

REEL CANADA

MIGHTY JEROME

Content Advisory Chart

Mighty Jerome is a touching documentary about well-known African-Canadian athlete Harry Jerome, and his rise, fall and redemption as a track and field all-star. A truly inspiring Canadian hero, Jerome kept running through years of personal, racial and political challenges, with a strength of character as impressive as his athletic ability.

There is very little controversial content in this film and we would consider it both educationally valuable and appropriate for all high school grade levels. *Please note the one use of the n-word, listed below under Offensive or Derogatory Language.*

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	G	NR	NR

	Frequency				
Content	Once	Rare	Occasional	Frequent	Context/Notes/Examples
ALCOHOL AND DRUGS					
Smoking	✓				Man smoking a cigarette in a diner.
SEX AND NUDITY					
Sexual References	✓				Jerome and his wife Wendy laying together on a bed fully clothed.
LANGUAGE					
Offensive or Derogatory Language	✓				While discussing racism, Paul Winn, a black human rights activist and lawyer, and former track runner, says: “Jackie Robinson – people would call him <i>n-word</i> and he just wouldn’t react... Harry had more of the Jackie Robinson quality than I had.” (Please note, in the film he says the full word, not “n-word” as written above.)
OTHER					
Racism		✓			Parent picketers opposing integration in schools, images of segregated washrooms and buses.

RUSTIC ORACLE

Content Advisory Chart

Rustic Oracle is set in the late '90s, in a small Mohawk community, where Susan struggles as a single mother raising two girls. There's a lot of love, but like many teenagers, Heather is pushing at the limits of her rural life, causing friction between her and her mother. But when Heather suddenly vanishes, eight-year-old Ivy joins her mother Susan in a desperate search that lays bare the authorities' indifference towards missing Indigenous women and girls. Ivy and Susan's journey to find answers is one that no family should go through, but their shared hope helps mother and daughter come together in love amidst difficult circumstances.

The film deals with sensitive and mature themes, including the epidemic of Missing and Murdered Indigenous Women, the suspicion that Heather was taken into a human trafficking ring, and her experience of child sexual abuse. However, these important topics are not sensationalized or shown in a graphic way, but rather they are handled with care, warmth and grace, and addressed using a personal and human story. Please see page 3 for further considerations.

FILM RATINGS from each provincial film review board
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AB	BC	MB	NB	NL	NT	NS	NU	ON	PE	QC	SK	YK
NR	PG	NR	NR	NR	NR	NR	NR	PG	NR	G	PG	PG

	Frequency				
Content	Once	Rare	Occasional	Frequent	Context/Notes/Examples
LANGUAGE					
Coarse Language			✓		“Shit!” “For fuck’s sakes!”
SEXUALITY					
Sexuality	✓				Courtney asks Heather: “Or should I say, <i>who</i> did you do?”, suggesting they are experimenting with sex as high schoolers.
ALCOHOL/DRUGS					
Alcohol Use	✓				Young adults are seen casually drinking at a bar.
Tobacco Use			✓		An adult and a teenager are seen smoking.
Drugs		✓			Drug dealing (weighing and packing) is mentioned, though not depicted - it’s said that Heather helped with the weighing and packing.

VIOLENCE					
Child Sexual Abuse			✓		<ul style="list-style-type: none"> Ivy has a recurring nightmare about her father going into her sister's bedroom at night - father's hand is briefly seen on daughter's ankle, running up her leg to above the knee; Mother says that she left the father because he was a bad man. Heather is thought to have fallen victim to a human trafficking/prostitution ring.

SCREENING SENSITIVE MATERIAL

Rustic Oracle deals with sensitive and difficult themes, including the epidemic of Missing and Murdered Indigenous Women, the suspicion that Heather was taken into a human trafficking ring, and her experience of child sexual abuse. 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. You can also find some independent support resources below.

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.

SUPPORT RESOURCES

- **Kids Help Phone**
Web: <https://kidshelpphone.ca/>
To talk to a counsellor:
Text CONNECT to 686868
Phone: 1-800-668-6868
Search for youth programs in your area:
<https://apps.kidshelpphone.ca/resourcesaroundme/welcome.html>
- **GOOD2TALK**
1-866-925-5454
Send a text to 686868
Available in English & French
- **First Nations and Inuit Hope for Wellness Help Line (Government of Canada)**
Call the toll-free helpline at 1-855-242-3310 for mental health & wellness support.
Phone and live chat options, available 24 hours a day, 7 days a week.
Chat counselling is available in English and French.
Phone counselling is available in English, French and Cree, Ojibwe and Inuktitut (by request).
Web: <https://www.hopeforwellness.ca/>

WE MATTER

*Feeling down? Feeling hurt? **We Matter** is a place to help Indigenous youth get through hard times, whether you need support yourself or want to support someone you know.*

This page features contact information for national and regional help services for all provinces and territories in Canada: <https://wemattercampaign.org/get-help>

Students experiencing suicidal thoughts can find help at: <https://wemattercampaign.org/get-help/suicidal-thoughts>

Toolkits

We Matter also offers free toolkits for youth, teachers, and support workers to guide them in using We Matter videos and materials to explore themes of hope, self-care, breaking cycles, identity, thinking about the future, community and supporting others. People can use the toolkits to work through these topics on their own or with others.

- The [Indigenous Youth Toolkit](#) will help you use We Matter to manage any hard times you may be going through in life, and/or to support friends, family, and those around you.
- The [Toolkit for Teachers, Educators and Facilitators](#) will help those working with Indigenous youth ages 12 and up in a classroom or group setting. It includes additional information on history, context and culture, and tips for discussing colonization and its impacts on Indigenous communities and youth.
- The [Toolkit for Support Workers \(Youth Workers, Counsellors, Social Workers\)](#) will help adults working with Indigenous youth in a one-on-one or small group setting to engage them in conversations about hardship, hope and healing.