



FILM AND VIDEO SUGGESTIONS

Film opens conversations that are hard to start any other way.

Use these for community screenings, workshops, classroom sessions, or watching on your own.

Please note: WAS does not produce these films and is not responsible for their content. Preview anything before you screen it.

Where to watch: Availability differs by country and changes often. Search the title on [justwatch.com](https://www.justwatch.com) to see what is streaming, renting or free where you are.

HOW TO RUN A SCREENING

Watch it first.

The whole thing, not the trailer. You know your audience and what may be inappropriate for them.

Tell people what's coming.

A quick word beforehand about what the film deals with, and that anyone can step out.

Allow more time for talking than for watching.

That's usually where the value is.

Have a local service in mind.

Sometimes a film brings something up, and it helps to know where to point.

Open with a question.

What did that make you think about? What did it get right? What was missing?

FREE TO WATCH

No subscription. No rental. Anyone with an internet connection can screen these.

AMAZE

Free, evidence-based animated videos on bodies, puberty, relationships and sexual health, made for young people aged 10 to 14 and the adults around them. Reviewed by health and education experts, and available in several languages.



Kids, Boys, Girls and Bodies (AMAZE Jr. — for younger children)

amaze.org/video/amazejr-kids-boys-girls-bodies

Our bodies and ourselves • A gentle animated introduction to bodies and differences, suitable for early childhood. All bodies are normal.



Bodies Come in Different Shapes and Sizes

amaze.org/video/bodies-different-shapes-sizes-beautiful

Our bodies and ourselves • Body diversity, and why one kind of body is not better than another.



Why Don't I Like The Way I Look?

amaze.org/video/why-dont-i-like-the-way-i-look

Our bodies and the world around us • Body image and self-worth, and where those messages come from.



Disability And Sexuality

<https://amaze.org/video/puberty-disability-sexuality/>

Our bodies and the systems around us • People with disabilities have the same feelings, questions and relationships as anyone else, and the same right to learn about them. Comes with a discussion guide for educators.



5 Ways to Improve Body Confidence

amaze.org/africa/video/english-5-ways-to-improve-body-confidence

Our bodies and ourselves • Practical guidance, made for the African context.



Full AMAZE library: amaze.org



YouTube: youtube.com/@amazeorg

AVAILABLE ON YOUTUBE



Geranium (2021, USA — short film)

<https://www.youtube.com/watch?v=ARtHEQmjAWY>

18+ • Contains: sexual assault, on-screen role play of assault, sexual content

Our bodies and the people closest to us • A queer couple work through a sexual assault using role play, and it falls apart when they forget their floral safe word. Eleven minutes, so a screening and a full discussion fit inside half an hour.

The best short film here for talking about consent, safe words, and what happens when they are not heard. Needs a facilitator and an adult audience. Not for schools.

11 minutes. Directed by Kait Schuster. Palm Springs ShortFest 2022.



Diagonale (Diagonal) (2021, Switzerland — short film)

<https://youtu.be/Ev2g6U3OXUO?si=78Qb5V98qB-4y1RX>

18+ • Contains: sexual content, coercion, a sexual boundary being crossed

Our bodies and the people closest to us • A young couple are in the heat of the action when she asks for a condom. He doesn't have one, and that doesn't curb his enthusiasm. Shot in a single take in one room, so there is no relief from the pressure building on screen.

Thorens drew on her own experience, and on the fact that her partner remembered the night differently. That gap between two recollections is the film's real subject, and it makes an unusually good discussion prompt.

7 minutes. Directed by Anne Thorens. Produced by imaginastudio. Review: shortoftheweek.com/2021/01/07/diagonale-diagonal/

AVAILABLE ON YOUTUBE



Love Rights (2025, Australia — short film)

https://youtu.be/ILhYy17Tfsk?si=ixzbTL__8FVE5soF

14+

Our bodies and the systems around us • Oliver, a young man with a disability, wants to learn about sex and connection. Through his story the film covers healthy relationships, boundaries, support workers, and safe ways to explore sexuality.

Made with disabled filmmakers rather than about them, and one of very few resources that treats support workers as part of the conversation.

8 minutes. Written by Angus Thompson, created in collaboration with Bus Stop Films, produced by Northcott.



Groom (2026, Scotland — short film)

<https://www.youtube.com/watch?v=mJ21QjDzleI>

18+ • Contains: sexual harassment, grooming, workplace coercion of a young worker

Our bodies and the systems around us • Hannah, a school leaver, has to navigate a hyper-sexualized beauty salon and a controlling boss in order to turn her life around.

Drawing on the #MeToo movement, director Leyla Coll-O'Reilly set out to put a personal story on screen that she felt was missing from public conversation about power, gender and accountability.

16 minutes. Written and directed by Leyla Coll-O'Reilly. Supported by Creative Scotland and BFI NETWORK. Review: shortoftheweek.com/2026/01/05/groom/

AVAILABLE ON YOUTUBE



Sexual Self Advocacy: Sexuality and People with Developmental Disabilities (2024, USA)

<https://www.youtube.com/watch?v=Tc9VdCemhoM>

All ages

Our bodies and the systems around us • Why people with developmental disabilities need information about sexuality, and what supporting their sexual self-advocacy looks like. Four minutes, so it works as an opener for staff training or a family conversation rather than a screening on its own.

4 minutes. Produced by the New York State Office for People With Developmental Disabilities.



Crip Camp (2020, USA — documentary)

<https://www.youtube.com/watch?v=OFS8SpwioZ4>

14+ • Contains: institutional abuse discussed • Netflix

Our bodies and politics • A summer camp for disabled teenagers in the 1970s becomes the seedbed of the disability rights movement. One of the best entry points for anyone new to disability justice, and a rare film about how law actually gets changed.

