

FILM FRIDAY



Host a movie night with friends and family,
and use this guide to discuss how
romantic relationships are portrayed in
films and television

Grab your popcorn and check out this list of movies and tv shows to use for your movie night.

Movies

- 10 Things I Hate About You
- 500 Days of Summer
- A Fall From Grace
- After
- A Star is Born
- Beauty and the Beast
- Bridget Jones's Diary
- Domestic Disturbance
- Enough
- Fatal Affair
- Footloose
- For Colored Girls
- Gone Girl
- Grease
- Gone with the Wind
- Heartthrob
- Love Actually
- Only Mine
- Sleepless in Seattle
- Suicide Squad
- The Graduate
- The Kissing Booth
- The Notebook
- The Perfect Guy
- Twilight
- You've Got Mail

TV Shows

- 13 Reasons Why
- Big Little Lies
- Buffy the Vampire Slayer
- Dawson's Creek
- Dirty John
- Elite
- Empire
- Euphoria
- Friends
- Gilmore Girls
- Gossip Girl
- Greenleaf
- Grey's Anatomy
- How I Met Your Mother
- Modern Family
- On My Block
- Orange is the New Black
- Scandal
- Sex and the City
- Sex Education
- Shameless
- The L Word
- The Mindy Project
- The Office
- The Vampire Diaries
- You

Discussion Guide

Use these questions to help start a conversation with your friends and family about the way media portrays relationships

If you have seen this movie/ tv show before, did you notice anything different this time?

What do you think of the movie/tv show's overall message? Do you agree with it?

Did any relationship dynamic make you feel uncomfortable? If so, which scenes and why did it make you feel this way?

What kind of relationships did the characters have? Do you think they were healthy or unhealthy? Explain why.

Could you identify any red flags or unhealthy behaviors within a character's relationship?

Was there a scene or circumstance that challenged your view in any way?

What emotions did you feel during the course of the movie/tv show? After it ended?