



ICAN'TKEEP  
*Quiet*  
♀

# ONE VOICE, ONE MOVEMENT

A FILM DISCUSSION GUIDE





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# HOW TO USE THIS GUIDE

This guide invites you to explore the themes and emotional arcs of *I Can't Keep Quiet*, providing a deeper look into singer-songwriter, MILCK's creative journey and the social impact of her work. As you reflect, you'll be encouraged to think about how we approach gender-based violence, and the power of telling one's story. Through discussion questions, you'll also have the opportunity to consider the importance of witnessing others bear their truths and the role we all play in creating change.

## CONTENT WARNING

This guide contains mentions of sexual violence, which may be triggering for some viewers. Please note that resources for support related to violence and trauma are available at the end of this guide.





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*I CAN'T KEEP QUIET* IS AN INTIMATE PORTRAIT OF ONE WOMAN'S JOURNEY TOWARD HEALING, WHICH REVERBERATED AROUND THE GLOBE THROUGH HER SONG "QUIET"—AN ANTHEM FOR THE U.S WOMEN'S MOVEMENT.



*The Women's March, 2017*





We're excited that you're here, ready to answer that call with us through this guide, created by Girl Up's Mental Health and Wellness group.

This film is more than just an anthem—it's a call to action. *I Can't Keep Quiet* inspires each of us to find our voice and use it to create change in our communities.

*So, how will you? :)*



# WHO'S WHO?

*Meet the voices behind the film*

## MILCK



Through her music, MILCK brings forward the pain, strength, and resolve of those who have experienced trauma and oppression. Her work is a powerful reminder that speaking up—no matter how difficult—is a path to healing, both personally and collectively.

MILCK, born Connie K. Lim, is a powerful voice for change in today's music scene. Best known for her viral anthem "Quiet," which became a global rallying cry for women's rights, MILCK blends soul-stirring melodies with raw, impactful lyrics.



## WHO'S WHO?

### AG

AG, born Adrienne E. Gonzalez, is a songwriter, producer, composer, and mix engineer.

She is the creative talent who brought the emotional depth of "Quiet" to life through her production work. With an intuitive grasp of sound and feeling, AG crafted a rich musical backdrop that perfectly complements MILCK's haunting vocals and powerful lyrics.

She wasn't just producing a song; she was amplifying a message—one that calls for resilience, unity, and the courage to speak up. Her work on "Quiet" transformed it from a personal ballad into an anthem of empowerment.





## PRE-FILM WARM UP

As you prepare to watch the film, take a moment to reflect on the themes it might explore. What ideas about vulnerability, courage, or community resonate with you personally? Can you see those ideas brought to life on screen? Consider how creative expression can both be a mirror and a megaphone - a form of expression, amplifying voices that go unheard. Through these questions, we invite you to reflect on your own experiences and think critically about the impact of art and vulnerability in building unity within communities.

Note: We recommend listening to MILCK's song 'Quiet' prior to watching the film and engaging in discussions. This will provide valuable context and inspire meaningful insights for your conversations.





## Empathetic Questions: Building Connections Before Viewing

Firstly, let's connect to some of the emotions and key points that are touched on during the film. Here are some empathetic questions to help you connect with the film's themes on a personal level. Consider these prompts, which encourage compassion, self reflection, and willingness to listen to opposing or different experiences.

- Have you ever felt unable to speak up about something important to you? What held you back, and what, if anything, eventually encouraged you to share?
- Think about a time when you found strength in something that made you feel vulnerable. How did embracing that vulnerability affect your outlook or relationships?
- How do you respond when you see someone openly sharing a difficult personal experience? What emotions or thoughts come up for you?
- Have you ever connected with a song, piece of art or story because it felt like it spoke to your own experiences? How did that connection impact you?
- What are some challenges or injustices in your community that you feel passionate about? How might creative expression help bring awareness or inspire change around these issues?
- Why do you think people are often hesitant to share personal struggles, and how can we create spaces that encourage openness and empathy?





