	NA	NA	

<b>16.11.21</b>	meetings on seminar projects				
<b>7</b> <b>23.11.21</b>	Sex and sexuality	Jozkowski et al. (2019)	Theory		
<b>8</b> <b>30.11.21</b>	Sex and sexuality – continued	Festl et al. (2019)	Theory – continued		
<b>9</b> <b>7.12.21</b>	Body image and eating disorders	Barron et al. (2021)	Writing research questions/ hypotheses	Relevant theory for seminar	
<b>10</b> <b>14.12.21</b>	Body image and eating disorders – continued	Piatkowski et al. (2021)	Methodology – general approaches		
<b>11</b> <b>21.12.21</b>	Health interventions	Weintraub Austin et al. (2018)	Methodology – specific approaches	General methodology for seminar	
<b>12</b> <b>28.12.21</b>	Health interventions – continued	Widman et al. (2018)	Summary for seminar proposal: Literature review and methodology (part 1)	Research questions/ hypotheses for seminar	
<b>13</b> <b>4.1.21</b>	Personal meetings on seminar projects	NA	NA		

Note: The schedule for the second semester will be determined based on student needs and will involve:

- Class on quantitative data collection and analysis
  - Class on qualitative data collection and analysis
  - Classes on seminar topics: Results section, discussion section, research ethics, presentations (public speaking)
  - Personal meetings on seminar projects
  - Presentations of research proposals
  - Presentations of applied exercises
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## Course Goals

### Course Description:

The seminar will survey the growing body of research on the topic of the media's relationship with youth health. The focus will be on issues especially relevant for young audiences, including mental health, cyberbullying, smoking and alcohol drinking, body image, and sexuality. Educational and media campaigns, including entertainment-education efforts to intervene in the media-health relationship will be reviewed. These issues draw much public attention and serve as a focus of educational and regulatory efforts in Israel and worldwide. Relevant theories used to study and explain these issues will be reviewed. Methodologies used in this realm will be introduced and critiqued. Students will conduct an original seminar research on the topic.

### Course Goals:

Students are expected to earn knowledge and understanding of the relationship between media and youth health across a large range of fields covered in the course. They are expected to be able to critically evaluate academic articles relevant to the topics of the course. Ultimately, students are expected to create and carry out a complete empirical research project, from conceptualization to data collection and interpretation, on a specific research question of their choice within the large field of media and youth health.

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## Grading

### Assignments and Requirements:

- Mandatory class attendance (see IDC regulations)
- Constructive participation in class discussion based on bibliography reading
- Submission of seminar exercises
- Presentation of a topic/article
- Submission of a research proposal
- Presentation of the research proposal
- Presentation of an applied exercise
- Submission of a seminar paper

### Grade Composition:

- **10%**      **Constructive participation in class discussion (Fall & Spring semesters)**
- 5%      Submission of seminar exercises (Fall semester)
- 10%      Presentation of a topic/article (Fall semester)
- 10%      Submission of a research proposal (At the end of the Fall semester)
- 15%      Presentation of the research proposal (Spring semester)
- 10%      Presentation of an applied exercise (Spring semester)
- 40%      Submission of a seminar paper (October 1, 2022)



## Reading List

### **Bibliography:**

Banerjee, S. C., Rodriguez, V. M., Greene, K., & Hay, J. L. (2019). Trending on Pinterest: An examination of pins about skin tanning. *Translational Behavioral Medicine, 16*, 737-748. DOI: 10.1093/tbm/iby036

Barron, A. M., Krumrei-Mancuso, E. J., & Harriger, J. A. (2021). The effects of fitspiration and self-compassion Instagram posts on body image and self-compassion in men and women. *Body Image, 37*, 14-27. DOI: 10.1016/j.bodyim.2021.01.003

Broder, J., et al. (2017). Health literacy in childhood and youth: A systematic review of definitions and models. *BMC Public Health, 17*, 361-385. DOI: 10.1186/s12889-017-4267-y

Domoff, S. E., Borgen, A. L., Foley, R. P., & Maffett, A. (2019). Excessive use of mobile devices and children's physical health. *Human Behavior & Emerging Technologies, 1*, 169-175. DOI: 10.1002/hbe2.145

Festl, R., Reer, F., & Quandt, T. (2019). Online sexual engagement and psychosocial well-being: The mediating role of sexual victimization experiences. *Computers in Human Behavior, 98*, 102-110. DOI: 10.1016/j.chb.2019.04.010

James, C., Davis, K., Charmaraman, L., Konrath, S., Slovak, P., Weinstein, E., & Yarosh, L. (2017). Digital life and youth well-being, social connectedness, empathy, and narcissism. *Pediatrics, 140*, S71-S75. DOI: 10.1542/peds.2016-1758F

Jozkowski, K. N., Marcantonio, T. L., Rhoads, K. E., Canan, S., Hunt, M. E., & Willis, M. (2019). A content analysis of sexual consent and refusal communication in mainstream films. *Journal of Sex Research, 56*(6), 754-765. DOI: 10.1080/00224499.2019.1595503

McCauley Ohannessian, C., Vannucci, A., Flannery, K. M., & Khan, S. (2017). Social media use and substance use during emerging adulthood. *Emerging Adulthood, 5*(5), 364-370. DOI: 10.1177/2167696816685232

O'Reilly, N. D., Hughes, J., Reilly, P., George, R., & Whiteman, N. (2019). Potential of social media in promoting mental health in adolescents. *Health Promotion International, 34*, 981-991. DOI: 10.1093/heapro/day056

Piatkowski, T. M., White, K. M., Hides, L. M., & Obst, P. L. (2021). The impact of social media on self-evaluations of men striving for a muscular ideal. *Journal of Community Psychology, 49*, 725-736. DOI: 10.1002/jcop.22489

Vogel, E. A., Ramo, D. E., Rubinstein, M. L., Delucchi, K. L., Darrow, S. M., Costello, C., & Prochaska, J. J. (2021). Effects of social media on adolescents' willingness and intention to use E-cigarettes: An experimental investigation. *Nicotine & Tobacco Research, 23*(4), 694-701. DOI: 10.1093/ntr/ntaa003

Vyncke, B., & Van Gorp, B. (2018). An experimental examination of the effectiveness of framing strategies to reduce mental health stigma. *Journal of Health Communication, 23*, 899-908. DOI: 10.1080/10810730.2018.1538272

Weintraub Austin, E., Austin, B. W., French, B. F., & Cohen, M. A. (2018). The effects of a nutrition media literacy intervention on parents' and youths' communication about food. *Journal of Health Communication, 23*(2), 190-199. DOI: 10.1080/10810730.2018.1423649

Widman, L., Nesi, J., Kamke, K., Choukas-Bradley, S., & Stewart, J. L. (2018).

Technology-based interventions to reduce sexually transmitted infections and unintended pregnancy among youth. *Journal of Adolescent Health, 62*, 651-660. DOI: 10.1016/j.jadohealth.2018.02.007