



Session Jia 1 / Long Journey (110 Minutes)

Introduction (10 minutes)

Session Activity	Steps	Guiding Questions	Learning Outcomes
Introduction	<ol style="list-style-type: none"> Welcome participants and explain session objectives. Introduce the concept of media heroes and villains. 	<ul style="list-style-type: none"> What is the main purpose of this session? How can we define the concept of media heroes and villains? What do you hope to learn about media heroes and villains today? 	<ul style="list-style-type: none"> Understand the purpose of the session Learn about media heroes and villains
Material			



Understanding Heroes and Villains (15 Minutes)

Session Activity	Steps	Guiding Questions	Learning Outcomes
Understanding Heroes and Villains	<ol style="list-style-type: none"> 1. Present villain action cards and media hero cards. 2. Facilitate a group discussion on their impact. 	<ul style="list-style-type: none"> • What are some examples of media heroes and villains? • How has media influenced society positively and negatively? • What is the role of media in shaping our perceptions and attitudes? 	<ul style="list-style-type: none"> • Recognize negative and positive media influence • Reflect on media's role in society
Materials			



Brainstorming Countering Measures (25 minutes)

Session Activity	Steps	Guiding Questions	Learning Outcomes
Brainstorming Countering Measures	<ol style="list-style-type: none"> 1. Divide participants into groups. 2. Assign villain and hero cards. 3. Brainstorm strategies to counter villains. 	<ul style="list-style-type: none"> • How can we counter the negative influence of media villains? • What strategies can we brainstorm to mitigate the impact of media villains? • How can critical thinking help us address media-related challenges? 	<ul style="list-style-type: none"> • Collaborate on solutions to combat negative media influences • Enhance critical thinking
Material			



Group Presentations (20 minutes)

Session Activity	Steps	Guiding Questions	Learning Outcomes
Group Presentations; sharing solutions	<ol style="list-style-type: none"> 1. Groups present assigned villains, heroes, and countermeasures. 2. Encourage creativity and discussion. 	<ul style="list-style-type: none"> • How can your group creatively present the solutions you've come up with? • What insights have your group gained while working on this topic? • How can you effectively communicate your ideas to others? 	<ul style="list-style-type: none"> • Practice effective communication and presentation skills • Share insights with peers
Material			



Interactive Discussion (15 minutes)

Session Activity	Steps	Guiding Questions	Learning Outcomes
Interactive Discussion	<ol style="list-style-type: none"> Facilitate a discussion on the role of media heroes. Encourage participants to share additional ideas. 	<ul style="list-style-type: none"> What role do media heroes play in our society? How can we actively engage in discussions about media heroes and villains? What ideas or opinions do you have regarding the influence of media heroes? 	<ul style="list-style-type: none"> Engage in thoughtful discussion about media's impact Contribute to group conversation
Materials			



Prioritizing Action (10 minutes)

Session Activity	Steps	Guiding Questions	Learning Outcomes
Prioritizing Action	<ol style="list-style-type: none"> Participants write actionable steps using media heroes. Share and discuss these steps as a group. 	<ul style="list-style-type: none"> What actionable steps can individuals take to address media-related challenges? How can we prioritize and implement the strategies discussed? How do personal strategies contribute to the collective effort? 	<ul style="list-style-type: none"> Identify personal strategies for countering negative media influences Share ideas for positive change
Materials			



Creating a Strategy (10 minutes)

Session Activity	Steps	Guiding Questions	Learning Outcomes
Creating a Strategy	<ol style="list-style-type: none"> Summarize key countermeasures, emphasizing media hero involvement. Guide participants in strategy creation. 	<ul style="list-style-type: none"> How can we synthesize the countermeasures and strategies discussed into a collective plan? What are the key components of an effective strategy against media villains? How can we ensure that our strategy is comprehensive and actionable? 	<ul style="list-style-type: none"> Develop a collective strategy to promote responsible media engagement Synthesize ideas from the session
Materials			



Conclusion (5 minutes)

Session Activity	Steps	Guiding Questions	Learning Outcomes
Conclusion	<ol style="list-style-type: none"> 1. Recap session takeaways 2. empowering participants as media literacy heroes. 3. Thank participants and close. 	<ul style="list-style-type: none"> • What are the key takeaways from today's session? • How do you feel about the concept of media heroes after this discussion? • Do you have any suggestions for improving future sessions on this topic? 	<ul style="list-style-type: none"> • Internalize the concept of media heroes • Feel motivated to take positive actions
Materials			