REEL CANADA

THE GRIZZLIES

Content Advisory Chart

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	Once	Rare	Occasional	Frequent	Context/Notes/Examples
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."
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, there are many body checks, hooking, and 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 film. 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.

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.

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 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: thelifelinecanada.ca/resources/first-nationmetis-and-inuit

CrisisServicesCanada.ca
Web: crisisservicescanada.ca

SuicidePrevention.ca
Web: suicideprevention.ca/Need-Help

Other Helpful Resources

SOURCE: reconciliationcanada.ca/need-help

Need Help?
Are you in crisis or an emergency?
If you are in an emergency, or feel that you or someone else is at risk of harm, please contact someone immediately:
Call 911 for help right away.

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
Website: crisiscentre.bc.ca

KUU-US Crisis Line Society
The KUU-US Crisis Line Society operates 24 hours and is a provincial Aboriginal crisis line.
Phone:
Adult Crisis Line: 250-723-4050
Youth Crisis Line: 250-723-2040
Website: kuu-uscrisisline.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
Website: kidshelpphone.ca