



Fresh Independence productions presents:

selfless



Documentary | 90 minutes | PG

Directed by: Kim Lauren

Contact: film@freshindependence.com | 1-604-768-8214

Website: www.selflessmovie.com

Trailer Link: <https://vimeo.com/291306406>

View more clips: [HERE](#)

Tagline: Loneliness in the social media age.

Synopsis:

selfless is the documentary that opens conversation to the ever growing epidemic with selfies, social media and technology. However not an anti technology film but rather a reflection on our devices and how we can help youth live strong and healthy in this new time.

Everywhere we look heads are down and faces not engaged in one another, evoking concern about where we are leading the next generation. After researching grim statistics we chose to step away from doom and gloom and create a film offering hope and reconnection to what grounds us in life.

We pondered 'If a girl lived in the forest with no mirrors, magazines or social media - what would beautiful look like to her and how would she see herself?' Then sweet Kuki found us and off the grid we went to the hills of Devon, England where our story began. The Warburton family show us how full life can truly be when free from those chains that bind. They are not slaves to technology.

We went into high schools in the USA and Canada with family therapist Dr. Dave Currie and mentor/singer Brittini Jessie, where both spoke real time with youth about the challenges they face in their world today.

selfless focuses on youth making a difference while their stories offer four key messages. How could we get youth to care about these messages while in the throws of addiction? We chose to activate the heart - something that does not happen often enough in this noisy world. This is what *selfless* does - it gets people to look up for moment and now we can start talking. To be more present in the moment is a choice we must make each day.

Initiative: #RaiseTheBar

During filming we engaged student conversations across USA and Canada. No matter whether it was a school of privilege or high risk - what we heard was a consistent tone of "loneliness in the social media age."

Born from this is a point of action to move forward from the film called #RaiseTheBar.

Students can sign up and start a #RaiseTheBar club in their school or youth group. Led by a monthly newsletter filled with interviews and connections with cast and other members, along with challenges and opportunities to offer service to their community. *selfless* - #RaiseTheBar encourages the message - 'Happiness is found helping others.'

Learn more about #RaiseTheBar: [HERE](#)

Distribution:

selfless can be hosted wherever people gather.

Community screenings are taking place in schools, libraries, theatres, coffee shops and churches - with parent, youth and family settings.

Each screening license comes with a discussion guide in PDF format.

Workshop series available in Secular or Christian modules.

The filmmakers are also available to lead discussions.

Inquire [HERE](#)

Merchandise:

selfless has available a line of clothing. Share the four key messages found in *selfless* wherever you go.

- *Life is precious, don't miss it*
- *Never take more than you give*
- *Beauty is felt not seen*
- *Happiness is found helping others*

View [HERE](#)

Praise for selfless:

"Thank you for visiting our school and the first screening of selfless in a BC school! You should be very proud – it is both a beautiful creation and a stirring call to deep reflection and action to address this 'global experiment' of technology in the hands of youth (and adults!)"

- Stephen Goobie – Principal Bodwell High School – North Vancouver B.C.

"I have had staff and students come to tell me selfless was time well spent. This film gives the student voice to the conversation – so real and raw for them to hear their peers verbalize the tension that our social media world presents to us. My hope and prayer is that this film gets wide distribution because it is such an important story to hear."

- Koenraad Beugelink – ACS High School

"It was refreshing to hear the voice of youth expressing concerns with social media and access to technology. The stories of strength to overcome personal struggles were

inspirational, highlighting the ability to find light and hope from within. Being face-to-face is still powerful. #RaiseTheBar “

- Shirley Wilson – Abbotsford School Trustee

“selfless touches on points that begin the necessary discussion around authentic, organic existence (as you say the theory of feeling) rather than the superficial, distant sense of the online persona.”

- Kailey Michelle – Public Health Nurse

“selfless is a masterpiece.”

- DOC Canada Screening

“Amazing documentary. I am deeply moved – more aware and going to make some changes!!!! Thank you.”

- Alison Jones – Parent – Vancouver, B.C.

“May selfless continue this discovery of inspirational and non self-absorbed youth like Kuki, Kiera, Ryan, Josh and Patricia.”

- Greg Rhem – HBO Documentaries

“selfless delivers a Ghandi like feel within. Thank you so much. I loved it.”

- Kyle Chase – Cineworks Screening

“You’ve touched upon a very poignant and beautiful message, the unique characters you profile only prove our need for further connection.”

- Rory Thost – Participant Media

“During the entire film you could of heard a pin drop in the theatre. The impact was simply moving and tremendous.”

- Downtown Abby Business District

“There is nothing more powerful in this world than sacrificial love. If selfless can shed a light on the emptiness of selfishness, then your efforts will be well worth it.”

- Mark Koop – Youth Unlimited

“selfless is well documented to concerns facing our youth; their personal understanding of social media issues and how it impacts their overall wellbeing. selfless offers the viewer opportunity to become involved with #RaiseTheBar challenge – a positive option to the current norms.”

– Korky Neufeldt – Abbotsford School Trustee

“What impacted me throughout selfless is the growing need for face to face, genuine human connection in a world that is becoming increasingly digitalized.”

– Andrea Dykshoorn – United Way

“selfless along with #RaiseTheBar align effortlessly with our motto of ‘Service Above Self.’ We support and commend you for making this film.”

– Langley Central Rotary Club

“I hope selfless will reach communities and schools worldwide so we can enlighten youth that they are way more valuable than the image they are trying to emulate. Unquestionably an award worthy documentary. Excellent work!”

– Family Film Festival – Provo Utah

Interview with Director: Kim Laureen

What inspired you to make selfless?

Looking around I became troubled to see heads down and faces not engaged in one another most anywhere you go. Narcissism seems to be at the height of its existence and I began to wonder ‘Where are we leading the next generation?’

