

ALL THIS PANIC

“People want to see you, but they don’t always want to hear what you have to say.”
- Sage



image source: https://www.rottentomatoes.com/m/all_this_panic/

DESCRIPTION:

A group of teenage girls, coming of age in Brooklyn, navigate the ephemeral and fleeting transition between childhood and adulthood. Shot over a three-year period, it is a meditation on the mysterious, often painful, yet ultimately exhilarating period of a teen's life. These city girls, raised where everything moves fast, appear savvy and sophisticated, but their Brooklyn attitudes can't obliterate the baseline insecurities, fears and awkwardness shared by teens across the globe.

[Website and Trailer](#)
[Instagram](#)

[“All this Panic: The Most Relatable Film about Teenage Girlhood Ever?”](#)

This Guardian article asked 4 “British school friends to assess” the film. Valuable to read in advance of the students watching the film

THEMES:

- growing up
- belonging
- experimenting with drugs and alcohol
- transition to college or work after high school graduation
- mental illness in the family
- divorced/separated parents
- relationships with parents
- money and independence
- coming out
- freedom/independence
- sexual and romantic relationships
- friendships
- identity
- comfort in one's skin/ body image
- sexuality
- peer pressure
- self-harm
- grief, dealing with death

VOCABULARY/GLOSSARY: (In order of when they appear in the film)

Avatar: The Last Airbender: Lena's parents announced their divorce while the whole family was watching the TV show: *Avatar: The Last Airbender* as a family. The show ran from 2005-2008 on Nickelodeon. Although an American animated show, the art style of *The Last Airbender* is influenced by Japanese anime. The titular "Avatar" is charged with maintaining harmony between four kingdoms based on the elements, water, earth, air, and fire. The Avatar alone can master all four elements. The show focuses on a period of war set in motion by the Fire Nation, who seek dominion over the other three nations.

ACS: Both of Lena's parents have to deal with ACS, the Administration for Children's Services. It is a New York City-based government organization that, among other services, investigates over 55,000 cases of suspected child abuse or neglect annually.

Crown Heights: When discussing getting around in the city, Lena and Ginger mention Crown Heights. Crown Heights is a neighborhood in the center of Brooklyn. Its population is majority West Indian and African American, and the neighborhood is known for its annual West Indian Carnival Parade.

Vision Board: Sage shows the camera her mother's vision board. A vision board is typically a collage of inspiring images and/or text to remind the person who made it of their goals or dreams. Vision Boards are typically thought of as a tool for motivation, and keeping focused on one's ambitions.

Sarah Lawrence College: Lena is accepted to the prestigious Sarah Lawrence College. Sarah Lawrence is a short train ride outside New York City, in Yonkers. It is a small liberal-arts college with a majority-female student body. Notable alumni include Vera Wang, Alice Walker, and J.J. Abrams.

212: When discussing tattoos, Sage mentions someone she knows got “212” tattooed on their ribcage. “212” is the original area code for most of the borough of Manhattan in New York City, and has become a status symbol due to its scarcity.

Astor Place: Ivy and some of her friends go to Astor Place to party on Halloween. Astor Place is a two-block street in lower Manhattan. It is a common meeting-place in the East Village. It is a hip, upscale area with a nearby off-Broadway theater and a famous public sculpture, the Alamo Cube.

Car Breathalyzer: Ivy and her boyfriend Gabriel drive to a concert with a friend who is shown blowing into a breathalyzer in his car. This device is connected to the ignition of the car in which it is installed, and detects the blood-alcohol level of the driver who blows into it. If the person’s blood alcohol level is over the legal limit, the car will not start. These devices must be blown into at random intervals by the driver to keep the car running. These devices may be required by a court or insurance company following a drunk driving conviction or re-offence.

The Jersey Shore (location): Ivy attends an outdoor concert at the Jersey Shore, a long stretch of coastline in New Jersey that borders the Atlantic Ocean. The area is a popular tourist destination and is well-known for its boardwalk and amusement parks.