## Pre-film Warm Up

To prepare for the themes in the film, here are some broad questions to encourage critical thinking and reflection before viewing:

- What role do you think music or art plays in expressing emotions that might otherwise be difficult to articulate?
- How do you feel when you see someone speak or perform about a personal struggle? Does it affect how you view your own challenges?
- Have you ever felt connected to a piece of music, film, or art because it expressed something you also experienced? How did that connection make you feel?
- Why might it be significant that this song is a collaboration between two women of color? How can collaboration amplify a message of activism?
- Consider how sharing one's personal struggles publicly could inspire someone else. In what ways can speaking up, even when it feels uncomfortable, help others feel seen or understood?





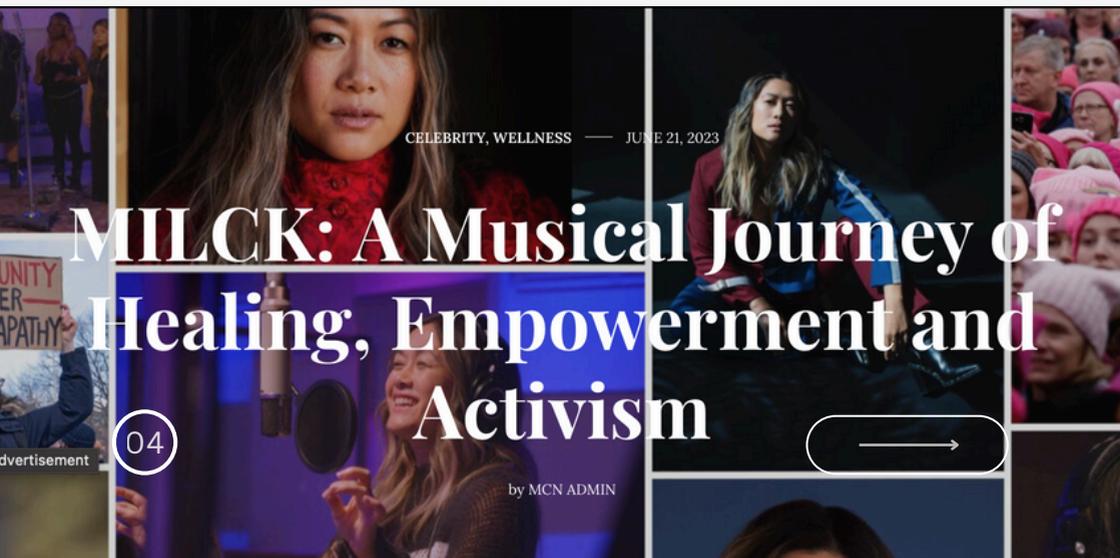
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## ART AS A MEANS OF ACTIVISM

MILCK's music and performances go beyond entertainment; they are deliberate acts of social activism. Through her art, MILCK addresses themes of empowerment, resilience, and social justice, using music as a way to inspire change and connect people on a personal level.

In *I Can't Keep Quiet*, we see how MILCK's song 'Quiet' transforms from a personal expression into a rallying cry for change. Her lyrics, combined with a flash mob performance at the 2017 Women's March, capture the audience's attention and create a sense of shared purpose and solidarity.

As an Asian-American artist, MILCK uses her platform to confront societal expectations and the silence imposed by cultural norms. Through her music, she challenges others to speak up and break free from constraints.





# DISCUSSION QUESTIONS



- What makes art a powerful tool for activism?
- How can it inspire people to act on social issues?
- How do the lyrics of “Quiet” amplify the message of resilience and resistance?
- What is it about performing in a group that makes this message even stronger?
- In what ways does MILCK’s art challenge cultural norms or expectations?
- Why is it important to have diverse voices in activist spaces?
- How does MILCK’s journey show the connection between art and empowerment?
- What other forms of art could be used to express similar messages?
- What lasting impact can art leave on social movements?
- How does the documentary highlight the role of art in shaping collective memory and future advocacy?





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## STRENGTH IN VULNERABILITY

In *I Can't Keep Quiet*, MILCK explores themes of trauma and healing through her song “Quiet” and her personal experiences. She highlights how shared vulnerability not only strengthens communities but also enhances individual healing.

The collective strength reflects back on each person, empowering them and offering personal growth through shared stories. At minute 8:34, we see how a united cause and thousands standing together makes a big impact.