The film begins off the grid, how did you connect with the Warburton family?

One day while on a walk with my Producer we pondered ‘If a girl lived in the forest with no mirrors, magazines or social media - what would beautiful look like to her and how would she see herself?’ Then Kuki Warburton came to mind. She lives off the grid in the hills of Devon, England and her family invited us to come spend some time with them. They had reached out to us for a music interview a couple of years prior and it is really quite lovely that in this big world we stumbled upon one another. We got to experience a life more simple and they showed us how full life can truly be when you are free from those chains that bind. The Warburton's have technology with the difference being they are not slaves to it.

What was the most alarming fact that you uncovered in the making of the film?

Currently there is an ongoing experiment with technology and we are all guinea pigs - especially our kids and they don't even know they are in it. Negative outcomes are a reality body, mind and soul as a result of so much screen time. People are trading instant gratification for long term issues. Depression and dry eye have become epidemic and with their link to one another, we've created a vicious circle of picking up screens to self soothe. Blue light coming from our screens is frightening. We are all familiar with UV light which goes to the lens of the eye, but blue light goes to the back of the eye. Myopia and Macular Degeneration are on the rise and people are at risk of going blind. We think it won't happen to us but we better think again.

How can we help youth and people in general find balance with their devices?

There are common sense rules like limiting screen time - keeping use of a device in a central area to avoid seclusion - no screens in the dark at bedtime - but I think it runs deeper than that. It begins with us as parents living by example - your kids don't know if you are answering work emails or just playing. Make sure your device is turned off and put away during family times so your children feel they are your priority. We need to make the choice to be more present in the moment because 'life is precious, don't miss it.'

Do you have another film on the storyboard?

We do, it is titled *Beauty Full*, which uncovers the true essence of a woman. It is important to build ourselves from the inside out. Facial injections and body altering are on the rise in both younger and older women as they reach for happiness but seem to be falling short. Once again we are led to ask 'What are we reaching for?'

Music has always been an inspirational tool while I write and we already have some great music at the heart of this creation. This projects flows effortlessly from *selfless* and will take us once again to places the heart is thirsty for.

What was the most challenging part about making this film?

Our greatest challenge was not being able to attain funding. As first time filmmakers - nobody wanted to take a chance on two girls who wanted to make a film. With that came self doubt, but soon we realized we needed belief in the story and our ability to tell it. '*Why not us?*'

Today we realize no funding was our greatest blessing, for it allowed the concept to grow purely and organically without sticky fingers on it. From a technical perspective we are different filmmakers today than we were 18 months ago when we started and it has been a learning as we grow process. What were we to do when we found some critical mistakes on the editing board?

We came to embrace that mistakes are an important part of any story and ours would not be complete without them. *selfless* is a film imperfectly perfect much like life itself - and we should not be putting a filter on our lives.

What advice would you give to other first time filmmakers?

Setting out on your journey as a first time filmmaker is scary and exciting. Be open to everything around you because your story will grow with you. I felt afraid and did not know where this would all end up - you are taking a chance putting yourself out there. There is beauty in that because as the experience grows so do the layers of your project and your crew. There are hard times in this journey but I would not change them for anything - and we are here to tell you that faith and courage can take you places you never dreamed.

Press:

Commendation from the Duke and Royal Highness of Cambridge: <https://freshindependence.com/press/>

CBC News: (1:31:26) <https://www.cbc.ca/listen/shows/the-early-edition/episode/15658947fbclid=IwAR2FaYZjfrUEI9bVlwKmbka7B7V0ZTMrf52ZZwXqyNmXPdxBpAVSssZkaJY>

D&C Film UK Interview for UK Premiere: <https://www.devon-cornwall-film.co.uk/2019/09/10/selfless-documentary-offers-hope-for-youth-and-parents/>

Sold-out *selfless* screening The Barn Cinema: <https://www.dartington.org/guest-blog-how-the-story-of-one-totnes-family-came-to-the-silver-screen/>

Aeroplane Interview (English and Francais): <https://withaeroplane.com/kims-story-how-aeroplane-miles-helped-a-first-time-filmmaker-get-on-location/>

Families Matter Most Podcast: <https://familiesmattermost.com/portfolio/projects/>

selfless in the age of social media: <https://kentondejong.com/blog/selfless-in-the-age-of-social-media>

BCIT News: <http://bcitnews.com/2019/01/31/for-the-record-how-are-gadgets-affecting-the-younger-generation-of-canada/?fbclid=IwAR2TuxAJg4G5nvlsBjqrMTTxyYz2BfQtysTd2A4PbehuhmnQfju03-zskDo>

Parent Talk Podcast: <https://www.podbean.com/media/share/pb-xxnui-a46e79>

Beyond The Conversation: <http://beyondtheconversation.ca/interview-with-lora-waugh-director-of-selfless/>

The Brandon Sun: <https://www.brandonsun.com/local/film-explores-epidemic-of-selfies-social-media-510601452.html>

Mission City Record: <https://www.missioncityrecord.com/news/mission-filmmaker-tackles-topic-of-youth-and-the-social-media-epidemic/>

Soundtrack:

Composition Kristofer and Nicolas Dirksen **Methodic Doubt**
Crystal Ball, If I Could, Dalai Lama, Girl, Fast and Lazy by **Kuki and The Bard**

Life in All Its Pieces, What I Came Here For by **Luca Fogale**

Pennies, Go by **JP Maurice**

Mhondoro by **World Music Program**

Darkness Into Light, CoLIApSe by **Josh Handford**

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Contact:

E-mail: film@freshindependence.com

Phone: 1-604-768-8214

Thank-you for your support. Always here to pick-up a call to learn more about the heart and soul behind selfless