Slayer: Ivy wears her boyfriend’s Slayer shirt at the concert they attend at the Jersey Shore. Slayer is a well-known metal band formed in 1981. The band is currently on their farewell tour.

Howard University: Sage looks forward to attending Howard University in Washington, D.C. Howard is a private HBCU (Historically Black Colleges and Universities) founded in 1867. Howard is renowned for its College of Medicine and STEM programs, as well as arts and humanities. Howard is classified as a “high research activity institution”. Notable alumni include Chadwick Boseman, Taraji P. Henson, Zora Neale Hurston, and former Supreme Court Justice Thurgood Marshall.



Margot Tenenbaum: Dusty teases her sister Ginger about her attitude by calling her “Margot Tenenbaum”. Margot Tenenbaum, played by Gwyneth Paltrow, is a main character in the film 2001 “The Royal Tenenbaums”, directed by Wes Anderson. Anderson’s films are known for their dry, offbeat sense of humor and quirky aesthetics. Margot is stylish, aloof, and

sullen. She has a contentious relationship with her family, particularly her father.

Port Authority: Lena begins her summer of travel by going to the Port Authority in Manhattan. The Port Authority is a large bus terminal where many busses travel into and out of Manhattan from other states.

The Met: The Metropolitan Museum of Art, or simply “The Met”, is an internationally-famous art museum in New York with three locations: The Met Fifth Avenue, The Met Breuer, and The Met Cloisters. Lena reminisces about going to The Met Fifth Avenue with her friends.



Temple of Dendur: When Lena remembers going to The Met, she mentions the Temple of Dendur. It is one of her favorite places in the museum. This temple was gifted to The Met in 1967, and was shipped in pieces from Egypt and re-assembled at The Met. It was originally constructed in 10 B.C. and is dedicated to the goddess Isis.

LOCAL & NATIONAL RESOURCES:



- Kaleidoscope Youth Center: provides resources and information for sexually diverse youth. Kaleidoscope Youth Center has many resources for youth that deal with mental, physical, and sexual health, social support, housing support, and many other areas. <http://www.kycohoio.org/>

- BRAVO:

The Buckeye Region Anti-Violence Organization (BRAVO) provides comprehensive individual and community programs for survivor advocacy and support to LGBTQI survivors of hate and bias violence, discrimination, intimate partner violence, stalking, and/or sexual assault.

Check out: <http://www.bravo-ohio.org/resources/important-links>

- SAMHSA (Substance Abuse and Mental Health Services Administration) National Helpline: 1-800-662-HELP. A confidential, free, 24hrs/day 365 days a year information service for individuals or family members of individuals struggling with substance use. Available in English and Spanish. <https://www.samhsa.gov/find-help/national-helpline>
- Franklin County 24-hour mental health and substance abuse crisis line: <http://netcareaccess.org/>

- 1girl: Program for middle school girls, facilitated by local high school and college women. <http://1girl.org/>
- Pass the Class: offers academic mentoring and tutoring to underserved and homeless youth in Columbus through current OSU student tutors. <http://passtheclass.org/>.
- TransOhio: offers support for trans and gender non-conforming individuals in Ohio. They partner with multiple organizations throughout the state, including the Kaleidoscope Youth Center in Columbus. <http://www.transohio.org/>

DISCUSSION PROMPTS:

Sage observes that when teenage girls are oversexualized, people want to see them, not listen to them. To what extent do you agree or disagree with her statement? Can you think of examples of adults listening to or overlooking you in your own life? What do you wish adults in your life knew about being a teenager?

Each girl featured in “All this Panic” lives in New York City, and they discuss how living in the city impacts their routine and their social lives. If “All This Panic” was shot in Columbus, what, if anything, do you think would be different? What would be the same?

Think about the cinematography of “All This Panic”. What did you notice about the visual style of this film?

The director of “All This Panic”, Jenny Gage, lived in Brooklyn and was neighbors with two of the documentary subjects, Ginger and Dusty. How do you think this personal connection between director and subject may or may not have impacted the film?