Netflix has made the full feature free on YouTube, with captions and an audio-described version.

106 minutes. Directed by Nicole Newnham and James LeBrecht. Executive produced by Barack and Michelle Obama.

Audio described version: [youtube.com/watch?v=Kffi5J61N0c](https://www.youtube.com/watch?v=Kffi5J61N0c)

AVAILABLE ON VIDSEE

A platform for short films from across Asia, with a collection on sexuality. Films from Indonesia, Thailand, the Philippines, India, Korea, Japan, Singapore and Malaysia. Worth exploring if the rest of this list feels a long way from where you are.



How I Know: Sexy Edition — Ep 2, "What is consent?" (Singapore)

<https://www.viddsee.com/video/how-i-know-sexy-edition-ep-2-what-is-consent/ng4la>

14+

Our bodies and the people closest to us • Four minutes on what consent actually means, including legally.



How I Know: Sexy Edition — Ep 3, "What is the most commonly used contraceptive method worldwide?" (Singapore)

<https://www.viddsee.com/video/how-i-know-sexy-edition-ep-3-what-is-the-most-commonly-used-contraceptive-method-worldwide/vt779>

14+

Our bodies and the systems around us • Four minutes ranking the most-used contraceptive methods globally and explaining what each is. A good corrective to the assumption that everyone uses the same things.



How I Know: Sexy Edition — Ep 4, "What exactly did Section 377a criminalise?"

<https://www.viddsee.com/video/how-i-know-sexy-edition-ep-4-what-exactly-did-section-377a-criminalise/rx49n>

14+

Our bodies and politics • Four minutes on the history of a colonial-era law criminalizing sex between men, and how it was eventually repealed. The same statute was exported across the British Empire, so this is a local story with a global reach.



Full Viddsee sexuality library: <https://www.viddsee.com/topic/sexuality>

AVAILABLE TO STREAM OR RENT

These need a subscription or a rental. Check what is available where you are.

Good Luck to You, Leo Grande (2022, UK)

18+ • Contains: full nudity, sexual content, discussion of sex work

Our bodies and ourselves • Nancy Stokes, a widowed retired teacher in her fifties, has never had a satisfying sexual experience and decides to do something about it. She hires a young sex worker and books an anonymous hotel room. What she wasn't expecting was the conversation.

It is about a woman's relationship with her own body more than it is about sex — Thompson, McCormack and the director rehearsed nude and spent that time talking about their own bodies and what they found difficult about them.

97 minutes. Directed by Sophie Hyde, written by Katy Brand. Sundance 2022.

Dying for Sex (2025, USA — limited series)

18+ • Contains: childhood sexual abuse, explicit sex, terminal illness, death • Hulu/Disney+

Our bodies and the systems around us • After a diagnosis of Stage IV metastatic breast cancer, Molly leaves her husband and sets out to experience the sexual pleasure she has never had.

Emily Nagoski, author of *Come As You Are*, worked as sex consultant on the series, which grounds the sex in accurate, evidence-based detail.

4 hours across 8 episodes. Created by Kim Rosenstock and Elizabeth Meriwether.

AVAILABLE TO STREAM OR RENT

Every Body (2023, USA — documentary)

16+ • Contains: non-consensual surgery, medical abuse, childhood trauma

Our bodies and the people closest to us • Three intersex people — River Gallo, Alicia Roth Weigel and Sean Saifa Wall — move from childhoods marked by shame, secrecy and non-consensual surgery into adulthood as leaders of a growing global movement. It also uncovers the medical case that shaped how intersex people have been treated ever since. It shares its name with this campaign, and it is the clearest single introduction to what Every Body means.

92 minutes. Directed by Julie Cohen. Focus Features with NBC News Studios.

XXY (2007, Argentina — subtitled)

16+ • Contains: sexual content, pressure to undergo surgery, family conflict

Our bodies and the people closest to us • A 15-year-old intersex teenager faces pressure to have normalizing surgery. Winner of the Cannes Critics' Week Grand Prize.

Mustang (2015, Turkey/France — subtitled)

16+ • Contains: sexual violence, suicide, forced marriage, virginity testing

Our bodies and the people closest to us • Five sisters whose bodies and freedoms are progressively controlled by their family. Direct on what happens when young people are kept in ignorance rather than educated. Do not screen without a facilitator.

Aftershock (2022, USA — documentary)

16+ • Contains: maternal death, medical negligence, grief • Hulu/Disney+

Our bodies and politics • Two Black women die from preventable childbirth complications and their families become activists. One of the most direct treatments of structural racism in maternal healthcare on film. Difficult viewing for anyone pregnant or recently bereaved.

AVAILABLE TO STREAM OR RENT

Gloria (2013, Chile — subtitled)

16+ • Contains: sexual content

Our bodies and ourselves • A 58-year-old woman navigating desire, dating and identity. One of very few films to treat an older woman's sexuality with dignity and without apology. Remade in English as Gloria Bell (2018).

Disclosure (2020, USA — documentary)

16+ • Contains: clips depicting transphobic violence and mockery • Netflix

Our bodies and the world around us • Produced and narrated by Laverne Cox. How Hollywood's depictions of trans people shaped what everyone else came to believe.

Paris is Burning (1990, USA — documentary)

16+ • Contains: sexual content, the murder of a participant, poverty

Our bodies and the world around us • New York ballroom culture in the 1980s, centering Black and Latino LGBTQIA+ communities. Foundational. There is a long-running debate about how little the participants received from the film's success — worth raising in the discussion.