

# Your Fat Friend

A film by  
Jeanie Finlay



**"A beautiful film  
about messy feelings"**  
LETTRBOXD CREW

**"Extraordinary"**  
FILMMAKER MAGAZINE

**"Moving"**  
THE DAILY BEAST

**"Important"**  
SCREEN INTERNATIONAL

**"Another joyously insightful,  
subversive and ultimately  
uplifting documentary from  
the great Jeanie Finlay"**  
MARK KERMODE

**"Everyone should watch it"**  
THE FILM EXPERIENCE

[yrfatfriendfilm.com](http://yrfatfriendfilm.com)



FIELD\_OF\_VISION



TullStories

TOGETHER



FIELD OF VISION and BFI DOC SOCIETY present A GLIMMER FILMS production - "YOUR FAT FRIEND" starring AUBREY GORDON • EDITOR Alice Powell • DIRECTOR OF PHOTOGRAPHY Stewart Skylar Copeland • CINEMATOGRAPHY Jeanie Finlay, Michael Palmieri, Donal Mosher, Lindsay Trapnell • RE-RECORDING MIXER Pip Norton AMPS • ORIGINAL SCORE Tara Creme • MUSIC SUPERVISOR Graham Langley • COLOURIST Vicki Matich • MOTION GRAPHICS Sol Balsh MENTAL HEALTH SUPERVISOR Rebecca Day • EXECUTIVE PRODUCERS Charlotte Cook, Sandra Whigham, Shanida Scotland • CONSULTING PRODUCER Suzanne Alizart • PRODUCER Jeanie Finlay • DIRECTOR Jeanie Finlay

Field of Vision and BFI Doc Society present a Glimmer Films production

# Your Fat Friend

A Film by Jeanie Finlay  
96 minutes Documentary 2023

- Website: <http://www.yrfatfriendfilm.com>
- Trailer: [https://youtu.be/LodYiN\\_6X3c?si=VZ0eNYMLIPuH6v3r](https://youtu.be/LodYiN_6X3c?si=VZ0eNYMLIPuH6v3r)  
(please embed/link to this player, do not rip and upload)
- Facebook: <http://www.facebook.com/jeaniefinlay>
- Twitter Profile: @yrfatfriendfilm
- Instagram Profile: @yrfatfriendfilm

## SHORT SYNOPSIS

Made over 6 years, acclaimed director Jeanie Finlay charts the rise of writer and activist Aubrey Gordon from anonymous blogger (Your Fat Friend) to NYTimes best selling author and beloved podcaster. Aubrey's aim? A paradigm shift in the way we see fat people and the fat on our own bodies.

Her life changing work has brought her an ardent, international audience but also threats to her life. One of her biggest challenges is getting her parents to listen.

Your Fat Friend, a film about fatness, family, the complexities of change and the deep, messy feelings we hold about our bodies.

## 250 Word Synopsis

Made over 6 years, director Jeanie Finlay charts the rise of writer and activist Aubrey Gordon from anonymous blogger "Your Fat Friend" to NYTimes best selling author and beloved podcaster.

Her searingly honest writing describes what it's like to be that fat person on the plane..

... and how the fantasies, peddled by a diet and wellness industry worth \$26 billion a year are on a par with the lies that Big Tobacco told the public in the 1950s. (95% of diets fail for lasting weight loss). And how the biggest threat to fat people's health might just be the bias that some many health care providers hold for fat people.

...and about her own fractured relationship to her body.

She spent a decade campaigning for LGBTQIA rights so she knows that change is possible. Now it's time to advocate for herself.

This isn't about "body positivity" co-opted by brands to sell fat-kinis to size 16 women. Her aim? A paradigm shift in the way we see fat people and the fat on our own bodies. It has brought her an insatiable worldwide audience and threats to her life.

The most meaningful personal change is when her family start listening to her message.

YOUR FAT FRIEND, a film about fatness, family, the complexities of making change and the deep, messy feelings we hold about our bodies.