Of the seven girls featured in the film, is there anyone you would have liked to see have a larger role in the film? If so, what else would you like to learn about that person?

Based on what you saw in the documentary, what do you think these girls are up to now?

COMPARABLE FILMS:

Girlhood (aka *Bande de Filles*)



Fed up with her abusive family situation, lack of school prospects and the "boys' law" in the neighborhood, Marieme starts a new life after meeting a group of three free-spirited girls. She changes her name, her style, drops out of school and starts stealing to be accepted into the gang. When her home situation becomes unbearable, Marieme seeks solace in an older man who promises her money and protection. Realizing this sort of lifestyle will never result in the freedom and independence she truly desires, she finally decides to take matters into her own hands. (C) Strand

Persepolis



Marjane is precocious and outspoken young Iranian girl who was nine years old during the Islamic Revolution when the fundamentalists first take power—forcing the veil on women and imprisoning thousands. She cleverly outsmarts the "social guardians" and discovers punk, ABBA and Iron Maiden, while living with the terror of government persecution and the Iran/Iraq war. Then Marjane's journey moves on to Austria where, as a teenager, her parents send her to school in fear for her safety and, she has to combat being equated with the religious fundamentalism and extremism she fled her country to escape. Marjane eventually gains acceptance in Europe, but finds herself alone and horribly homesick, and returns to Iran to be with her family, although it means putting on the veil and living in a tyrannical

society. After a difficult period of adjustment, she enters art school and marries, continuing to speak out against the hypocrisy she witnesses. At age 24, she realizes that while she is deeply Iranian, she cannot live in Iran. She then makes the heartbreaking decision to leave her homeland for France, optimistic about her future, shaped indelibly by her past.

[Eighth Grade](#)



Eighth Grade follows a somewhat awkward teenage girl, Kayla, through her last week of Eighth Grade. Kayla is known for being quiet at school, but she is outgoing and has a lot to say, if only people would listen to her. She makes YouTube videos to express herself and chronicle her life. The film has been praised as a funny, honest, and open look at the highs and lows of early adolescence. Because Kayla has her own YouTube channel, a focus of the film is how teenagers express themselves online and how social media impacts how they see themselves and their peers. It is the directorial debut of comedian Bo Burnham, who rose to prominence at an early age through his own YouTube videos.

Critical Response:

<https://www.rogerebert.com/reviews/all-this-panic-2017>

<https://www.hollywoodreporter.com/review/all-this-panic-988460>

<https://variety.com/2016/film/reviews/all-this-panic-review-1201890658/>

Do you agree with these reviewer's assessment of the film? Is there anything they overlook?

ADDITIONAL RECOMMENDED RESOURCES:

Fiction that deal with similar themes:



We Are Okay

by Nina LaCour

Dutton Books, 2017

“Marin hasn’t spoken to anyone from her old life since the day she left everything behind. No one knows the truth about those final weeks. Not even her best friend, Mabel. But even thousands of miles away from the California coast, at college in New York, Marin still feels the pull of the life and tragedy she’s tried to outrun. Now, months later, alone in an emptied dorm for winter break, Marin waits. Mabel is coming to visit, and Marin will be forced to face everything that’s been left unsaid and finally confront the loneliness that has made a home in her heart.” – Publisher’s Summary

“We Are Okay” deals with the difficult transition from high school to college, and the challenge of maintaining friendships over a long distance. Marin is still grieving the loss of a family member when she arrives at college, and struggles to fit in at her new school in New York.



