



Femme

*A Documentary on
Body Image in
Social Media*

By Michaela Knight



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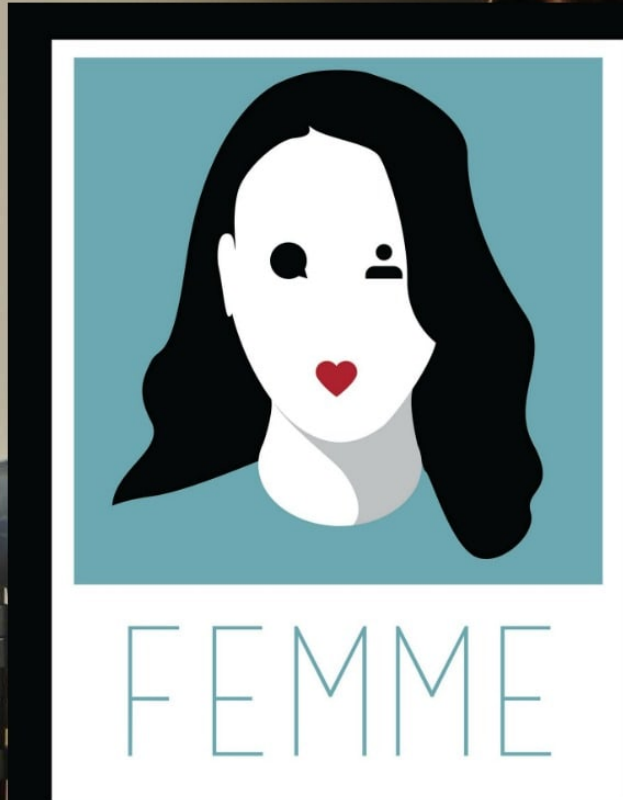
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The Concept Behind 'Femme'



MICHAELA KNIGHT PRESENTS "FEMME" WITH MICHAELA KNIGHT
EDITED BY SAM LARONER PRODUCTION DESIGNER MICHAELA KNIGHT DIRECTOR OF PHOTOGRAPHY KAREN-JENSTEIN CLARK

'Femme' is a short documentary on the power of social media on body image and our perceptions of each other's bodies and our own. Femme explores 7 individuals' stories and experiences on this matter and what they have learnt from the ever-changing world of social media. An interview based documentary, 'Femme' is a raw and stripped down experience for the audience. Each story is told by the individual in a relaxed setting, solely interview based each part touches on different aspects of social media and it's influences on our daily lives and we dig deep into our past to understand ourselves and how our insecurities about body image and other peoples opinions have warped our minds.



Creator's Statement

Michaela Knight, 23 is a body image activist who looks to inspire the younger generation by providing this documentary on how social media can not only have it's negative affects but positive affirmations on self-acceptance and body image. A media student for almost 7 years, Michaela is a passionate and creative individual who has channelled her own experiences into this project for the world to see.

Cast

Firdous Khonat



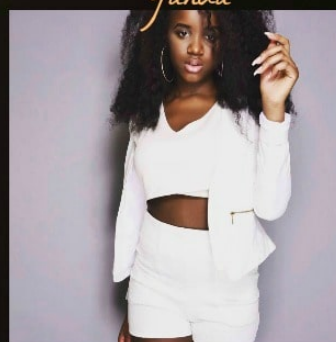
Georgie Chandler



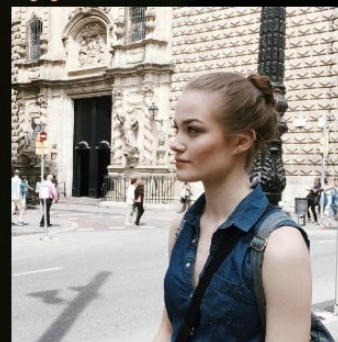
Morele Tchatou



Sychelle-Kristina Yanda



Tiff Branscombe



Zoe Wallbank



"For me, I have learnt to love my body image because it is my own and it tells the journey of my growth, physically and psychologically."

"So with body image being something that is so influenced by the media, it's extremely important to be having conversations about the standards and ideals of, in this context for the documentary, beauty."

"I'm an individual that has learnt about self love through experience. Social media may glamourise a certain type of beauty, but we are nothing but profiles online. Social media can never define true beauty."


"Social media plays a big part in my life both socially and for work. I have seen the effects it can have on me both physically and mentally. However, in some ways you can control what you see so I make sure I follow healthy-minded people which gives me positive inspiration to continue with my recovery journey."

"I'm always been under weight and I've really struggled with that for a really long time. I tried to put weight on but it's just not my body type and it took a while to expect that and social media helped in the process."

Sound Department:
Samuel Lardner

Crew

Camera Operator:
Karen-Jensen Clark



"An aspiring student filmmaker from Bedworth, England, studying Media Production at Coventry University. Working on a number of projects both in and outside of his studies, Samuel has spent time developing his craft and understanding what it takes to make quality film. He focuses now towards the completion of his degree and future projects."



"I was born and raised in Chicago, Illinois, USA, one of the greatest cities in the world, full of cultural experiences for a young creative to explore. I made my first film at the age of 10 in Mr. Spangenberg's class, shot on a Super 8mm home movie camera. Digital media has come a long way from having to splice film together."

Set Stills & Behind the Scenes

