



Follow You, Follow Me

Learning Guide

Follow You, Follow Me is a short film designed with and starring people with disabilities. The starring couple, Taylor and Kim, navigate the joy, intimacy, and challenges of relationships while confronting the impacts of ableism and feelings that disabled people are not worthy romantic partners. Through practices of mutual support, learning, and care, Taylor and Kim leave the audience with an appreciation for the unique strengths and baggage that all people carry within romance, and the beauty of diversity in relationships.

When discussing *Follow You, Follow Me*, students should watch the video twice. Before watching the first time, provide minimal explanation. Only after viewing, hand out the guide for students and work through the initial discussion questions. Then watch a second time, pausing after each scene to work through the detailed discussion questions.



Initial Discussion

1. What stands out to you in the video? What did this video make you feel?
2. Why was Taylor so upset? What were the moments that made them feel that way?
Taylor was upset because they felt they were being treated unequally in their relationship because they are disabled. Moments that made them feel that way were:
 - *When Taylor drops an onion on the floor, Kim rushes over to pick it up for them even though they did not ask for help.*
 - *Taylor's mom is overly protective of Taylor dating even though she likes Kim because she does not want Taylor to get hurt.*
 - *When Taylor meets Kim's friend, she seems surprised Kim and Taylor are romantic partners and praises Kim for dating Taylor by saying "That's so good of you."*

Answer continued on next page

- *Kim does not let Taylor introduce themselves to Kim's friend and does not correct her friend's response to their relationship.*
 - *At karaoke, multiple people praise both Kim and Taylor for having an interabled relationship by describing their relationship as "brave" and "inspiring" because it "must be so hard." Others tell Taylor they are "lucky" to have Kim.*
3. Were there any parts of the film that seemed similar to things that happen in real life?
 4. How did Taylor and Kim reach a solution? What was positive about the way they handled it? *Taylor expressed to Kim that they were upset about the way people were treating their relationship. Later, Kim and Taylor had a conversation and talked about ways to approach the perceived inequality in their relationship.*
 - *Kim explicitly expressed that she believed they were equal in their relationship.*
 - *Both Kim and Taylor were open and honest with each other and listened to each others feelings.*
 - *Kim expressed that she did not know what to say when people praised her for dating Taylor, but that she wanted to practice what to say so she can respond appropriately from now on.*
 5. What were the biggest takeaways from film? How can you apply those takeaways to your own life?



Detailed Discussion


1. What are some of the ways that Taylor supports Kim in their relationship?
 - *Taylor asks for consent before kissing Kim*
 - *Taylor agrees to watching the movie with captions*
 - *Taylor is patient with Kim and helps Kim learn how to express her feelings about their relationship to other people*
 - *Taylor listens to Kim's problems (i.e. her roommate) and comforts her*
2. What are some of the ways that Kim supports Taylor in their relationship?
 - *Kim asks for consent when being intimate with Taylor*
 - *Kim adjusts their date so Taylor can still watch the movie and later adds a ramp to her home so Taylor can access it*
 - *Kim offers to practice finding the words to talk to others about their relationship so they understand it is an equal partnership*
 - *Kim helps Taylor with leg stretches*

3. What does intersectionality mean? Where does it show up in the video? *Intersectionality describes how race, class, gender, sexual orientation, disability, and other individual characteristics interact with one another. For example, Taylor's character is disabled and identifies as LGBTQ+. These two characteristics interact with one another in a unique way that affects Taylor's lived experience. If one were to remove either of these identities, Taylor's character would be drastically different.*
4. What does ableism mean? Where does it show up in the video? *Ableism is the discrimination of or social prejudice against people with disabilities based on the belief that able-bodies are superior. Statements said to both Taylor and Kim, such as "you're so lucky to have her" and "that's so good of you" insinuate that, because Taylor is disabled, they do not contribute as much value to the relationship as Kim does.*
5. What does accessibility mean? Where does it show up in this video? *Accessibility is defined as the inclusive practice of ensuring there are no barriers that prevent interaction with, or access to, places, experiences, and information. In the film's first scene, Taylor is unable to enter Kim's house for their movie date as there is no ramp access. Kim is embarrassed and apologetic for her oversight and instead sets up the movie in the backyard where Taylor has access.*




Breakout Activities

Option 1: Find Examples – By searching online and thinking about social media and TV you've seen related to relationships or sexuality, find two examples of positive posts or actions (i.e. posts/actions combating and/or addressing ableism) and two examples of negative posts or actions (i.e. posts/actions that are ableist or discriminatory to people with disabilities). Explain what is positive or negative about each example.

- **Positive Example:** [Wheelchair Rapunzel - Disability and Pregnancy](#) 
 - *Wheelchair Rapunzel talks about the ways in which she is a provider and carer. She reflects on her journey to motherhood and negative comments she has received about being disabled and pregnant. Despite the negative comments, Wheelchair Rapunzel empowers other disabled women by asserting that her disability does not prevent her from being a mother or make her any less capable of motherhood.*

Answer continued on next page

- *Negative Example: The comments on this Instagram post – [Hannah Burcaw](#)* 
 - *In this post, Hannah Burcaw provides screenshots of comments people have left on photos of her and her husband that are hurtful and ableist because they are an interabled couple.*

Option 2: Action Project – Write a plan for one small way you can promote equality and access for disabled people in your everyday life. After confirming it with your teacher, find an opportunity to put this plan into action over the next week, and write about how it went.

- *Make a plan for a respectful and fact-based way to respond the next time you hear or see someone make an ableist statement or action. If the target of the comment is present, check with them to make sure they want your help.*
- *If you notice inaccessible places or practices in your community, share this information with community leaders and advocate for accessibility.*
- *Share what you learned in class today with two friends. Write about how the conversation went.*



Viewing Notes