## **Language Guidance**

Please don't write about our film or edit our synopsis using these words:

"obese", or "overweight", or "big boned" - just use "fat"

Don't use "person with obesity"- just use "fat"

Don't use "Fatphobia"(the world is not scared of fat people they are biased against them) use "Anti-fat bias" or "bias"

## **Rating**

15 BBFC - strong language

## **Running Time**

95.55 minutes

## **Content Warning**

Swearing, eating disorders

## **CREDITS**

- Director & Producer: Jeanie Finlay

- Consulting Producer: Suzanne Alizart
- Screenwriter: Jeanie Finlay
- Cinematographer: Stewart Skylar Copeland, Jeanie Finlay, Lindsay Trapnell, Michel Palmieri, Donal Mosher, Aubrey Gordon
- Editor: Alice Powell
- Composer: Tara Creme
- Executive Producer: Charlotte Cook, Sandra Whipham, Shanida Scotland
- Mental Health Supervisor: Rebecca Day
- Sound Re-recording Mixer: Pip Norton
- Music Supervisor: Graham Langley
- Motion Graphics: Sol Baish
- Colourist: Vicki Matich
- Social Media Manager - Christina Mcdermott
- Sales Agent North America - Jason Ishikawa at Cinetic Media
- Sales Agent Rest of world - Together Films
- Press and PR - David Madgeal and Associates

## FUNDERS & PARTNERS

# FIELD\_OF\_VISION

Field of Vision <https://fieldofvision.org/>



BFI Doc Society <https://docsociety.org/bfi-doc/>



Glimmer Films <https://www.jeaniefinlay.com/>

# BROADWAY

Broadway <https://broadway.org.uk/>

## CAST MEMBERS

Aubrey Gordon

Michael Hobbes

Aubrey's parents Rusty and Pam

Please note we have excluded their surnames on purpose so that their identity is protected. Aubrey uses a pen name due to her doxxing.

## Photos to download

<https://www.dropbox.com/scl/fo/61i72qxqh502viowf3y47/h?rlkey=vmo96qjnl82xk0j1nmjy8108f&dl=0>

- Film Screener - Sent separately by email
- Letterboxd - <https://letterboxd.com/film/your-fat-friend/>
- Film: twitter and instagram - @yrfatfriendfilm
- Director twitter and instagram - @jeaniefinlay
- Year Film Released - 2023
- Country of filming - USA & UK
- Language of Film - English
- Format - DCP and MOV/MP4
- Closed or open captioning for the film - Yes - included on DCP
- Closed caption srt or vtt file - Yes by request
- open caption srt or vtt file - Yes included on DCP
- Audio description - Yes included on DCP

## Previous Film Festivals

- Tribeca - World premiere
- Sheffield Doc Fest - audience award winner
- DC Dox
- Edinburgh International Film Festival
- DMZ - Seoul, Korea
- TallGrass Film festival - Honourable Mention
- St Louis - audience award winner
- Leeds International film Festival - Top 3 audience award
- CPH Dox
- Bergen
- Thessaloniki

- Big Sky Documentary Film Festival
- BIFA longlisted
- Chicken & Egg Hatched Award

## SEATING INFORMATION FOR AUDIENCES

It is very important to us as a film team, for fat audiences of our film and future cinema audiences that all venues embrace publishing seat sizing on their websites. On the listing of our screenings but also on your access page.

Alongside other access info (wheelchair spaces, audio description, closed captions, lift information) It's vital to know seat width and whether seats have arms. Publishing this information makes fat audience members feel valued and more likely to return to the venue in future.

The gold standard for access info from websites is by Hyde Park Picturehouse in Leeds - this is just brilliant. <https://hp-ph.co.uk/access>

Don't just take our word for it:

### Audience Feedback: How being provided seating information made them feel

<p>Yes, it was very meaningful to see someone who looked like me on the screen. Seating information was helpful to know about and this was actually one of the most accessible events I've been to, ramp and elevator available, as well as armless chairs.</p>	<p>I can't remember the last time I was in a space where the majority of the bodies looked like mine. Looking around the theater, I could feel my shoulders relaxing, I knew I was in a safe space.</p>
<p>So good, it felt so safe and welcoming. I was with my gf and we both agreed it was the best cinema experience we'd had!</p>	

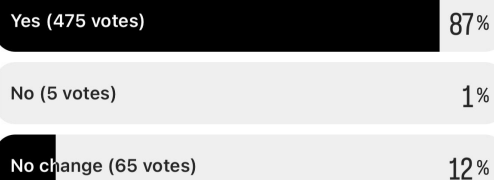
I VERY much appreciated the seating information being available before I went. Although I am used to uncomfortable seating and nothing would have kept me from the screening, I am glad it was available to me. Thank you for making something so special.



It was amazing to walk into a room with such a feeling of warmth and support. I hadn't known anything about Aubrey or the film but my partner wanted to go for their birthday. Having no prior knowledge usually gives me anxiety, but the community feels as soon as I arrived was extremely apparent.

