



DOCUMENTARY AUSTRALIA
FOUNDATION

DOC SOCIAL IMPACT GUIDE

INSPIRE. ENGAGE. CHANGE



I AM A GIRL

ABOUT THE FILM

I AM A GIRL explores what it means to be a girl in the 21st century, as told through the personal, coming of age stories of six girls in six different countries. Their stories display strength, hope, courage and a refusal to be second-best.

A BIT OF BACKGROUND

Feminism may have promised equality and sought a better and fairer world for women, but the reality is that girls make up almost a quarter of the world's population, yet still face the greatest discrimination of any group on the planet. Being born a girl means you are more likely to be subjected to violence, disease, poverty and disadvantage more than any other group on the planet. In spite of this, girls have found extraordinary ways to persevere.

SOME THINGS TO PONDER WHILE YOU WATCH

How are young women generally presented in the media?

How pervasive is the role of the media in setting unrealistic standards?

Do you think males and females in Australia today are subjected to similar pressures to look and behave a particular way?

Are you aware of any countries in the world where male children are valued more highly than female children? How about the other way around?

FREEDOM FOR GIRLS

www.project-everyone.org
www.globalgoals.org

TAKE ACTION with organisations like [PLAN Australia](#), [Unicef](#), [BeyGood4Burundi](#), [Girls Not Brides](#) and [Equality Now](#).

Download I AM A GIRL Education Resources
iamagirl.com.au/

EDUCATION

www.savethechildren.org.au/
www.theintrepidfoundation.org/

VIOLENCE

projectfutures.com/
www.riverkidsproject.org/

EARLY MARRIAGE

www.plan.org.au/

FAMILY PLANNING

womensplans.org/
www.mariestopes.org.au/

MENTAL HEALTH

www.beyondblue.org.au/
www.eheadspace.org.au/

CYBER SAFETY

girlbeheard.org/
au.reachout.com/
www.eheadspace.org.au/



THE WILL TO FLY

ABOUT THE FILM

A historic portrayal about the life and tumultuous sport career of Lydia Lassila, who maintained a loyalty to her younger self, by conquering the ambitious goals she set, with a fire she never let die down.

SOME THINGS TO PONDER WHILE YOU WATCH

- Are female athletes subject to stereotyping?
- Does society limit and tell women what they should and shouldn't be?
- Do you think Australian sporting culture is gender inclusive?
- How are male and female athletes treated differently?
- What may stop girls and women participating in sport?
- Why is female participation in sport so important?

A BIT OF BACKGROUND

As a young gymnast, Lydia Olympic aspirations were set and then dashed by injuries and missed opportunities. Aerial skiing, a traditionally male dominated sport, provided a risky second chance opportunity for her to realise her dream.

Despite a mountain of hurdles she made an almighty comeback and won the 2010 Olympic games with a world record score still holds today.

After winning the 2010 Olympic games, Lydia returned to the sport as a young mother, with a pursuit of becoming the first woman to perform the most complex acrobatic manoeuvre that only men had ever achieved before, a "quadruple twisting, triple somersault" on skis.

Want to know more? Visit thewilltoflyfilm.com

HASHTAG EMPOWERMENT

The **#LIKEAGIRL** social experiment started a conversation to boost confidence by changing the meaning of 'like a girl' from an insult to a total compliment.

The campaign, initiated by American company [Always](http://Always.com), aims to empower girls everywhere by encouraging them to smash limitations and be unstoppable.

Little Miss Geek is also challenging girls and young women to celebrate women who are carving their own path in male dominated industries and acting as inspiring role models for the next generation through their **#HERinHero** campaign.

VISIT ladygeek.com/#littlemissgeek



YOU SEE MONSTERS

ABOUT THE FILM

An inspirational film about the power of art to challenge prejudice, subvert racism and change the way we view the world. A new generation of Australian Muslim artists are fighting back against anti-Islamic bigotry and using art as a battleground to assert their own agency – not with defensive or apologetic arguments, but on the front foot using the power of imagination to create works of art that are challenging the nation to take a long hard look at it itself.

A BIT OF BACKGROUND

The terrorist attacks of 9/11 changed the world and the world's perception of Muslims. Australia's demonisation of its Muslim population has taken on monstrous proportions: nearly half the nation expresses negative or ambivalent attitudes towards Muslims and Islam is consistently represented as a threat to the much-vaunted 'Australian way of life'.

