**Audio Description** **Transcript**

**Reflection of Me by Natasha “Courage” Bacchus**

This is a two-minute introduction to the 5 minute thirty-two second video entitled "Reflection of me" by Natasha "Courage" Bacchus. To accommodate this introduction and audio descriptions plain black footage has been added at the start and the video has been extended at the end.

The artist is featured in the work. The following is her artist statement. "During the COVID pandemic, systems have presented barriers in accessibility. The BLM movement has also caused me to look inward and examine who I am. The video I made, and the four images at the end of it, are significant as they reflect my identity as black, deaf, queer, woman. My lived experiences of these layers of identity overlap and intersect one another. The image of my reflection in the mirror is important because the mirror offers me a chance to look at the present and who I am. To see myself as pretty, as an amazing person, and to be able to see the value in my identity, strength, and the space and location of where I am. Society and systems have caused trauma in my life, and the image of looking at myself in the mirror invites me to reflect not only on my past traumatic experiences, but also to look ahead to what is possible through positive changes. Changes within systems and society that allow for empowerment, collaborative unity and respect for my identity in all of it."

Natasha prefers to be called "Courage" Courage is a 43 year old Black woman with short hair. She is an athlete and very toned. Physically her movements are energized and smooth. In the video Courage has tattoos which are briefly visible on her forearm and lower back she wears a wig of tight black curls wrapped in African wrap which is white with a blue and yellow pattern. She wears earrings that are two inch dangling gold birds in flight. She wears a yellow tube top made of a light knit fabric. The video is filmed in a corner of Natasha's apartment, she has a full length mirror with a thick orange frame beside a window. It is a sunny day. She has bright orange curtains which are tied back and other white and orange furniture and decor that is glimpsed momentarily."

"Over video footage, a title in white letters appears: "Reflection of me" by Natasha "Courage" Bacchus" In a close up, the camera view pans down the back of Courage's head and muscular back. "Stuck to her bare skin are labels which are strips of 1 inch wide white cloth tape with hand written words: On her left shoulder is "Angry slash Bitch", At her mid-back "transgender", "nigger", On her lower back: "big ass". The camera's view pans upwards, Her right shoulder is labeled "Too dark black"" and under this, "male". The view widens. Her spine is labeled "Slut", “Big nose”. All seven lables are visible, two or three at a time. She sits with arms in front of her."

Standing, she looks at her reflection in a full length mirror. A plant and window appear in the reflection beside her. She breathes deeply. She brings her left palm her forehead and holds her right at belly button height. She signs in ASL. Subtitles: I am beautiful, I am not afraid, I am strong. Her pointer finger touches her chest, she indicates her face, touches her chest, her chin crosses her chest bringing hands into an x shape. She smiles: I am beautiful, I am not afraid, I am strong. Her right hand runs over her left shoulder and she peels off the label that reads "Angry slash Bitch". She looks straight ahead and drops it to the floor in front of her. The view switches to a close up on her back. Her left hand reaches over her right shoulder. She slowly peels off the label that reads "Too dark black" and drops it to the floor. Her left arm reaches behind her back and peels off "big ass". It is dropped. Her right arm twists to pull "male" from her right shoulder blade, Her left hand rests on her belly. She drops the tape. Twisting her left arm behind her she pulls "big nose" from her left shoulder blade. Strung high between her shoulder blades is the label "slut". She reaches wiggling her left fingertips higher and gets it. it peels off smoothly. It joins the pile on the wood floor. At her lower back at right, "transgender" is peeled away leaving "nigger" as the last label. It comes off in her right hand and is held over the others for a moment before she drops it She raises hands to heart pressed together in prayer. She nods. Subtitles: I am beautiful, I am not afraid, I am strong. You are beautiful, you are not afraid, you are strong. Yes, I am beautiful, I am not afraid, I am strong. She dances alone in an African dance style kicking up her legs, turning on the spot and isolating the movement of her chest and then shoulders.

She signs to her reflection in the mirror. Subtitles: I'm taking African dance class every month because I want to connect with my African ancestors who lived through slavery and were liberated for us. Thank you and I honour you. I concede, I grew up colonized. I used code switching in white stolen lands. Black Lives Matter impacted me and made me look deep within at my traumas and my experiences, that caused me to let go of my African ancestral dance that I never grew up learning. This year in 2021, I will make the effort to honour my African ancestors who escaped slavery for a new life and liberation for us. African dance inspires me and makes me feel joy. She smiles.

A collage of 4 photographs of Courage. Farthest left, she wears black and stares into the camera, arms crossed. At centre she strikes an exaggerated pose, leaning forward in provocation, with both hands in peace signs. On the right are tho stacked images. On top is a black and white photo where she is in an old fashioned portrait pose looking at the camera unsmiling, hands folded in her lap. In the last photo she is captured looking over her shoulder into the bathroom mirror.

Credits: Natasha "Courage" Bacchus. Filmed and edited by Alexandra Hickox. Artist Logos, Facebook: Courage B-A-C-C-H-U-S Instagram: @100courage, undivided productions. Facebook and instagram: @undividedproduction Youtube: undivided production. Captioned by: interpretations and captions by TSLIS Media Logo: TSLIS Media

Audio description by Superior Description Services, Written by Rebecca Singh in consultation with Vivian Chong, Voiced by Rebecca Singh