When MILCK and a group of women sing "Quiet" at the Women's March in 2017, it's not just a performance – it's a strong message of unity that brings people from different backgrounds together. This moment shows how working together can make each person stronger and create a sense of belonging and support.





# DISCUSSION QUESTIONS



- How does being part of a group effort help someone heal and grow as an individual?
- In what ways does support from a community help people face their own vulnerabilities?
- How does telling personal stories in a group setting help people see their past struggles in a new light?
- How can one person's story inspire others to heal?
- How does a symbol of strength like a song impact each person involved?
- How does sharing experiences through music or art strengthen the bond between a group and individuals?
- How does support from a community help people accept themselves for who they are?
- How does knowing that others understand your struggles validate your experiences and help you heal?
- How does going through healing as a group help someone discover more about themselves and feel more confident?
- How does knowing that others believe in you help you see your own inner strength?





## HEALING THROUGH STORYTELLING

MILCK shares that 'Quiet' is rooted in personal experiences of trauma, oppression, and the struggle to find her voice. She reflects on how writing the song became a form of self-therapy, allowing her to confront difficult memories and reclaim her story.

In one scene, MILCK and a flash mob choir of women sing "Quiet" at the 2017 Women's March. The song's lyrics resonate with the crowd, and their voices blend in an emotional performance that speaks to shared pain and resilience.

MILCK shares her background as an Asian American woman and discusses the pressure to remain silent due to cultural expectations. She speaks about how music has allowed her to reclaim her voice and is a form of resistance. MILCK explains that writing 'Quiet' allowed her to voice emotions she had kept inside for years. This moment highlights how creative expression can be both a release and a pathway toward healing.





# DISCUSSION QUESTIONS



- How does storytelling help us process personal trauma?
- Why might sharing stories create a safe space for others to open up?
- How does music add an emotional layer to storytelling?
- Why is "Quiet" a fitting anthem for personal and collective resilience?
- How does MILCK's background influence her storytelling?
- In what ways does her journey reveal the complexities of healing?
- What role does creative expression play in healing?
- How does this scene show that healing is an ongoing process?
- How does collective healing differ from individual healing?
- How can storytelling shape a movement's legacy and support future healing?
- What lasting impact can a song like "Quiet" have on a community?
- How does MILCK's story show that healing through storytelling is an ongoing, generational process?





## CLOSING THOUGHTS

As we reach the end of this guide, let's take a moment to honor the courage it takes to speak up, to listen, and to let empathy guide us forward. MILCK's story is a reminder that, at our core, each of us has the power to bring light to the world simply by being true to who we are. Her journey shows us that the act of sharing our truths, however imperfect or painful, holds the potential to inspire healing and strength in others.

Through this documentary, we've seen how art can become a lifeline—a way of saying, "I'm here, I hear you, and together, we're stronger." Let's carry these themes of resilience and unity with us, not just as ideas, but as actions that ripple through our lives and communities. Each conversation sparked, each moment of listening, and each act of kindness adds to a world where people feel seen and valued.

May this guide encourage you to find your own voice and, in doing so, uplift the voices around you. Change begins in these small, heartfelt steps, and together, we are part of something powerful—something that can transform lives, one shared story at a time.



## ADDITIONAL RESOURCES\*

### Podcasts

**1) I'm not in an abusive relationship by Domestic And Sexual Abuse Services (DASAS):** Our hope is that anyone in that situation can hear their story in these episodes, find hope, and find help. Hosted by Claudia Pahls and Dan Moyle. If you need any resources, please visit the website. [www.dasasmi.org](http://www.dasasmi.org) or call DASAS' 24-hour hotline at 800-828-2023.

➔ <https://open.spotify.com/show/2aBtyduqC4B4pdYntpAKY2>

**2) It's not normal It's toxic: Rid your life of toxic people by Dr. Heidi:**

➔ <https://podcasts.apple.com/us/podcast/its-not-normal-its-toxic-rid-your-life-of-toxic-people/id1363585196>

**3) I'm a survivor podcast by Misty:** this podcast is Misty's own personal journey as a domestic violence survivor and advocate, giving a platform to other victims of domestic violence to tell their stories of resilience and survival.

