ABOUT THE MOVIE

Title of the Movie: WandaVision
Movie Rating: TV-PG (first half), PG-13 (second half)
Length: 10 episodes, 30 min/ep

Name: Khoa-Nathan N.
Age and/or Educational Level: 18/College Freshman
Date reviewed: 10/4/2021
Overall Rating (1-10, 10 = best): 8/10

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 feel understood. WandaVision was such an authentic portrayal of grief, and as a lover of stories, I appreciated WandaVision showing how stories can both be an escape and an exploration of harsh reality. I like that Wanda’s response to her grief was messy. She hurt people (which is a massive understatement) while she hurt, she refused to let others get through to her, yet the story never condemned her for these imperfect but human reactions.

Brief Synopsis (1-2 sentences)

WandaVision takes place in the Marvel Cinematic Universe and after the Phase III finale, Avengers: Endgame. The story presents a mystery as we are left to fill in the gaps of what happened to Wanda after Infinity War/Endgame. Beyond this sitcom-esque world, what is Wanda hiding?

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.

There is minor violence and very light sexually suggestive content, but as far as triggering or inaccessible content, there is very little in WandaVision that contains “traditionally” triggering content such as graphic violence.
# CINEWELL MOVIE QUESTIONNAIRE

1. **How would you categorize the movie as?** (e.g. comedy, romance, autobiography, coming-age, etc.)
   
   I would categorize WandaVision as being a comedy and most importantly, a sitcom. It is also a superhero and sci-fi TV show with hints of fantasy as well.

2. **Describe the mood of the movie using 3-5 words or phrases (e.g. light, dark, suspenseful)**
   
   Eclectic, black-and-white, colorful, humorous, poignant

3. **How easy is the plot to follow and why?** (1-10, 1 = very difficult, 10 = very easy)
   
   There are 2 answers for this. If you have watched the other MCU movies, particularly Infinity War and Endgame, you should be able to follow the story easily (8). However, if you have NEVER watched a single MCU film, it would be roughly a 5 or 6. While the plot may be more difficult to follow, the series is enjoyable in its own right.

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)
   
   In terms of accuracy and realism according to my own very limited experiences, I would mark WandaVision at least at an 8. Wanda having the ability to make reality bend to her will is obviously something people don’t have and is a limitation I had to learn I didn’t have, but WandaVision’s lack of real world accuracy allows it to explore scenarios and fantasies I often thought about when feeling depressed.

5. **How entertaining was the movie throughout its entire duration and why?** (1-10, 1 = not entertaining, 10 = very entertaining)
   
   9. The show exploring different sitcom eras in several episodes made for great and downright nostalgic television. The family dynamic between Wanda, Vision, and their children was phenomenal. It was heartwarming, heart wrenching, and downright hilarious.

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

   The main themes of WandaVision are overcoming grief and finding the power to overcome suffering within yourself. It also touches on the trauma of surviving violent conflict and a traumatic childhood.
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?**

10. Wanda was such a powerful role model to me. Her strength, courage, and love for her family are such admirable traits that I want to emulate in my own life.

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

Wanda showed me that grief is an inevitable part of life and that the only thing more powerful than the suffering we endure in life is our potential to grow and overcome that suffering. Even with her ability to warp reality and bend the world to her will, she still couldn’t escape the pain she felt inside. She also gave me empathy for others by showing me that even those who externalize their pain often do so unknowingly and meeting a person’s pain and their lashing out with compassion can make all the difference.

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?**

8. I think the show set out to do exactly what it wanted, although I feel the themes are weakened by implying Vision could come back.

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

While it isn’t for certain, some of the themes of the show were undercut by the implication that Vision could come back in the future. Moving on means knowing something you lost cannot come back, this is by far my biggest issue.

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

   “But what is grief, if not love persevering”
   “You are my sadness and hope. But mostly you’re my love”
   “But what is grief, if not love persevering”
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**

<table>
<thead>
<tr>
<th>YES</th>
<th>QUESTION</th>
<th>COMMENTS</th>
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<tr>
<td>✓</td>
<td>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)?</td>
<td></td>
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<tr>
<td>✓</td>
<td>Does the film genuinely demonstrate that help is available?</td>
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<tr>
<td>✓</td>
<td>Does the film portray characters with suicidal thoughts who do not go on to die by suicide?</td>
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<tr>
<td>✓</td>
<td>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?</td>
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<tr>
<td>✓</td>
<td>Does the film avoid showing or describing the details about suicide methods and suicide notes?</td>
<td></td>
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<tr>
<td>✓</td>
<td>Does the film avoid sensationalizing or glamorizing suicide (overdramatizing and/or glorifying language, scene, music)?</td>
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<tr>
<td>✓</td>
<td>Does the film depict the grieving and healing process of people who lose someone to suicide?</td>
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<tr>
<td>✓</td>
<td>Does the film use nonjudgmental language and behavior about suicide?</td>
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