



### About the Movie

In ***Finding Kind***, filmmakers Lauren Parsekian and Molly Thompson, who met while in school at Pepperdine University, set out in a cross country journey of discovery and education.

Interviewing women and girls along the way about their lives and experiences, Parsekian and Thompson find, among all of the unique personal stories, some universal truths about growing up as girls.

***Finding Kind*** is a document of that journey, and of the filmmakers' quest to take these experiences and find a common ground of kindness and mutual respect.

In addition to all of the individual girls and women who share their personal experiences about girl on girl bullying with the filmmakers, Parsekian and Thompson include interviews with respected experts and authors in the fields of psychology, education, and the interrelationships of women and girls.

### What is the appropriate age for viewing Finding Kind?

Due to certain language and content, Finding Kind is recommended for students in and above middle school (11 years old and up). It is appropriate for both female and male audiences. We are requiring students to attend the event with a parent and submit a permission slip.

### About the Filmmakers

Lauren Parsekian

(Director/Writer/Producer) grew up in Laguna Niguel, Orange County, and currently resides in Los Angeles. The way girls treat each other has had a lot of significance in Lauren's life. Finding a way to stop girl bullying in schools across America has been an important issue for as long as she can remember. All

of the careers she has considered have been with one common goal in mind: to foster awareness of the emotional, verbal, and physical abuse within female relationships. Lauren was one of the "popular girls" in middle school. But after the clique turned against her, school became a source of stress, depression, and even frequent thoughts of suicide. Through high school and college, Lauren witnessed the same kind of "mean girl" behavior around her.

As a film student at Pepperdine, Lauren realized the enormous good documentaries can do and decided to apply her passion for film to this issue and make a documentary about the way girls treat each other and the way it affects us.

*For me, the hardest time was middle school. It's a funny thing to think about, because ten years later, I can still vividly recall every terrible memory from that time of my life.*

*I truly hope that the message of Kind Campaign speaks to you, and that you know how special you are. I know it's extremely hard to be a girl. It's hard for ALL of us. However, I have confidence that through Kind Campaign we will all come together to create a community and an awareness that will change this problem.*

*Molly Thompson*

*(Producer) grew up in Dallas, Texas before moving to California to attend Pepperdine University to study acting and film/television production. Molly's negative experience with girl bullying occurred in high school. Ostracized by a group of girls, she feared answering the phone, going to school, and felt a terrible loneliness. A small core of loyal friends stuck by her, and the year ended on a note of healing and forgiveness.*

*Molly has always had a passion for helping others and for the way film affects people and can inspire them to action, so when Lauren approached her to collaborate on a documentary about middle school bullying between girls, Molly agreed. While working together on **Finding Kind**, Lauren and Molly saw how open women and girls were about sharing their experiences. They realized that this is an issue that affects females of all ages, and they were inspired to launch a movement to spread the word of kindness. Kind Campaign is the result of that moment of inspiration.*

*Molly is thrilled to shed light on this serious issue and unite women and girls together under an umbrella of kindness. She considers herself very lucky to be working with such a close friend on a project she loves, evidence of the power of female friendship.*

*I have been extremely touched and inspired by the reaction to Kind Campaign and **Finding Kind**. It is a testament to the serious effects of this issue and the need for change in the way we as females treat each other.*

*Being ostracized, criticized, or ridiculed should not be considered a rite of passage, and it doesn't have to be this way.*

## ***What Is the Kind Campaign?***

*So often, we are faced with world-scale problems that seem impossible to solve. What we fail to realize is that at the root of so many of our problems is a lack of human connection and respect for others. If we all learned to consistently practice kindness, there would be fewer of these problems in the first place. With the constant pressures girls face to look and act a certain way, competition and jealousy have gotten in the way of functional friendships. While males have been taught to compete in sports and to view each other as comrades, females have been taught to compete with each other, and view one another as threats. This is a concept we must unlearn quickly. It's common to hear girls complain about how unfair it is that boys can maintain a group of friends throughout a lifetime, but for girls, having ONE true friend makes you lucky. These facts are evidence of the lack of connection and respect that we are talking about. We are here to change that.*

*For it to be considered "normal" that girls physically and emotionally bully each other is a sad reality that we can only change as individuals. Although we have all been victims, we also share responsibility. None of us can say that we have never said or done something to wrong another female. It's important to recognize that we ALL need to change our habits. It is also important to realize that the girls who are lashing out and bullying have a story to tell too.*

***The intent of Kind Campaign is not to point fingers, because that too contributes to the vicious cycle, but rather to put ourselves in each other's shoes, and to make a change by spreading kindness, compassion, and understanding.***

*By sharing your story within the interactive facets of this website you are choosing to take a stand against girl on girl bullying. You can make this change possible. We are not talking about solving world hunger or global warming here; we are talking about BEING KIND TO EACH OTHER.*

***For more information, please visit the website: <http://findingkind.indieflix.com/home/>***