SOME THINGS TO PONDER WHILE YOU WATCH

Do you think Australia is racist?

What is the 'Australian identity' and how has it been shaped? What role does conflict play in shaping notions of identity?

Is there a difference between religion and faith?

Why do many people think Muslim women are 'oppressed'?

MAKING A MONSTER IMPACT

Filmmakers Chemical Media are now working to source funding for a *You See Monsters* outreach program that will instigate positive social change among younger Australians. The strategy includes community engagement, school roadshow, downloadable graphic novel and youth leadership programs.

Make a donation to the
YOU SEE MONSTERS
[Outreach Campaign](#)

Film Tour: Featured cast members take the film to over 75 high schools across metro and regional Australia, providing an entertaining blend of documentary film and live Q&A to engage students in discussions around themes of social justice, cohesion, identity, and racism.

Youth Leadership Development Program: A leadership development program for the next generation of Australian decision makers. Building advocacy and leadership skills by addressing the important themes the film explores.

VISIT www.youseemonsters.com/education/



THE BAULKHAM HILLS AFRICAN LADIES TROUPE

ABOUT THE FILM

An inspirational story of courage and resilience, that reveals the transformative power of story-telling through the arts.

The film follows the story of four charismatic and inspirational African women, now living in Australia, who, with the help of acclaimed theatre director Ros Horin, turned their harrowing stories of survival into a joyous theatre of humanity that has filled theatres from across their new country to the other side of the world.

A BIT OF BACKGROUND

90% of women refugees will have been subjected to sexual violence at some stage in process of becoming a refugee. Amongst all the political noise around refugees, asylum seekers and the hostility towards sexual abuse survivors, this film wants to empower survivors to lift their cloak of shame, and seek help.

SOME THINGS TO PONDER WHILE YOU WATCH

How can we separate the silence and shame associated with sexual abuse survivors sharing their stories?

What do you think are the Australian community attitudes towards women who have been abused?

Why is it important for women to share their stories of survival from sexual abuse and violence?

CREATE A SAFER WORLD FOR WOMEN

100 Women is a giving circle, which enables everyday people to be involved in creating a world where all women and girls can live safely with access to health, education and economic freedom.

JOIN today 100women.com.au

#MeToo
#TimesUp

The Queen of Hearts Community Foundation

www.queenofhearts.org.au/

Startts

www.startts.org.au/

The Un Refugee Agency (UNHCR)

www.unhcr.org/en-au/

Action Aid

www.actionaid.org/australia

Help fund TBHALT outreach program: a comprehensive, targeted community screening program, directly targeting groups such as such as police, social workers, counsellors, human rights workers, the courts, immigration officials, medicos and schools.
africanladiestroupe.com/donate/



BLUE

ABOUT THE FILM

BLUE is the story our generation need to hear. The very nature of the sea is being irretrievably altered. BLUE is a provocative journey into the ocean realm, witnessing this critical moment in time when the marine world is on a precipice.

A BIT OF BACKGROUND

Half of all marine life has been lost in the last 40 years. The industrialisation that has occurred in the oceans over the last century, mirrors the events that triggered mass extinctions on land. Industrial scale fishing, habitat destruction, species loss and pollution have placed the ocean in peril.

SOME THINGS TO PONDER WHILE YOU WATCH

How much disposable plastic would you use per day?

How are humans part of the ocean ecosystem?

How might changes in the ocean ecosystem affect the economy or society and vice versa?

We've recognised for more than a century the importance of preserving land through national parks and other designations. Why did it take so long for conservationists to turn their attention to the oceans?

BECOME AN OCEAN GUARDIAN BREAK THE PLASTIC CYCLE

Be a conscious consumer! Stop eating unsustainable fish | www.globalseafoodratings.org/

Stop and think about what you buy, and say no to disposable, single-use, unnecessary items. Buy a reusable cup: jococups.com/

Say no to bottled water and plastic bags! Use reusable water bottles and bags.

CHANGE FOR THE BETTER | boomerangbags.org/

Support plastic bag bans and container deposit schemes. [Sign the petition](#) | BAN THE BAG

Pick up litter – rubbish travels down the storm drain and into the sea. Every little bit makes a difference. TAKE 3 FOR THE SEA | take3.org/

Ban shark fishing | [Sign the petition](#)

Want to do more?
Visit bluethemovie.org/take-action/