➔ <https://podcasts.apple.com/us/podcast/im-a-survivor-podcast/id1452383423>

**4) After: Surviving sexual assault by BBC sounds:**

➔ <https://open.spotify.com/show/1p9s3ZzlrP6772heLoTUah>

**5) Trauma queen by Jimanekia:**

podcast working to normalize conversations about life's most challenging experiences, from sexual assault to mental health and beyond.

➔ <https://traumaqueen.love/>





## ADDITIONAL RESOURCES

### *Blogs*

**1) The Mighty:** A mental health-focused site with a section for survivor stories, some of which discuss the power of music and creativity in the healing process.

→ <https://themighty.com/>

**2) Everyday Feminism:** Features articles on healing from trauma, including creative ways like storytelling, writing, and music for self-expression and advocacy.

→ <https://everydayfeminism.com/2015/09/truths-ipv-survivor-need-know/>

### *Organisations*

**1) The Global Survivors Fund (GSF):** it was launched in October 2019 by Dr. Denis Mukwege and Nadia Murad, Nobel Peace Prize laureates 2018. Their mission is to enhance access to reparations for survivors of conflict-related sexual violence around the globe where nation-states are unable or unwilling to meet their responsibilities.

→ <https://www.globalsurvivorsfund.org/who-we-are/about-us/>

**2) Tending The Garden:** a non-profit in service of sexual assault survivors of different marginalized identities.

→ <https://www.tendingthegarden.love/about-us-1#:~:text=Tending%20the%20Garden%20was%20founded,recovery%20work%20around%20sexual%20assault>

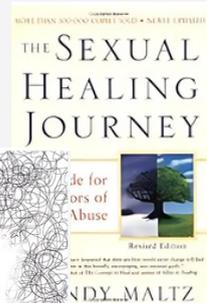
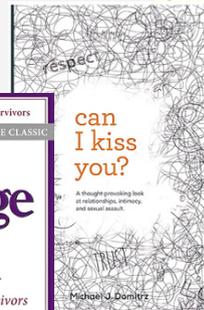
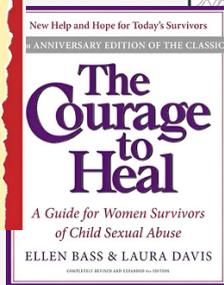
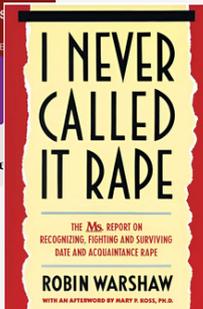
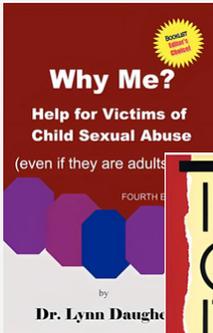
**3) Domestic And Sexual Abuse Services:** will lead efforts to end domestic violence and sexual assault in southwest Michigan, USA (also available for non-residential victims) . DASAS will assist survivors in clarifying their options, accessing community services that support personal choice, and will provide a safe place for survivors and their children. The services available vary for residential and non-residential victims.

→ <https://www.dasasmi.org/our-mission>

# ADDITIONAL RESOURCES

## Books

1. *Why Me? Help for Victims of Child Sexual Abuse* by Lynn Daugherty.
2. *The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse* by Ellen Bass & Laura Davis.
3. *The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse*, 3rd Edition by William Morrow (2012).
4. *Can I Kiss You?: A Thought-provoking Look at Relationships, Intimacy, and Sexual Assault* by Michael J. Domitrz.
5. *I Never Called It Rape: The Ms. Report on Recognizing, Fighting, and Surviving Date and Acquaintance Rape* by Robin Warshaw.



## ADDITIONAL RESOURCES

### *Music*

A collaborative Spotify playlist where anyone and everyone can add songs that have helped them through difficult times:

<https://open.spotify.com/playlist/4KSHvm7b1wu1JdSmWQQ9JF?si=fb37e6a861364082&pt=cc0fbb2e8335ec8de99f04338e3677e2>

