

## ABOUT THE MOVIE



**Title of the Movie:** Legend of Korra

**Length:** Season 4, 13 episodes

**Name:** Pogisa T.

**Age and/or Educational Level:** 23/Bachelor's Degree

**Date reviewed:** 9/23/2021

**Overall Rating** (1-10, 10 = best): 10/10

**Warning: Spoilers ahead! CineWell reviews are intended to assess themes of mental health, violence and suicide for youth friendliness, authenticity and accuracy and may contain spoilers.**

### **What is your initial impression and/or feeling after watching the movie?**

I was totally in love with the plot and characters. Everything about TLOK (The Legend of Korra) was captivating from the animation to the storyline.

### **Brief Synopsis (1-2 sentences)**

Season/Book 4: Balance is the fourth and final season of the animated television series The Legend of Korra and follows Avatar Korra after her traumatizing fight with an Airbender who poisoned and paralyzed her from the waist down. Although she survived the fight and locked the villain up to save the world again, she now faces the physical and mental challenges that come with her triumph. Through this journey, she experiences pain, healing, and once again fights to restore balance and peace in the world of the four nations as the Avatar, master of all four elements: Earth, Water, Wind, and Fire.

**Trigger Warnings needed (e.g. self-harm, harassment, violence). If so, how would you rate the severity of the content: mild, moderate, or severe and a brief description. This reflects your personal watching experience and the emotional impact.**

Violence trigger warning: Mild. But since it is an animated series geared towards a younger audience, I would rate this as Moderate for younger audiences. There are no gruesome scenes or deaths.

# CINEWELL MOVIE QUESTIONNAIRE

**1. How would you categorize the movie as? (e.g. comedy, romance, autobiography, coming-age, etc.)**

Anime, all-aged fantasy, comedy

**2. Describe the mood of the movie using 3-5 words or phrases (e.g. light, dark, suspenseful)**

Dark, suspenseful, healing, comedic, enlightening

**3. How easy is the plot to follow and why? (1-10, 1 = very difficult, 10 = very easy)**

9/10; Easy to follow.

Korra as the Avatar is battling her inner struggles and her recovery process to be mentally and physically well again in order to bring peace and harmony to the world. If you have watched the three previous books or seasons plus "Avatar: The Last Airbender" tv series, then it should be easy to follow as the Korra series takes place into the future after Ang in the "Avatar" series defeats the Fire Lord.

**4. To your understanding and experience, how accurate and realistic was the movie's depiction of mental health topics and why? (1-10, 1 = not accurate or realistic, 10 = very)**

8/10

Korra went through so much as the Avatar, and it showed her raw emotions and the wounds she experienced as she tries to recover and heal. It still is an animation geared towards a young audience so they did not mention mental health themes explicitly; however, we as mental health advocates can see it in the series.

**5. How entertaining was the movie throughout its entire duration and why? (1-10, 1 = not entertaining, 10 = very entertaining)**

100000/10

Since the original "Avatar," I've always been a fan of this series, but now having Korra as the new Avatar, who is a woman and both mentally and physically very strong, it really drew me to the plot and the characters - this show has it all! The series makes you laugh a ton, cry, and think about real world issues like systems of power and how we interact with our ecological environment. The Legend of Korra (TLOK) has taught me so many life lessons that I carry to this day as a young adult.

**6. List any themes surrounding mental health and wellness from the movie (e.g. depression, anxiety, grief, loss, relationship/friendship stressors, self-care)**

**Depression** - Korra's struggle at the beginning of the show due to her being injured and paralyzed leads her to not wanting to try and do physical therapy. Her mother states she is barely eating and sleeping. The expression on her face seems tired with droopy sad eyes.

**Trauma** - Korra's fight with Zaheer (her adversary) was traumatizing for her because she was poisoned by him, and after being revived, she was left unable to walk afterwards. Because she felt helpless and powerless through the poisoning, it negatively impacted her mental health. This trauma followed her physically and mentally as she began her journey of healing.

**Denial** - Korra blames herself for what happened and is in a state of deep fear and denial of the trauma she has experienced. Her denial causes her from receiving the help she needs, and she puts herself in dangerous situations where she gets further injured.

**Acceptance** - Eventually, Korra is able to self-reflect and accept the trauma and fears she experienced and begin to move forward with her healing. She also acknowledges that though she's the Avatar, she is still human.

**7. What is the character(s)'s impact on you? (1-10, 1 = not at all impactful, 10 = very impactful) Is the impact positive or negative? Both?**

Korra's overall impact on me is definitely a 10/10. Korra's impact was positive because her character was relatable in many ways. Although she was an animated character, I felt close to her because of her vulnerability, her strength to overcome her trauma and her strong/fierce personality. Her experience was so relatable because it reminded me that she's also still young and fragile. Given her immense power, she can still get seriously injured, and how the injuries took a toll on her mental health.

**8. What resonated with you and/or what takeaways do you have about this film?**

I think the rawness and real portrayal of trauma and the effects it has on one's mental health is what I resonated with the most. The main takeaway I have from this series is to live life to the fullest but find love, happiness, and healing in my community and self. Reach out for help and do not fight your own battles because there are people who care and want to love/support you.

**9. How well do you think the movie reached its fullest potential? (1-10, 1 = room for improvement, 10 = film went above and beyond) If you answer below an 8, what do you wish to have seen instead/more?**

9. I think the overall production was executed well. As a hopeless romantic, I would have loved to see Korra with someone. But this does highlight her strength as a character and as a woman who does not need a partner to be happy.

**10. Were there any inaccuracies/red flags in portraying mental health?**

I did not see any in the series.

**11. Note any memorable quotes, moments, or scenes from the movie**

- The scene where we see Korra competing in an underground fight with an earth bender, and she looks defeated, sad, and frustrated as she gets beaten.
- Korra's talk with Katara, her teacher. There was a sense of healing, and how she sought guidance and comfort from her elders.
  - When Korra faces Zaheer, her adversary.
- The ending episode when Tenzin tells Korra she has done more in a few years than any other Avatar in their lifetime.

**12. How did the film relate to your own experiences or of someone you know about mental health?**

The season of TLOK relates to me in many ways. The first being how Korra experienced physical trauma by being poisoned and thus, experiencing a sense of loss or depression after it. I have experienced something similar and this raw experience and her journey trying to heal and protect herself and her community again are what I resonated with the most.

**Does the film mention suicide? If yes, please complete the checklist below.**

The guidelines below are adapted from Action Alliance's [National Recommendations for Depicting Suicide](#) list). Research has shown that fictional portrayals of suicide can sometimes lead to increases in suicidal behavior or can help save lives if these established recommendations are followed.

## **SAFE MESSAGING ON SUICIDE GUIDELINES CHECKLIST**

<b>YES</b>	<b>QUESTION</b>	<b>COMMENTS</b>
✓	Does the film describe suicide in a way that is complex and influenced by a range of factors (rather than one event or contributing factor)?	
✓	Does the film genuinely demonstrate that help is available?	
✓	Does the film portray characters with suicidal thoughts who do not go on to die by suicide?	
✓	Does the film include everyday character(s) who can be a lifeline, such as a teacher, parent, or fellow students providing a safe space to share on mental health topics?	
✓	Does the film avoid showing or describing the details about suicide methods and suicide notes?	
✓	Does the film avoid sensationalizing or glamorizing suicide (overdramatizing and/or glorifying language, scene, music)?	
✓	Does the film depict the grieving and healing process of people who lose someone to suicide?	
✓	Does the film use nonjudgmental language and behavior about suicide?	