Leah on the Offbeat

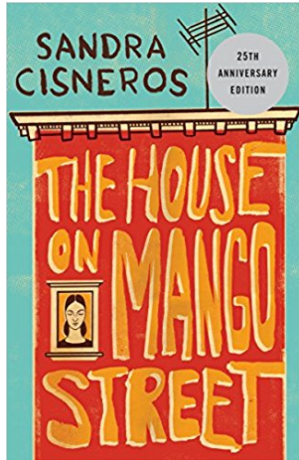
by Becky Albertalli

Balzer + Bray, 2018

“When it comes to drumming, Leah Burke is usually on beat – but real life isn’t always so rhythmic. An anomaly in her friend group, she’s the only child of a young, single mom, and her life is decidedly less privileged. She loves to draw but is too self-conscious to show it. And even though her mom knows she’s bisexual, she hasn’t mustered the courage to tell her friends – not even her openly gay BFF, Simon. So Leah really doesn’t know what to do when her rock-solid friend group starts to fracture in unexpected ways. With prom and college on the horizon, tensions are running high. It’s hard for Leah to strike the right note while the people she loves are fighting – especially when she realizes she might love one of them more than she ever

intended.” – Publisher’s Summary

This book, sequel to the novel that became the hit movie “Love, Simon”, deals with body image, coming out, divorce, and conflict within friend groups.



The House on Mango Street

by Sandra Cisneros
Vintage Contemporaries, 1984

“The House on Mango Street” is the remarkable story of Esperanza Cordero. Told in a series of vignettes – sometimes heartbreaking, sometimes deeply joyous – it is the story of a young Latina girl growing up in Chicago, inventing for herself who and what she will become.” – Publisher’s Summary

This short but powerful book deals with the difficulties of coming-of-age in a big city, and explores the complex dynamics of sibling relationships.



Lumberjanes (Comic Series)

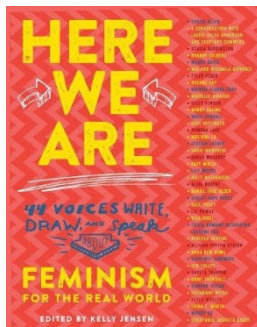
Written by Noelle Stevenson, Grace Ellis, Shannon Watters. Illustrated by Brooke Allen, Carolyn Nowak, and guest illustrators.
Boom!Box, 2014-Present

“At Miss Quinzella Thiskwin Penniquiquil Thistle Crumpet’s Camp for Hardcore Lady-Types, things are not what they seem. Three-eyed foxes. Secret caves. Anagrams. Luckily, Jo, April, Mal, Molly, and Ripley are five rad, butt-kicking best pals determined to have an

awesome summer together...and they’re not gonna let a magical quest or an array of supernatural critters get in their way!” – Publisher’s Summary

This lighthearted series follows the exciting exploits of five tight-knit friends who encounter strange, supernatural happenings at their summer camp. Each girl has a distinct personality and skills that they must use together to overcome the challenges they face. The series deals with themes of growing up, coming out, and self-expression. As the girls often say, “Friendship to the max!”.

Non-fiction resources

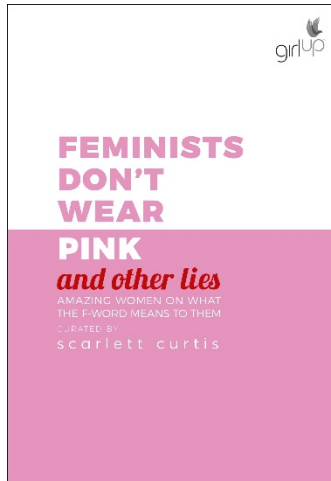


Here We Are: Feminism for the Real World

Edited by Kelly Jensen
Algonquin Young Readers, 2017

“Forty-four writers, dancers, actors, and artists contribute essays, lists, poems, comics, and illustrations about everything from body positivity, romance, gender identity, intersectionality, the greatest girl friendships in fiction. Together, they share diverse perspectives on

and insights into what feminism means and what it looks like. Come on in, turn the pages, and be inspired to find your own path to feminism by the awesome individuals in *Here We Are*.” – Publisher’s Summary



Feminists Don't Wear Pink and Other Lies: Amazing Women on What the F-Word Means to Them

Edited by Scarlett Curtis
Ballantine Books, 2018

“An urgent and inspirational collection of essays by a diverse group of celebrities, activists, and artists about what feminism means to them, with the goal of helping readers come to their own personal understanding of the word.” – Publisher’s Summary