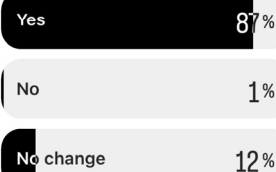
It was clear that all marginalised groups were catered for with appropriate signage and assistance where needed

### Audience Feedback: Would this experience encourage them to return to the cinema in future?



Share Results

IF VENUES LISTED SEAT SIZE INFO WOULD YOU RETURN?



## Director Bio (short) - Jeanie Finlay





Photos - Phil Sharp

**Jeanie Finlay is one of Britain's most distinctive and prolific documentarists. Making award winning films with steel and heart from her base at Broadway Cinema, Nottingham, telling intimate stories for international audiences.**

**She has made feature documentaries for HBO, IFC, Arte & BBC Storyville and more including; Your Fat Friend, Seahorse; Game Of Thrones: The Last Watch; SOUND IT OUT; The Great Hip Hop Hoax and Orion: The Man Who Would Be King. Her work is known for its emotional intimacy, pathos and humour and has garnered Emmy, BIFA, Grierson wins and nominations.**

**Jeanie is a pioneer of creative distribution and a Chicken & Egg Awardee, with retrospectives of her work at Criterion, MOMI NYC, BFI, True Story and Big Sky Documentary Film Festival. A member of AMPAS, Bafta and FWD Doc.**

**She is currently making her tenth feature film.**

[www.jeaniefinlay.com](http://www.jeaniefinlay.com) / [@jeaniefinlay](https://www.instagram.com/jeaniefinlay)

## Previous Films

- Your Fat Friend 2023
- Seahorse 2019
- Game Of Thrones: The Last Watch 2019
- Indietracks 2016
- Orion: The Man Who Would Be King 2015
- Panto! 2014
- The Great Hip Hop Hoax 2013
- Sound It Out 2011

- Nottingham Lace 2010
- Goth Cruise 2009
- Teenland 2007
- Love Takes 2002

## Director Bio (long):

Jeanie Finlay is one of Britain's most distinctive documentarists. She creates award-winning work for cinema and television, telling intimate stories for international audiences.

She has made films for HBO, IFC, and four BBC Storyvilles. Including; BIFA nominated Seahorse, Emmy nominated Game Of Thrones: The Last Watch, BIFA nominated The Great Hip Hop Hoax & BIFA winning Orion: The Man Who Would Be King,

Jeanie received a prestigious Chicken & Egg award, an honorary Doctorate by Nottingham Trent University in recognition of her contribution to documentary filmmaking and won an inspiration award at Sheffield Doc/Fest. Her work has been showcased in retrospectives at MOMI, True Story and the BFI Player and this year in a collection for Criterion called People Person: Documentaries by Jeanie Finlay.

Titles include: Sheffield Doc Fest Audience award winner Your Fat Friend (Tribeca), Emmy nominated Game Of Thrones: The Last watch (HBO), BIFA nominated Seahorse (Tribeca ), BIFA winner ORION: The Man Who Would Be King (Tribeca). Panto! a co pro with Met Film Production for BBC Storyville, BIFA & Grierson nominated The Great Hip Hop Hoax ( SXSW) for BBC Scotland & BBC Storyville, Sound It Out ( SXSW ) The official film of Record Store Day, Goth Cruise for IFC which became the most downloaded title ever on IFC & critically acclaimed doc Teenland (BBC4)

She is currently making her tenth feature film - [www.jeaniefinlay.com](http://www.jeaniefinlay.com)

### Notes

Won Chicken & Egg award 2023

Criterion Channel Retrospective - PEOPLE PERSON launched June 1st 2023

Third time at Tribeca - *Orion: The Man Who Would Be King* 2015 and *Seahorse* 2019



## QUOTES ABOUT DIRECTOR'S PREVIOUS WORK

*"Where other documentary filmmakers might make sideshow spectacles of unconventional lifestyles, Jeanie Finlay has always met her subjects where they are, as equals. Her films are a joy to watch, filled with comedy, drama, and personality, including that of the director herself."*

— Museum of Moving Image, NYC

*"Jeanie Finlay is a terrific documentary maker. In whatever she does, she gets exactly the right amount of closeness and distance, she's close enough to the subject that you feel intimate empathy but she's far enough away that you don't feel intrusive. "*

— Film critic Mark Kermode

*"There are many wonderful moments in the films of Jeanie Finlay but my current favourite is in Seahorse, her intimate and profoundly moving film about Freddy McConnell. It's simultaneously very funny and heartbreakingly sad, a moment that showcases Finlay's unique sensitivity as a film-maker."*

— Andrew Male - The Guardian

*"It's not just a knack for digging up interesting stories that makes Finlay such an especially talented filmmaker... She locates heroism in the quotidian, among the overlooked. As such her films tend to (genuinely) transcend their apparent subjects to tackle bigger, more universal themes of what it means to be human."* — The Quietus

## DIRECTOR'S STATEMENT

Throughout my career as a filmmaker I've been fascinated by telling the stories of people who feel they are outside the mainstream and want desperately to be heard.

