



# Zara McDermott: Disordered Eating, Uncovering Rape Culture and Revenge Porn

In this series, Zara McDermott, former Love Island contestant, confronts the issues of revenge porn, rape culture and eating disorders—all rising astronomically in the past few years. What societal trends are causing these behaviours to escalate?

In *Disordered Eating*, Zara McDermott tackles a rapidly rising phenomenon: disordered eating among children and young people. Numbers of young people being admitted to hospital have risen by nearly 50% in the last 3 years. After appearing in *Love Island*, Zara became sought after by paparazzi. She was a size 10. Within 18 months, Zara resurfaced with a new look. She posted a 'before and after' of her body on Instagram, celebrating a dramatic 10kg weight loss. Zara was now a size 6. Experts have called fitness videos like Zara's harmful. Zara knows she's walking a thin edge. When does 'health and fitness' mask harmful, disordered eating?

In *Uncovering Rape Culture*, Zara starts her film with the shocking account of a sexual assault that happened to her. She was 20 years old and walking home from work when she was attacked in broad daylight by a schoolboy who tried to sexually assault her. The incident has left her with a feeling of vulnerability and so many unanswered questions. Why did that boy want to assault her? What made him think he could do it? And where did he learn that? When Zara discusses the assault with her friends, it's clear they all have their own stories and all believe the problem starts at school. Zara speaks to young women and girls to understand first-hand how these toxic behaviours happen in what is supposed to be a safe and secure environment.

In *Revenge Porn*, Zara recounts her experience when she exited the show *Love Island* in 2018. It was then she discovered that naked photos of her that she'd shared with a boyfriend were circulating around the world leaving her devastated and ashamed. Revenge porn - the sharing of explicit or sexual images or videos without consent - is raging, with cases reported to police doubling in four years. Zara wants to understand more about the impact on victims, and to find out whether anybody can expect to see consequences for their perpetrator. In a digital age, can anyone safely share intimate images again?

GENRE  
**Documentary**

DURATION  
**3 x 60'**

BROADCASTER  
**BBC**

PRODUCER  
**Summer Films**

YEAR OF PRODUCTION  
**2020-2022**

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