



*Inner Wound Real* (Animated Documentary Short, 15 min)

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## “Open(s) up a space of conversation between the film and its audience.”

Elena Guzman, PhD, Assistant Professor African American and African Diaspora Studies and Anthropology

### Synopsis:

*Inner Wound Real* relays the story of three BIPOC folks who self-injure, then find new ways to cope. Each participant’s story has its own distinct visual style. The chapters are independent puzzle pieces that together form the 15-minute film. Everyone self harms in some way such as smoking, excessive drinking, or eating unhealthy foods, yet self-injury carries a unique stigma. While most media depictions of self-injury focus on able-bodied white cis-women, this project focuses on three individuals: an Indian cismale, a Black transgender non-binary person, and a Fillipinx queer femme. The variety of family backgrounds and identities show how this practice spans across racial, ethnic, and gendered groups.

**The rate of self-harm among LGBTQIA+ teens (38% to 53%) is twice as high than for heterosexual teens (10% to 20%), according to WebMD.<sup>1</sup>**

### Screening Workshop (60-90 minutes)

*Content Warning: The film mentions self-injury incidents; Suggested for high school age youth and older*

- Provides a safe space to foster meaningful and healing discussions
- Discussions connect the film participants with workshop attendees
- Workshops lead by Director (Carrie Hawks) and mental health professional
- Workshop activities include coping strategies and grounding techniques
- Pre and post surveys for attendees
- Normalizes conversations around self harm to combat existing stigma
- Not meant to replace group or individual therapy

**\*Workshops available in-person and virtually**



<sup>1</sup><https://www.webmd.com/parenting/news/20190603/lesbian-gay-youth-at-higher-risk-for-self-harm>