



## REEL CANADA Content Advisory Chart

### The Skin We're In

**The Skin We're In** is an examination of systemic racism in Canada, told through the eyes of journalist and activist Desmond Cole. While this documentary has little mature content, there is discussion of violence committed by police officers towards Black people, often resulting in death. Because the film sheds a powerful light on a variety of issues that face the Black community, it has the potential to be disturbing for viewers who may not be familiar with the stories. Moreover, the film may be intense for students who have personally experienced the kinds of racism depicted, or witnessed it with their loved ones. Please ensure that proper support and safety is provided for students whose lived experience may align with what's depicted in the film.

**FILM RATINGS** from each provincial film review board:  
(NR indicates that the film was not rated in this province.)

| AB | BC | MB | NB | NL | NT | NS | NU | ON | PE | QC | SK | YK |
|----|----|----|----|----|----|----|----|----|----|----|----|----|
| NR | NR | NR | NR | NR | NR | NR | NR | NR | NR | NR | NR | NR |

| Frequency<br>Content            | One Occurrence | Rare | Occasional | Frequent | Context/Notes  |
|---------------------------------|----------------|------|------------|----------|--|
| <b>LANGUAGE</b>                 |                |      |            |          |  |
| Mild language                   |                | ✓    |            |          | "Hell", "Goddamn"  |
| Coarse Language                 |                |      | ✓          |          | "Shit", "Crap"   |
| Racial Slurs                    | ✓              |      |            |          | "Nigger" used three times in one scene of archival footage |
| <b>VIOLENCE</b>                 |                |      |            |          |  |
| Physical violence, guns present |                | ✓    |            |          | Footage of police pushing protestors, holding guns         |