

# THE MALE GAZE CHECKLIST

## **1) Who is the image for?**

*Is it designed to attract or arouse a presumed heterosexual male viewer?*

## **2) Who holds the power?**

*Does the subject appear passive, submissive or objectified?*

## **3) Who is watching?**

*Is the subject aware of being seen - and posed to please the viewer?*

## **4) What body parts are emphasized?**

*Are sexualized areas highlighted more than the subject's expression, action or identity?*

## **5) Is the pose natural or performative?**

*Would the subject realistically stand/sit that way if no one were watching?*

## **6) What's the subject doing?**

*Are they active and self-directed or simply there to be looked at?*

## **7) Does the subject have agency?**

*Does the subject seem to own their body and presence, or are they presented like a decorative object?*

## **8) What is the subject's gaze?**

*Subjects looking away or directly at the viewer signal different dynamics. Make it intentional.*

## **9) How is it framed?**

*Are there close-ups, crops, or angles that dismember or fetishize?*

## **10) How does the image feel?**

*Does it evoke curiosity, reverence, strength, vulnerability - or voyeurism?*

Ten Questions For Looking At The Human Figure with Awareness