

Learning in the digital era

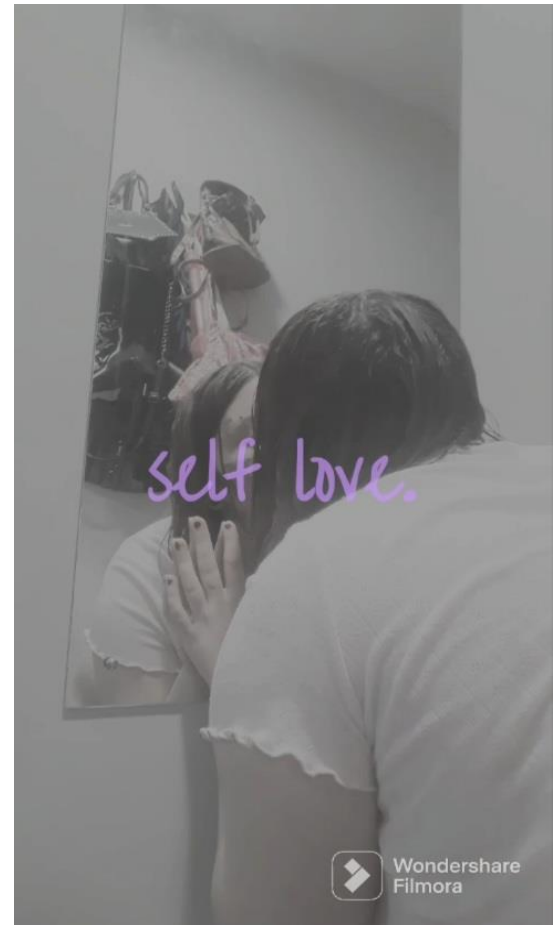
Me, myself and I

Sam Hamblet (2200174)

[me myself and I](#)



https://youtu.be/85cA_vdimhk



In my art practice, some key themes are feminism, plus-size women, and body empowerment. These themes are based on my individual experiences, so I used my relationship with my body to convey these themes in my film. I wanted to get the message across that it is a struggle being a plus-sized woman, but that does not mean I am unworthy or not beautiful. Therefore, my goals for my film were to create a personal story of my journey and how this influences my art practice.

Everyday women are bullied because of their weight. Being fat is looked down upon in society unless used as a fetish. This has led me to have a complicated relationship with my body. I showed this in my film by using clips of me questioning my worth. I filmed these clips while in the shower to make it personal to me as I felt vulnerable. To show my journey, I added clips of me being in nature. Nature is an influence over my body because it makes me feel spiritual and accepting of myself. In my film, the first clip of me in nature shows the beginning of my self-journey. The film then goes on to me painting plus-size women and then painting over the stretch marks on my body. This shows how making empowering art, I am learning to feel empowered in my own body which helps my art practice because I have more of an understanding of body confidence.

A theme I have in my art practice is feminism, I displayed this in the film by showing a performance piece. This links to feminism as it resulted in me getting sexualized because I am a woman. I then went on to show another clip of me in nature. This shows the final stage of my journey as I have accepted my body for what it is, and this is displayed in the following scenes of me smiling and kissing myself.

Finally, I finished the film by including images of my artwork. This is showing some of the feminist, body empowerment work I do, and it is also showing how I am an aspiring artist and I experiment with other ways of working.

I used the app film forth on my phone due to not having access to a laptop. This was a struggle because the screen was smaller and I did not have access to all the features of better film apps like premiere pro. In the future, I will overcome this by either investing in a laptop or using public computers such as in the university or in a library.

My film was successful because I showed who I am by making it personal, and then showing how this affects my practice.

For future development, I could improve this film by using a relevant audio. A key theme in my practice is feminism so I should have used a feminist sound. For example, the speech 'we should all be feminists' by Chimamanda Ngozi Adichie. Also, I should find online help for using film editing software as editing the film was a big struggle for me although this worked out for me due to my meaning was more important than the editing but in my future practice, editing may become necessary.