The Whole Picture
The songs we listen to affect us. The songs we listen to and watch may have an even greater impact. Since music videos can have an influence on our health and the health of our relationships, it is especially important to be a critical viewer.

Take these steps to help you discover if the music videos you watch are portraying healthy or unhealthy relationships. Get comfortable, get online, and get the whole picture.

Step One: Find a music video
Select a music video of a song you enjoy. Watch the video on YouTube, iTunes, or TV. Begin with just getting a feel for the main themes of the images and behaviors of the people in the video.

Step Two: Determine if the music video has a relationship theme
Decide if the music video has a relationship theme. Look for two or more people with an emotional or physical connection. This connection should support or celebrate the healthy or unhealthy characteristics of the relationship.

Step Three: Score the music video
Watch the music video carefully, looking for images that give you information about the relationship. You may need to watch it more than once.

Look at the TrueView scoring tool to the left. For each healthy or unhealthy “view” that is present in the music video, assign a score. A score of 0 indicates that there is none of that relationship element present while a score of 5 indicates a very high level of that relationship element.

Step Four: Total your numbers
Add up the scores in both the unhealthy and healthy comment sections. These totals indicate the unhealthy and healthy relationship “views” contained in the music video.

Step Five: Replay, Dislike or Share
Based on your scores, choose one of the three choices in the video screen:
Circle SHARE if you think the overall message about relationships is something you admire and would like to share with others.
Circle DISLIKE if you think the overall message celebrates or glorifies unhealthy relationships.
Circle REPLAY if you are unsure of the overall message conveyed about the relationship. If you circle this choice, you may want to view the video again alone or with another person who might be able to help you evaluate it.

Use this tool whenever you want to find out the relationship views of a music video.