

# CHICKEN AND RICE

**Runtime:** 7 min 15 sec

**Genre:** Psychological Drama

**Format:** Short Film

**Aspect Ratio:** 2.4:1

**Camera:** URSA Cine with DZOFilm Arles Primes

**Filming Location:** Atlanta, GA

**Logline:** A young man's pursuit of the optimal physique spirals out of control as he begins to obsess over social media's definition of success.

## **Short Synopsis:**

After hitting a plateau in his physical training, Jason begins to spiral out of control as he turns to social media for guidance. What starts as an innocent search for motivation quickly evolves into an unhealthy obsession—one that forces him to question his worth, identity, and what “success” really means.

## **Long Synopsis:**

Jason is a 29-year-old actor relentlessly pursuing the perfect physique in hopes of being accepted by Hollywood's standards. When his progress stalls, he looks to social media for the answers—scrolling endlessly through highlight reels of “perfect” bodies and “successful” influencers. The deeper he dives, the more distorted his perception becomes.

The advice he consumes—supplement routines, extreme diets, and performance-enhancing drugs—begins to unravel his mental and physical stability. What started as a journey toward self-improvement devolves into self-destruction, leaving Jason to confront the painful truth that the pursuit of perfection can cost more than it gives.

“*Chicken and Rice*” is a haunting reflection on the toxic intersection of body image, hustle culture, and online validation—an honest look at what happens when our digital idols become our downfall.

## **Director's Statement:**

I was inspired to write *Chicken and Rice* based on my own journey. For the past six months, I've trained like a bodybuilder and witnessed firsthand how social media fuels misinformation and obsession. Online, it's easy to find steroid use disguised as “hard work,” false claims of natural physiques, and influencers selling training programs that do more harm than good.

I wanted to create this film as a cautionary mirror—one that shows how the pursuit of betterment can turn toxic when filtered through comparison and deceit. Social media often amplifies our insecurities, showing only the best versions of others while distorting our view of ourselves. My hope is that audiences walk away recognizing that comparison is a dangerous game. Even if you achieve the version of “success” you see online, what you lose in the process—your peace, joy, and authenticity—is often far too great.

As someone immersed in the gym culture, I see how widespread this problem is. Steroid usage, body dysmorphia, and unrealistic beauty standards are affecting a generation. *Chicken and Rice* is my way of shining light on this reality and opening a dialogue about what it really means to be “enough.”

**Credits:**

**Writer / Director / Actor:** Javaughn Henry

**Producer:** Leanna O'Brien

**1st AC:** Angelique Joseph