With Your Fat Friend I am furthering my interest in intimate, character-led storytelling. As with my previous film Seahorse, I have used an intimate, single person narrative to tell a big story that has meaning for many people.

I believe in the “nothing about us without us” approach to authorship and Aubrey has a prominent voice in the film – through her writing and through our close relationship. Throughout the pandemic Aubrey and I collaborated remotely and she filmed some of the story herself.

Through the visuals I created, I emphasised and celebrated both the openness and vulnerability of Aubrey’s personality, and the fact of her physicality, her fatness. My aim was that Your Fat Friend feels both naturalistic and designed, is both a character study and a contemporary portrait of a moment in time.

As someone who was relentlessly bullied for being fat as a child, it is a subject matter that has great meaning for me, meaning that felt ripe for dissection in a film. Being given the label of “fat” contributed to my identity as an adult. I yearned to see and make a film that explored the subject, that didn’t rely on the old tropes of lifestyle programming. I wanted to make the film that my teenage self would have not thought was possible.

When I met Aubrey I knew I had found the person I wanted to follow. It had to be.

## **SOCIALS**

- [www.jeaniefinlay.com](http://www.jeaniefinlay.com)
- <https://www.imdb.com/name/nm1420141/>
- Twitter/Insta/Facebook/threads: [jeaniefinlay](#)

## **ABOUT AUBREY GORDON** [Aubreygordon.net](http://Aubreygordon.net)

Aubrey Gordon is an author, columnist, and cohost of *Maintenance Phase*.

Her work has been published in The New York Times, Vox, Literary Hub, SELF, Health, Glamour and more. Her first book, *What We Don’t Talk About When We Talk About Fat* was released in November 2020. Her second book, *“You Just Need to Lose Weight” and 19 Other Myths About Fat People*, is a New York Times and Indie bestseller.

She cohosts the podcast [Maintenance Phase](#) with journalist Michael Hobbes. Together, the two debunk and decode wellness and weight loss trends.

- Author | [What We Don't Talk About When We Talk About Fat](#) and [“You Just Need to Lose Weight” and 19 Other Myths About Fat People](#)
- Cohost | [Maintenance Phase](#)

**"You Just Need to Lose Weight" and 19 Other Myths About Fat People** appeared on the following lists:

- New York Times Bestseller List (peaked at #2)
- Washington Post Bestseller List
- US Indie Bestseller List
- Bookshop.org Bestseller List
- 5 US regional bestseller lists

As of March 11, 2023, **Maintenance Phase PODCAST** has:

- **2.1 million downloads** in the last 30 days
- **55 million downloads** in the life of the show, since October 2020
- **950,000 downloads** of our most popular episode, **501,000 downloads** of our least popular episode

#### **Top countries for listenership:**

1. The United States (29 million downloads in the life of the show)
2. Canada (3.41 million)
3. Australia (2.75 million)
4. The United Kingdom (2.47 million)
5. Germany (432K)
6. New Zealand (368K)
7. Ireland (331K)
8. The Netherlands (198K)
9. France (155K)
10. Sweden (140K)

#### **Top cities for listenership:**

1. Melbourne (837K downloads in the life of the show)
2. Chicago (823K)
3. Seattle (794K)
4. New York City (748K)
5. Sydney (701K)
6. Los Angeles (631K)
7. Portland (620K)
8. Toronto (605K)
9. Brooklyn (590K)
10. Minneapolis (492K)

## **CONTEXT INFO**

The world is getting fatter every day but far from accepting this fact there appears to be more animosity towards fat people than ever before.

