

ALEC RICHARDS

PRESENTS

THE  
HOMOSEXUAL GUIDE TO  
F\*CKING IT UP

DIRECTED BY PAULINA KNAAK

15 MIN / U.S.A. / COLOR / 2025 / ENGLISH

**GENERAL INQUIRIES**

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## LOG LINE

A chance encounter sparks an unexpected romance, forcing an insecure man to confront his fears and embrace his imperfections.



## SYNOPSIS

Callum, a self-conscious gay man battling body image issues, unexpectedly connects with Trevor, a charming stranger he meets at a grocery store. Despite the perfect first date, Callum's insecurities lead him to ghost Trevor, convinced he's out of his league. With the help of his outspoken best friend, Nora, and Trevor's persistence, Callum confronts his fears, realizing that his biggest obstacle to love is himself. This heartfelt, comedic short explores queer dating, self-acceptance, and the courage to embrace vulnerability.



## **ABOUT THE FILM**

*The Homosexual Guide to F\*cking It Up* is the premier screenwriting /producing project from actor Alec Richards. While navigating his own struggles with body image and romantic connection, Alec started writing about his imagined perfect “meet-cute,” who that perfect man would be, and how that perfect man would help him embrace his insecurities and face his fears. While not autobiographical, Callum’s story is heavily influenced by Alec’s own experiences of feeling undervalued and “other-ed” in the gay community. Through writing and filming the project, Alec found deeper answers to his questions of self-worth and the negative effects of societal pressures.



The film opens with Callum (Alec Richards), a self-conscious 30-year-old gay man, reminiscing about meeting Trevor (Tanner Callicutt) while fighting over the last box of dumplings in a grocery store. After having a great first date, Callum’s insecurities about his body and worthiness cause him to ghost Trevor, convinced that someone like him couldn’t truly be interested. He confides in his witty best friend, Nora (Sionne Elise), who challenges his self-deprecating mindset and encourages him to confront his fears.

The short film blends humor, vulnerability, and campy fantasy sequences that reflect Callum’s insecurities and romantic dreams. Written by Alec Richards and directed by Paulina Knaak, with Cinematography by Jeff Malo, production design by Michael Donovan and editing by Katy Frame, the short is ultimately a tender exploration of queer dating, self-acceptance, and the courage it takes to believe you’re worthy of love.

The core creative team met in 2023 while shooting a short film by Sionne Elise titled *Rose v. Wade*. Alec and Sionne had been friends since 2020, and the role of Nora was written with Sionne in mind. She accepted the role and agreed assist Alec with learning the ins and outs of independent filmmaking. Paulina Knaak and Jeff Malo were the Director and Cinematographer of *Rose v. Wade* respectfully, and after Alec’s experience with them on set as an actor, he knew he wanted their artistry and expertise to bring his vision to life. Tanner Callicutt and Alec met in the summer of 2023 while Tanner was performing in the Broadway revival of *Parade*. Alec was substituting a back-of-house position and was introduced via a mutual connection. Months later, Alec saw Tanner’s Instagram story and immediately felt he would be perfect for the role. A quick coffee meeting later and Tanner was officially on board to bring Trevor to life. The rest of the cast and crew are comprised of talented artists, some of who worked on *Rose v. Wade*, and others brought in via mutual connections.

## CREDITS

Written and Produced by Alec Richards

Directed by Paulina Knaak

Cinematography by Jeff Malo

Starring Alec Richards as “Callum”

Tanner Callicutt as “Trevor”

Sionne Elise as “Nora”

Erik Dawson as “Mister-ess”

1st Assistant Director - Ruben Gaffe

1st Assistant Camera - John Richardel

Gaffer - Dino Davaros

Key Grip - Lucien Battiste

Key Grip - Ethan Federico

Production Design - Michael Donovan

Intimacy Coordinator - Jonas Barranca

Sound Mixer - Tim Perodch

Makeup Artist - Grace Newman

Set Production Assistant - Elliot Stevens

Set Production Assistant - Michael Springer

Post-Producer - Sionne Elise

Editor - Katy Frame

Colorist – Kirill Volgin



## Music

### “Shag Carpet”

Written by Brendan St. Gealis

Performed by Reveille

Under License from Sound Stripe

### “Meadowcroft”

Written by Cody Kurtz Martin

Performed by Cody Martin

Under License from Sound Stripe

### “Quando Me’n Vo”

Written by Public Domain

Performed by Messages and Portraits

Under License from Sound Stripe

### “This Too Shall Pass

(Chopin Prelude in B Minor)”

Written by Public Domain

Performed by Joshua Spacht

Under License from Sound Stipe

### “Romeo & Juliet Love Theme”

Written by Public Domain

Performed by Philip Milman

Under License from PM Music

## Special Thanks:

Amanda Richards, Kimberly Richards, Victoria GoinS, Earl Richards, Cathy Reed, Nicole Catullo, Melanie Dominko-Richards, Renee Stanley, Jason Swafford, Noah Eisenberg, Rachelle Eastburn, Nicole MacNaughton / Untamed Artists LA, Chad Pauley , Megan Ruperto , David Kale, Avalon Artists Group, Eva Senatore , Chris Parronchi, S. F. Bautista, Corey Camperchioli, Matthew Weinstein

