

**Project Title:**  
Silenced

**Project Description:**

Over the last three years, I have spent at the University of Utah, I have grown in numerous ways. I have created life long friendships; pursued a double major in ballet and journalism; my ideas and opinions have been challenged and stretched; I've witnessed tragedy strike too close to home and in turn, have seen a community come together time and time again. In hindsight, these have been the best years of my life; however, I am currently standing at the end of the rainbow. In the years leading up to this moment, I have felt: lost, confused, betrayed, and silenced. My eyes were opened to a new kind of heartbreak that I never knew I would have to face- the heartbreak of sexual assault. In January of 2019, I was sexually assaulted by someone I knew and trusted. I felt hopeless, worthless, and completely silenced. That moment in time had an instant domino effect that took over my life like wildfire. Like so many men and women who are victims of sexual assault, I tried to manage the emotional trauma on my own- pushing my thoughts and emotions as far away from the surface as I could. As I refused to process what I was going through, my personal and professional relationships struggled as my life continued to spiral in silence. After months of therapy, dance, and self-care I am ready to share my story- my story of hope. That at times you may feel silenced, you can be courageous enough to speak up. Others actions and decisions do not define you. That regardless of what happens to you, you are strong enough to be triumphant. With my project, my goal is that the dance on film I create will be able to touch the hearts of those individuals who feel silenced and give them the courage to be triumphant. At the end of the film, there will be the numbers of the sexual assault/rape hotlines, as well as a suicide hotline. The choreography and music will be hopeful and light. The filming will take place in a lavender/flower field in southern Utah and will be focused on one dancer. The atmosphere will be peaceful. The dance style will be a fusion of classical ballet movements and modern dance. The ballet offers a light and often feminine quality, while the modern will add depth to the movement. The dancer will progress throughout the piece into strong and persistent women despite the fact that she started off broken. I don't want to focus on the pain of sexual assault or trials, but the resilience of the human spirit. This project will require one dancer/unpaid volunteer, a videographer, and a seamstress. This project will be shown at the School of Dance's showcase in November.

**Please describe how working on this capstone project will help you to apply what you have learned in your general education and major/minor coursework (and co-curricular activities, as appropriate) to result in a culminating experience.**

As a ballet major, I have had to take choreography, stagecraft and lighting, and videography classes. In creating this dance on a film capstone project, I will be able to combine my knowledge from all the courses together.

Please describe how working on this capstone project will help you to prepare for life-long learning, future personal, academic and/or professional pursuits, and your role as a member of various communities.

I believe that being vulnerable is one of the strongest and empowering qualities a person can have. With this project, I would be pushing myself out of my comfort zone to find growth in vulnerability. Not only am I sharing an experience that is painful, but I am sharing it through an artistic outlet that is open for criticism. Pushing myself in this way will further my empathy, courage, and transparency in all aspects of my life.

Please describe your plan to assess the impacts and learning outcomes of your project with your faculty mentor.

I plan to assess the impact of working with [REDACTED] is by writing a self-reflection. For me, writing down my thoughts helps me process my emotions and thoughts. This reflection will be turned into [REDACTED] for evaluation.