



What is Romanticization?

To Romanticize is to make something seem better or more appealing than it really is. The idea of "romanticizing your life" is acting like your life is great, even when it is not. A lot of times, forms of media such as movies, TV shows, and books will romanticize relationships.


Examples in Media



Examples of this include Twilight, Gossip Girl, and 'It Ends With Us' by Colleen Hoover

Each of these shows a couple that is loved by many but is actually unhealthy

In Twilight, Edward stalks Bella and is very controlling. In Gossip Girl, Blair and Chuck are on and off, do not take responsibility, and get into trouble together. 'It Ends With Us' is a book that shows a physically abusive relationship



While all of these forms of media are entertaining, they do not teach us what a healthy relationship looks like!

Just because something is aesthetic, meaning you like the way it looks, does not mean that it is healthy.