

REEL CANADA Content Advisory Chart

The Skin We're In

The Skin We're In is an examination of systemic racism in Canada, told through the eyes of Desmond Cole, a Canadian journalist, community activist, and Black man. While this documentary has little mature content, there is discussion of overt and covert forms of white supremacy in Canada, including use of the N-word, and disproportionate oppression and violence committed by police officers towards Black people, at times resulting in death. Because the film sheds a powerful light on a variety of issues that face the Black community, it has the potential to be jarring for viewers who may not be familiar with the stories and/or concepts presented. Moreover, the film may prompt strong feelings for students who have personally experienced the kinds of racism depicted, or witnessed it carried out against their loved ones or broader community members. The serious nature of this film necessitates a thoughtful and targeted discussion of the film and related concepts in advance of viewing, to ensure proper support and safety for students whose lived experience may align with what is depicted in the film.

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
NR	NR	NR	NR	NR	NR	NR	NR	NR	NR	NR	NR	NR

Frequency Content	One Occurrence	Rare	Occasional	Frequent	Context/Notes
LANGUAGE					
Mild language		✓			"Hell", "Goddamn"
Coarse Language			✓		"Shit", "Crap"
Racial Slurs	✓				"Nigger" used three times in one scene of archival footage
VIOLENCE					
Physical violence, guns present		✓			Footage of police pushing protestors, holding guns