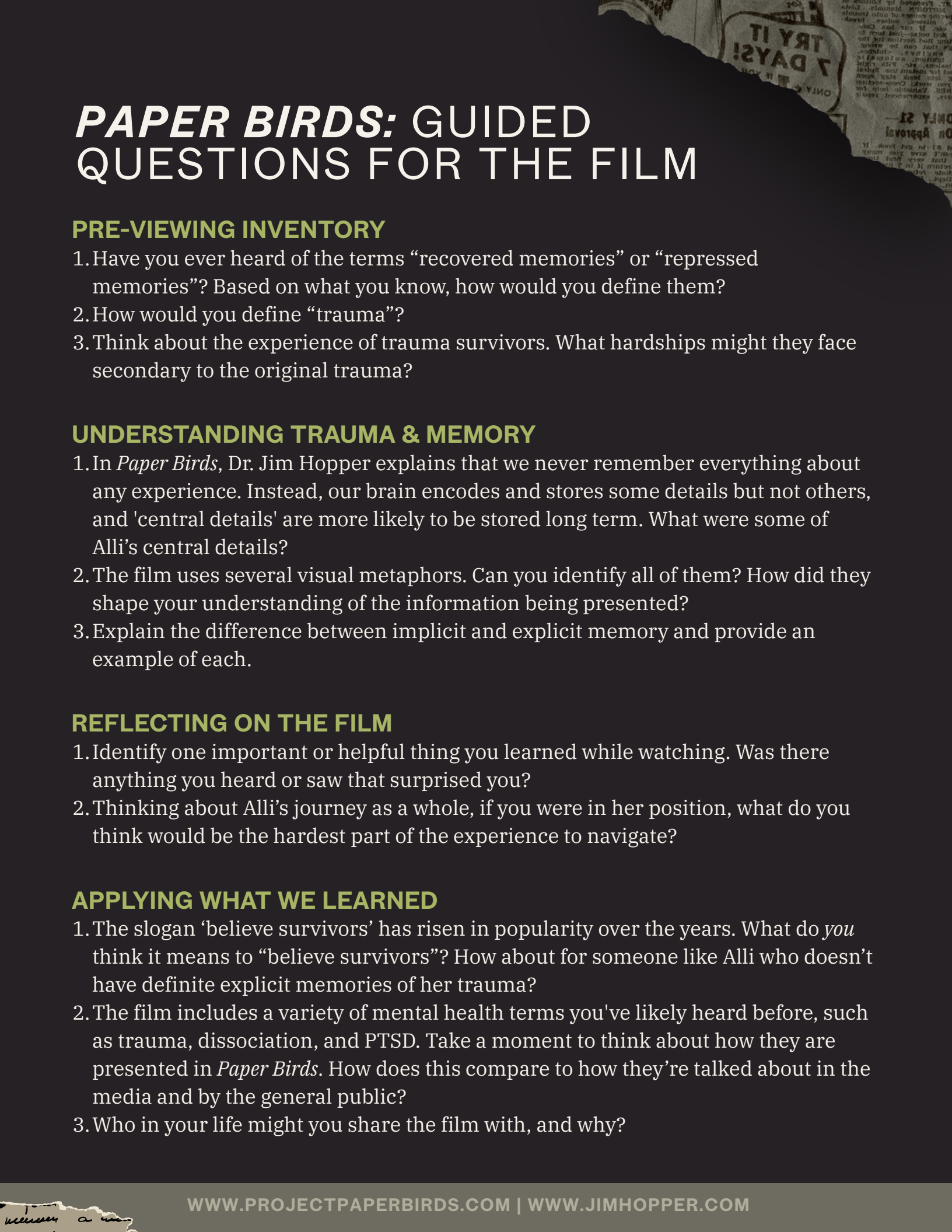




PAPER BIRDS: GUIDED QUESTIONS FOR THE FILM

PRE-VIEWING INVENTORY

1. Have you ever heard of the terms “recovered memories” or “repressed memories”? Based on what you know, how would you define them?
2. How would you define “trauma”?
3. Think about the experience of trauma survivors. What hardships might they face secondary to the original trauma?

UNDERSTANDING TRAUMA & MEMORY

1. In *Paper Birds*, Dr. Jim Hopper explains that we never remember everything about any experience. Instead, our brain encodes and stores some details but not others, and 'central details' are more likely to be stored long term. What were some of Alli's central details?
2. The film uses several visual metaphors. Can you identify all of them? How did they shape your understanding of the information being presented?
3. Explain the difference between implicit and explicit memory and provide an example of each.

REFLECTING ON THE FILM

1. Identify one important or helpful thing you learned while watching. Was there anything you heard or saw that surprised you?
2. Thinking about Alli's journey as a whole, if you were in her position, what do you think would be the hardest part of the experience to navigate?

APPLYING WHAT WE LEARNED

1. The slogan ‘believe survivors’ has risen in popularity over the years. What do *you* think it means to “believe survivors”? How about for someone like Alli who doesn't have definite explicit memories of her trauma?
2. The film includes a variety of mental health terms you've likely heard before, such as trauma, dissociation, and PTSD. Take a moment to think about how they are presented in *Paper Birds*. How does this compare to how they're talked about in the media and by the general public?
3. Who in your life might you share the film with, and why?