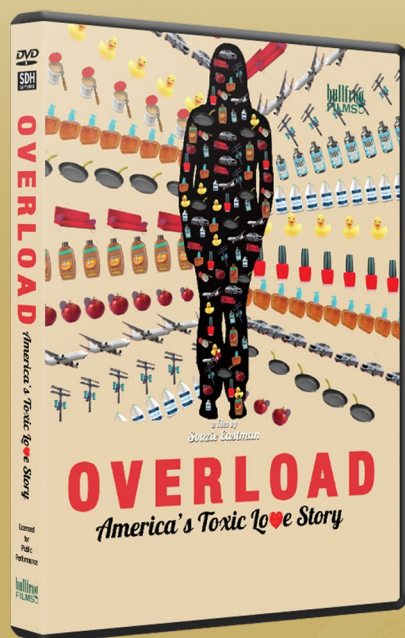


# OVERLOAD

Use your film screening of **OVERLOAD: America's TOXIC LOVE STORY** as a tool for educating your community about human rights and the refugee experience in the United States. This guide offers some background information and helpful tips for an informative, rewarding screening. **Good Luck!**

## what you'll find inside!

- about the film & filmmaker
- ready to watch! screening guide
- ready to act! handout



## About the film

Before starting a family, Soozie Eastman—daughter of an industrial chemical distributor—embarks on a journey to find out the levels of toxins in her body and if there is anything she or anyone else can do to change them. With guidance from world-renowned physicians and environmental leaders, interviews with scientists and politicians, and stories of everyday Americans, Soozie uncovers how we got to be so overloaded with chemicals and what we can do to take control of our toxic body burden. The questions is: Can we hit the reset button, or is it too late?



## About the filmmaker

Soozie Eastman is a documentary filmmaker and short film producer. During her time at Chapman University completing her MFA in Producing for Television and Film, she returned to her hometown of Louisville to produce and direct *By The Wayside*, a feature length documentary about the city's homeless. She is currently the Executive Director of the Louisville Film Society, serves on the Louisville Film Commission and produces the annual Flyover Film Festival.

# ready to watch!

## Ideas and best practices to help make your community screening a success!

**1. Publicize Your Event!** This is the most important step because it not only tells the world what you're up to, but it lets the Bullfrog Community team know what your plans are so we can help you publicize your event. Visit <http://www.bullfrogcommunities.com/overload> to register and get the word out about your upcoming screening. You can also email us at [info@bullfrogcommunities.com](mailto:info@bullfrogcommunities.com) if you need help getting started!

**2. Visualize Your Goal!** What do you hope to achieve with your screening? Your goal could be to generate a lively post-film discussion about issues raised in the film, gain support or recruit volunteers for a local grassroots campaign, or raise funds for a group on your campus or in your community. Or, you can simply use the screening to provide an opportunity for your audience to watch and learn together.

**3. Where To Host?** Consider which locations in your area would be ideal for accommodating a community film screening of the size you anticipate: downtown movie theaters, churches and synagogues, town halls, community centers, public libraries, school auditoriums, university and college venues, warehouses at a business and outdoor screenings at parks and playgrounds, and even private homes have been venues for many successful community screenings.

**4. Find A Partner!** Give some thought to who is already working on this issue in your community. Can they help sponsor the event? Spread the word? Speak on a panel discussion after the screening? Some potential partners include: student groups at schools, universities and colleges; a local public or campus library; representatives from local religious congregations or faith-based community groups; local chapters of national/global activist or grassroots organizations; faculty members at nearby universities and colleges; reporters/journalists from local news publications such as newspapers and magazines; local nonprofits; and any community organizations that share goals or views with the film you are screening.

**5. Invite A Guest Speaker!** Guest speakers and panelists are a great way to encourage discussion and debate after a community screening. When people are engaged and thinking about the issues they will stay engaged long after the screening has passed. Contact representatives of local non-profits, faith groups, journalists and reporters from local media outlets, or teachers and professors who have expertise and/or insight into the issues raised by the film, and invite them to attend your screening and participate in a discussion or Q&A session with your audience.

**6. Engage Your Audience!** Use this discussion guide to engage your audience. Included in this guide is a section called Ready to Act!— which can be used as a handout — listing additional resources for further investigation about key issues raised in the film.

**7. Spread The Word!** Think about the best methods available to you for publicizing your film screening to people in your community. Sending emails to a contact list, creating event notifications on Facebook, Google+, Eventbrite or an online community calendar, using Twitter to announce your event, and placing screening announcements in local newspapers and newsletters is a good start. In addition to this guide, you can find and download a screening poster and press photos at <http://www.bullfrogcommunities.com/overload> that can be used to help publicize your event.

**8. Tell Us How It Went!** Visit <http://www.bullfrogcommunities.com/overload> to tell us about your event. Contribute to the film's discussion page to help other student groups, universities, non-profits, congregations and community groups further the discussion and put on successful screening events of their own. Where was your screening held? Who attended? What went well, and what was challenging? What did you discuss? Your feedback will help others to organize their own events, and will energize Bullfrog Communities as a whole.



# ready to act!

handout

**Cleaner Greener Me** — <https://cleanergreenerme.com/>

This site, created by the film's director Soozie Eastman, collects recommended products, organizations and resources and serves as a guide to changes that consumers could make to avoid and minimize unnecessary overuse and exposures impacting ourselves and future generations.

**Breast Cancer Prevention Partners (BCPP)** — <https://www.bcpp.org/>

BCPP is a science-based advocacy organization that works to prevent breast cancer by eliminating exposure to toxic chemicals and radiation.

**Center for Environmental Health (CEH)** — <https://www.ceh.org/>

CEH protects people from toxic chemicals by working to demand and support business practices that are safe for public health and the environment.

**Environmental Working Group (EWG)** — <https://www.ewg.org/>

EWG empowers people to live healthier lives in a healthier environment. With breakthrough research and education, EWG aims to drive consumer choice and civic action.

**Friends of the Earth (FOE)** — <https://foe.org/>

Friends of the Earth strives for a more healthy and just world, speaking truth to power and expose those who endanger the health of people and the planet for corporate profit. FOE organizes to build long-term political power and campaigns to change the rules of our economic and political systems that create injustice and destroy nature.

**Natural Resources Defense Council (NRDC)** — <https://www.nrdc.org/>

The NRDC works to safeguard the earth—its people, its plants and animals, and the natural systems on which all life depends. NRDC combines the power of more than three million members and online activists with the expertise of some 600 scientists, lawyers, and policy advocates across the globe to ensure the rights of all people to the air, the water, and the wild.

**Midwest Pesticide Action Center** — <http://midwestpesticideaction.org/>

The Midwest Pesticide Action Center works to reduce the health risks and environmental impact of pesticides by promoting safer alternatives.

**Silent Spring Institute** — <https://silentspring.org/>

The Institute is the leading scientific research organization dedicated to uncovering the links between chemicals in our everyday environment and women's health, with a focus on breast cancer prevention.

**Women's Cancer Research Fund (WCRF)** — <http://wcrfcure.org/>

WCRF supports innovative research education and outreach directed at the development of more effective approaches to the early diagnosis, treatment, and prevention of women's cancers.