

REELise Bites

Discussion Prompts



The REELise Bites series showcases 5 films created by young people for the REELise Film Festival about navigating life in a digital world. Each film screening is followed by a panel discussion of issues raised in the film.

Use the discussion prompts below to explore the themes raised by each film in your community.

Episode 1: Cyberbullying

Cyberbullying remains a serious issue impacting young people. Georgia shares her experience of feeling too scared to speak out.

Discussion Questions:

1. Why do you think people can be reluctant to stand up for themselves and others when cyberbullying occurs?
2. How can cyberbullying impact those involved?
3. Alan says "Block em and bless em". What do you think the best approach to respond to or de-escalate cyberbullying is?



Episode 2: Digital Life

Kate's film closes with the line "Life is meant to be lived not seen on your screen."

Discussion Questions:

1. How does your online time enhance or diminish your sense of self-worth and wellbeing?
2. What steps could you take to ensure a healthier balance between online and offline activities?
3. What's your best advice to someone starting out on social media?



Episode 3: Mental Health

A variety of high school students share their mental health conditions in this film. Everyone's journey is different and is intrinsically affected by the social media they consume.

Discussion Questions:

1. How do you use social media in positive ways to support your wellbeing?
2. What is a step you could take to improve your online experience and create a safe space?
3. Are you your authentic self online?
4. What and who empowers you?



Episode 4: Body Image

The film shows young women speaking candidly about body image. It's an issue that affects all sexualities and genders.

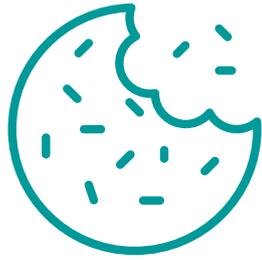
Discussion Questions:

1. How big an influence is social media on your body image?
2. How do we cultivate a healthy body image?
3. What makes you feel confident? Do you curate your feed to ensure access to people of different ethnicities, weights, abilities and genders?
4. What changes at school and in media could improve the way people feel about their appearance?



REELise Bites

Discussion Prompts



The REELise Bites series showcases 5 films created by young people for the REELise Film Festival about navigating life in a digital world. Each film screening is followed by a panel discussion of issues raised in the film.

Use the discussion prompts below to explore the themes raised by each film in your community.

Episode 5: LGBTQIA+

This film drew on the experience of a friend of the filmmaker who encountered trans bullying at school. A large percentage of the LGBTQIA+ community are attacked, bullied or harassed.

Discussion Questions:

1. How hard is it at your school for members of the LGBTQIA+ community to be their authentic selves?
2. Is the LGBTQIA+ community appropriately represented in media?
3. How can we be better allies?
4. Do your social media networks provide a safe space for you to be yourself, connect and communicate about social issues of importance to you?