- Being fat was spuriously written about in the press as a causation for Covid 19.
- Harvard reports that body shaming and anti-fat bias are at an all-time high, in part due to the wake of the global pandemic and the gain of the "quarantine fifteen". Drawing on data from their Implicit Association Test, which asks people to sort words and images into "good" and "bad" categories, found that implicit bias against fat people actually grew from 2007 to 2016, with 81 per cent of people exhibiting it by the end of the study.
- Injectable diet drugs are on the rise - On a year-end earnings call in 2022, Novo Nordisk which produces Ozempic cited worldwide market growth of fifty per cent, with almost forty thousand new Wegovy (a stronger dose of Ozempic) prescriptions being written every week.
- Recurring fat-phobic comments expressed by former President Donald Trump exemplify an attitude where appearance is a woman's prime, and often only value. Activists such as Andrew Tate feel emboldened to take their fat-phobic messages away from the underground and into the mainstream.

The global diet industry is worth \$26 billion and it is an economy that depends on its customers not succeeding: a commanding majority of diets fail.

Teenagers that engage in dieting are 18 times more likely to develop an eating disorder yet it hasn't stopped Weight watchers targeting children as young as 8 as a new market for development. In spite of a scientific consensus that fatness is caused by a complex set of genetic and behavioural actions and that dieting doesn't work, the vitriol that is targeted at fat people is unrelenting, cruel, and counterproductive.

67% of the world population is plus size, the average size of Americans is a 16 and there are over 100 million plus size women in the USA and yet anti-fatness affects every area of fat people's lives, from fashion to employment and healthcare.

- Only Michigan, Washington and a handful of jurisdictions in the US have banned weight-based discrimination on the job. In 48 US states, fat people can legally be fired, denied promotions, and paid less than their straight-size counterparts – just because of their size.
- In 2003, researchers found that more than 50 percent of the primary care physicians they surveyed viewed obese patients as "awkward, unattractive, ugly, and noncompliant." Health care providers develop less rapport with fat patients, spend less time with fat patients, and are more likely to misdiagnose fat patients' symptoms. As a result, fat people frequently receive substandard healthcare.
- The majority of these doctors "view "obesity" as largely a behavioural problem and share our broader society's negative stereotypes about the personal attributes of obese persons," despite overwhelming scientific evidence to the contrary.

# Your Fat Friend

A film by  
Jeanie Finlay

[yrfatfriendfilm.com](http://yrfatfriendfilm.com)

FIELD OF VISION AND BFI DOC SOCIETY present A GLIMMER FILMS production | "YOUR FAT FRIEND" starring ABBEY BORDEN | EDITOR Alina Powell |  
DIRECTOR OF PHOTOGRAPHY Steven Lyle Cooper | CINEMATOGRAPHY Jeanie Finlay, Michael Palmer, David Hunter, Lindsay Tregent | CASTING DIRECTOR Pip Norton BPP |  
ORIGINAL SCORE Tere Crane | MUSIC SUPERVISOR Graham Langley | COLLOURIST Vicki Metcal | MOTION GRAPHICS Sam Bask | MENTAL HEALTH SUPERVISOR Rebecca Day |  
EXECUTIVE PRODUCERS Charlotte Cook, Sandra Whigham, Shanda Scotland | CONSULTING PRODUCER Suzanne Altart | PRODUCER Jeanie Finlay | DIRECTOR Jeanie Finlay

GLIMMER  
FILMS

BFI

Doc Society

Doc Society

Broadway

Field of Vision

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## IMAGES









## BEHIND THE SCENES




## TECHNICAL INFORMATION

We have two masters for the film

1. 4K/HDR ProRes 4444 Master File - 25fps  
HDR - Rec.2020 PQ

4K/SDR ProRes 4444 Master File - 25fps  
SDR - Rec.709 2.4 gamma

- 5.1 mix
- Stereo mix
- ACCESS MATERIAL
- Subtitles
- Closed and open captions
- Audio description
- DCP

<p>I attended a film festival, specifically for this, and took the day off work so I could go.</p>	<p>I do go to the movies for major flicks, but this was my first time making the trip to a film festival. I saw the film, we had a quick discussion, and then I drove the three hours back home :)</p>
<p>For once I was in a room here to see a film about fat people and I wasn't scared of vile anti-fatness in the responses. This film is creating fat spaces at screenings and it is incredible!</p>	<p>I loved it! There were so many gorgeous fat women in fabulous outfits and the atmosphere was lovely. I felt like everyone at the screening was super excited to be there.</p> 
<p>It made me feel invigorated. I left the show wanting to tell everyone on the street about it! It felt like such a perfect way of describing life as a fat person</p>	<p>Went to the NYC screening. It felt like a more communal and safe experience than most other film festivals I've gone to. People seemed genuinely happy to see and interact with people they've never met, which is not always how festivals go!</p>

## Audience Feedback: Seeing Your Fat Friend at festivals