



FILM AND VIDEO SUGGESTIONS

Film and video are among the most powerful tools for opening conversations that are hard to start directly.

Use these for community screenings, workshops, classroom sessions, or self-guided viewing.

Before screening: let participants know in advance what themes the content addresses. Some films deal with difficult material. prepare your audience and allow time for discussion

Note on availability: streaming availability changes. Check current platforms in your region before planning a screening.

Video Resources for Young Audiences and Families

The following free videos from AMAZE.org are evidence-based, age-appropriate, and suitable for young people and the adults in their lives.

AMAZE produces animated educational content on bodies, puberty, relationships, and sexual health, reviewed by health and education experts.



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

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

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

Explores body diversity and challenges the idea that one type of body is better than another. Relevant to Bodies of Different Sizes.



Why Don't I Like The Way I Look?

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

Addresses body image and self-worth for young people. A strong discussion opener for the Bodies of Different Sizes theme.



Body Care Basics: Puberty

www.youtube.com/watch?v=qjifY4mb1FSQ

Practical, clear, reassuring information about puberty. Directly relevant to Young Bodies.



5 Ways to Improve Body Confidence

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

Practical guidance on body confidence. Pairs well with Young Bodies and Bodies of Different Sizes.



Full AMAZE library: amaze.org



YouTube: youtube.com/@amazeorg



People who live in young bodies

Mustang (2015, Turkey/France — subtitled)

Five sisters whose bodies and freedoms are progressively controlled by their family. Deals directly with what happens when young people are kept in ignorance rather than educated.

Spotlight (2015, USA)

The Boston Globe investigation into institutionalized child sexual abuse. Relevant to the core argument: silence is not protection.



People who live in aging bodies

Gloria (2013, Chile — subtitled)

A 58-year-old woman navigating desire, dating, and identity. One of the rare films to center an older woman's sexuality with dignity and without apology.

45 Years (2015, UK)

A quiet examination of intimacy, secrets, and long-term relationships in later life.

Away from Her (2006, Canada)

A man watches his wife disappear into dementia and form a new emotional bond. Deals honestly with intimacy, loss, and desire in the context of cognitive decline.



Disabled people and the bodies they live in

The Sessions (2012, USA)

A man with polio who lives in an iron lung hires a professional sex surrogate. Direct, warm, and one of the very few mainstream films to treat disability and sexuality as inseparable.

Crip Camp (2020, documentary — Netflix)

A summer camp for teenagers with disabilities becomes the seedbed for the disability rights movement. One of the best entry points for audiences new to disability justice.

Rust and Bone (2012, France/Belgium — subtitled)

A woman who loses her legs in an accident navigates desire, relationships, and her changed body. Stars Marion Cotillard.



People born with intersex variations

XXY (2007, Argentina — subtitled)

A 15-year-old intersex teenager faces pressure to undergo normalizing surgery. Winner of the Cannes Critics' Week Grand Prize. Sensitive and widely regarded.

Orchids: My Intersex Adventure (2010, documentary, Australia)

Director Phoebe Hart documents her own experience as an intersex person. Personal, accessible, made from inside the community.



People whose bodies are racialized

Aftershock (2022, documentary — Hulu/Disney+)

Two Black women die from preventable childbirth complications; their families become activists. A Sundance award-winner and one of the most direct cinematic treatments of structural racism in maternal healthcare. Also relevant to *Pregnant and Postpartum Bodies*.

Moonlight (2016, USA)

A Black man in Miami navigates identity, sexuality, and masculinity across three chapters of his life. Academy Award winner for Best Picture.

Belly of the Beast (2020, documentary, USA)

Investigates the forced sterilization of incarcerated women in California, predominantly women of color.



People who live in bodies of different sizes

Embrace (2016, documentary, Australia)

Taryn Brumfitt interviews people about their relationship with their bodies, challenging the cultural obsession with thinness. Accessible and ideal as a discussion starter.

Dumplin' (2018, USA)

A plus-size teenager enters a beauty pageant to challenge conventional standards. Deals directly with body image, self-worth, and what it means to occupy a body the world devalues.



Trans and gender-diverse people and their bodies

Disclosure (2020, documentary — Netflix)

Produced and narrated by Laverne Cox. Examines how Hollywood's depictions of trans people have shaped cultural perception. Essential.

A Fantastic Woman (2017, Chile — subtitled)

A trans woman fights for dignity while grieving her older partner. Academy Award winner for Best Foreign Language Film.

Paris is Burning (1990, documentary, USA)

Documents the ballroom culture of New York City in the 1980s, centering Black and Latino LGBTQ+ communities. Foundational.

Ma Vie en Rose (1997, Belgium/France — subtitled)

A 7-year-old who knows she is a girl — to the distress of her family and community. One of the few films to center gender diversity in childhood with compassion.



People living with chronic illness and people who are dying

Wit (2001, HBO, USA)

Emma Thompson as a literature professor facing ovarian cancer. One of the most honest depictions of serious illness, clinical care, and the need for human connection at the end of life.

The Diving Bell and the Butterfly (2007, France — subtitled)

Based on Jean-Dominique Bauby's memoir, dictated by blinking after a stroke. Deals with body, memory, desire, and intimacy in extremis.

End Game (2018, short documentary — Netflix)

40 minutes. Follows terminally ill patients and the palliative care teams supporting them.



Pregnant and postpartum people

Tully (2018, USA)

A mother of three navigating postpartum exhaustion, identity, and the gap between expectation and reality. Stars Charlize Theron.

Pieces of a Woman (2020, USA/Canada)

Opens with an unflinching home birth scene and follows a woman through grief and identity after baby loss. Stars Vanessa Kirby, Cannes Best Actress.

Aftershock (2022) — see also Racialized Bodies

Equally relevant here. What happens to bodies in childbirth when systems fail is the film's central subject.



People who live in bodies experiencing menopause and perimenopause

Gloria (2013) and Gloria Bell (2018)

Neither deals explicitly with menopause, but both center an older woman's desire, relationships, and body in a way that is genuinely rare in cinema — a starting point for conversations about midlife sexuality and identity.