

Wonderful Film involving Cerebral
Palsy on Netflix!

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37 Seconds (2019) tells the story of Yuma Takada (Mei Kayama), a young girl with Cerebral Palsy wanting to experience the world and create Manga. She is watched over very closely by her mother, who is needed to help bath, feed, and dress her. However, she knows that there are things she must experience without her mother involved. After being rejected from a Manga publishing house for not "having enough experience" in sex in order to accurately draw it. She decides to take matters into her own hands, finding herself in the red-light district, hoping to discover sexuality and find an independent identity for herself.

**CLICK THE PHOTO BELOW TO CHECK OUT THE
TRAILER!**



37 Seconds has won numerous awards across the globe, including 3 wins at the Berlin International Film Festival. This film is a great message against the way people with disabilities have commonly been shown in movies. Often times, disabled people are seen as asexual or not capable because of their disability. Director Hikari said "I didn't want viewers to feel sorry for Yuma, but to root for her. Regardless that she is in a wheelchair, she is a person overcoming life's obstacles and family struggles as she tries to make her dream work for her."

3 THINGS WE LIKE

Outstanding filmmaking and cinematography



Easily watchable and shareable on Netflix



Great representation of disabled actors



Dear Readers,

There are many exciting and well-made films and media featuring disability. The challenge is knowing where to find it, and how to use it.

Trusted Source is a monthly media recommendation that you can use in your trainings or classrooms and share with your networks. We hope you find these pieces as insightful and revealing as we do.

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All the Best,

Alice Elliot

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