



15TH ANNUAL REGENT PARK FILM FESTIVAL

SCHOOL PROGRAM GRADES 7-8

Program Description

The seven films that make up the program tell socially conscientious fables whose characters embrace their differences with enthusiasm. These films come together to cultivate the importance of empathy, self-love, and confidence in all of us.

Definitions To Consider

Stereotype - A widely held but fixed and oversimplified image or idea of a particular type of person or thing. Stereotypes often provide a negative impression of a person or a group of people.

Gender - The behavioral, cultural, or psychological traits typically associated with one sex

Self-Care - Self care is about taking proper care of yourself and treating yourself as kindly as you treat others. Acts of self-care can be as simple as making sure you sleep enough, take a shower and eat properly. The concept of self-care came out of the activist community. You can't change the world if you're exhausted!

Before The Festival

1. **Share the program description with students.** Let them know they are about to see short films, both documentaries and fiction, about the importance of self-love, empathy and confidence.
2. **Have a brief discussion with some of the following questions:**
 - What documentaries have they seen before?
 - How are these different from the fiction films they have seen?
 - Do documentaries and fiction have any similarities?
 - Which one do you prefer to watch? Which would you prefer to make?
 - Which one do you think is more truthful?

At The Festival

Be a Film Critic! Print out the *Be A Film Critic* sheet attached, and bring it to the festival to review the films you see!

After The Festival

1. Have a discussion

- Which documentary stood out to you the most? Which fiction stood out to you the most? Why?
- Is there someone or something you know of that you would like to make a film about? Would you like to make it as a documentary or fiction?

2. Specific Film Discussions:

Rice Balls: Describe a favourite meal that you have that people may perceive it as a little "weird". What food would you like to learn how to make?

Genderize: Consider the questions director Chase Joynt asked his subjects in *Genderize*. "What does gender mean to you personally? Do you agree or disagree with the statements made by the three siblings?"

Fixing Luka: The siblings at the centre of Jess Ashman's *Fixing Luka* are made up of cogs and gears like a clock. Luka doesn't work the same as his sister and she tries to "fix him". Why is it important to learn to accept your loved ones even if you don't understand them? What would be "self-care" in this context? What ways did the film convey this message?

FILMS

IT'S NOT ME, IT'S YOU



SYNOPSIS

This film explores the thoughts of a young Black girl as she negotiates her complex identity against society's understanding and representation of blackness. Using common stereotypes associated with black identity, her aim is to illustrate the uniqueness of us all.

THEMES Black female identity, societal expectations

THE GOOD FIGHT



SYNOPSIS

Access to fresh food is one of the biggest issues facing communities across North America. Having the confidence and knowledge of how to grow your own food is inspiring! Zachary Greenleaf, a young Mi'gmaq shows the connection between song, gardening and community.

THEMES Agriculture, independence, capitalism, skills

AWASKINAWASON (CHILDREN OF EARTH)



SYNOPSIS

Awaskinawason is made up of the Atikamekw words awacic (child), aski (earth) and takonawason (having the responsibility for). An animated short calling on us to respect the great circle of life.

THEMES Ecology, Indigenous history, respect for nature and the land

FIXING LUKA



SYNOPSIS

Lucy thinks her brother, Luka, is broken. His obsessive, meticulous, infuriating arrangements of sugar cubes and thimbles prove it. Lucy thinks he should be fixed, but not in the way she imagines.

THEMES Mental health, siblings, relationships, differences

RICE BALLS



SYNOPSIS

Josh is very particular about the way he packages himself and his lunch. Born in Australia to a Japanese father, he struggles to reconcile these traditions when it comes to the food he takes to school, preferring a sandwich over the rice balls he usually eats. Questions of identity and heritage, much like the special ingredient in rice balls, imbue the film.

THEMES Mixed race identities, culture, tradition

LA INVITACIÓN



SYNOPSIS Pushed by the fear of losing her friends, Silvia (10) has invited them to a sleepover... but things can be complicated when your home is not exactly what your friends may call a home.

THEMES Bullying, economy, secrets

GENDERIZE

SYNOPSIS In 2012, transgender filmmaker Chase Joynt sat down with Benton (12), Madeleine (10) and Dexter (6) to talk about gender, puberty, school, and parents. Four years later, he revisited the kids to see what's changed — but not before the kids flipped the camera on the adults to ask some questions of their own.

THEMES Gender, puberty, family dynamics, education

BE A FILM CRITIC! 5 Stars = Highest



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