

REEL CANADA Content Advisory Chart

THE GRIZZLIES

THE GRIZZLIES is a timely and relevant film about a group of teens in an Inuit community coping with an extremely high suicide rate and other significant challenges that are the result of intergenerational trauma from colonization. While it is impossible to watch or discuss this film without addressing the difficult subject of suicide (as well as violence, substance abuse, and other sensitive issues), it is also an ultimately uplifting film about the resilience of this Inuit community, and their determination to regain their pride and sense of purpose. The film provides an optimistic and accessible way to discuss the very real issue of high suicide rates among Inuit, First Nations, and Métis peoples in Canada.

FILM RATINGS from each provincial film review board:
(NR indicates that the film was not rated in this province.)

AB	BC	MB	NB	NL	NT	NS	NU	ON	PE	QC	SK	YK
PG	PG	14A	NR	NR	PG	NR	PG	PG	NR	G	PG	PG

Frequency Content	One Occurrence	Rare	Occasional	Frequent	Context/Notes
LANGUAGE					
Coarse Language				✓	"I fucked up" "Out of my way, fucking fat-ass!" "Don't be a dick"
Religious Language		✓			"Jesus!"
Offensive Language		✓			Russ refers to Nunavut as "a few square miles out in the middle of nowhere." "This is retarded." Miranda's sister calls her "fat and lazy."

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Frequency Content	One Occurrence	Rare	Occasional	Frequent	Context/Notes
ALCOHOL/DRUGS					
Alcohol Use				✓	Underage drinking, drinking and driving, alcohol abuse.
Tobacco Use		✓			A young-looking boy says "I don't want to give up my smokes."
VIOLENCE					
Violence in Sport			✓		During the lacrosse playoffs, many body checks, hooking, slamming against boards. Impact, but no blood.
Violence		✓			Zack punches his teacher, Russ, in the face, after Russ asks him to leave class for being disruptive.
Suicide				✓	Three suicides in the movie. None are graphic, and one is off-camera completely. Topic is discussed openly
Family violence			✓		A couple of high intensity scenes of domestic violence among siblings and among a father to his wife and teenaged son. Not gory, but disturbing.

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SCREENING SENSITIVE MATERIAL

The Grizzlies deals with suicide openly. While this is done gently and not in a graphic way, the material may be upsetting for some students. We ask that you ensure the availability of whatever counselling services your school normally provides when this kind of sensitive material is being dealt with. (Pages 4 and 5 of this document provide information about some public resources that may be helpful).

Since viewing the film may lead to disclosures by children or youth in your classroom or group, it may be prudent to familiarize yourself with the mandatory and legal steps within your province, organization or school regarding your duty to report.

We also ask that specific consideration be given to your Indigenous students – many of whom may be affected by intergenerational trauma – for whom this material may be particularly upsetting. It is important to ensure that their viewing experience is a safe one. Again, this should involve whatever supports your school has in place for such instances, whether it be counsellors who specialize in Indigenous cultural sensitivities, or the option for Indigenous students to opt out of the screening, or other measures.

A statement from the producers of the film follows. We ask that you read through that as well, and then complete the online registration form for RCTv to indicate your approval of this content advisory.

PRODUCER’S NOTE:

This movie is uplifting and unflinching. It does deal with suicide.

But the story isn’t simply about suicide. This movie is, in part, an invitation. It invites us into deep conversation about colonial structures and the depth of the loss and pain they have caused.

Suicide isn’t simple. It is often a response to a profound loss of hope.

Within the Canadian population, First Nations and Inuit have the highest rates of suicide-related behaviours. This is a direct response to the unique conditions birthed from colonialism, marginalization, institutionalized trauma, structural violence, racism, and prejudice.

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This movie is also an invitation to engage in a conversation about the power of resilient and hopeful and absolutely inspiring Inuit youth. To witness the strength born out of friendship and family. The constant message of this film reflects the importance of working together to move through tough times. This movie tells us clearly that suicide is never the answer.

This is a powerful message of hope and resilience. If you or someone you know needs help now please visit the film's [resources page](#).

Educators have the great privilege and deep responsibility of working with youth. Suicide is a challenging topic because of the pain it surfaces and dominant culture doesn't have a lot of training in talking about pain, sadness or hopelessness. It is important for each educator to gauge their own comfort and skill level before bringing forward emotionally charged topics to students. It may be helpful to consult with your school counsellor before requiring every student to watch the film. For some, it may be too emotionally triggering. The film does end on an upbeat and hopeful note, as does the ongoing true story of Kugluktuk.

MAKE SURE STUDENTS KNOW IT'S OK TO GET HELP.

Feeling down? Hurt? Suicidal?

We Matter is a place for Indigenous young people to turn for uplift, support, or reminder that you matter. Get Help now at <https://wemattercampaign.org/get-help/>

CRISIS LINES YOU CAN ACCESS

First Nations and Inuit Hope for Wellness Help Line

Phone: 1-855-242-3310 Toll free, 24/7 for Mental Health and Wellness.

Web: <https://thelifelinecanada.ca/resources/first-nationmetis-and-inuit>

CrisisServicesCanada.ca

Web: <http://www.crisisservicescanada.ca/>

SuicidePrevention.ca

Web: <https://suicideprevention.ca/Need-Help>

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OTHER HELPFUL RESOURCES:

SOURCE: <http://reconciliationcanada.ca/need-help/>

Crisis Intervention and Suicide Prevention Centre

Confidential, non-judgmental, free emotional support 24 hours a day, 7 days a week for people experiencing feelings of distress or despair, including feelings which may lead to suicide.

Phone: 604.872.3311

Deaf or hearing-impaired: 1.866.872.0113

crisiscentre.bc.ca

Kids Help Phone

Immediate and caring support, information and, if necessary, referral to a local community or social service agency. The 24-hour distress line is staffed by counsellors and trained volunteers who are committed to helping youths in crisis.

Phone: 1.800.668.6868

kidshelpphone.ca/