

12 Feet Deep Parents Guide



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In the world of entertainment, movies and shows often push boundaries and explore themes that can be both captivating and frightening. One such film that has garnered attention is "12 Feet Deep." This thriller blends elements of horror and psychological drama, making it essential for parents to understand its content before allowing their children to watch. This article serves as a comprehensive guide for parents, providing insights into the film's themes, content warnings, and tips for discussing it with their children.

Overview of "12 Feet Deep"

"12 Feet Deep" is a 2016 thriller directed by Matt Eskandari. The film tells the story of two sisters, Bree and Jonna, who find themselves trapped in a public swimming pool overnight after the facility closes. The plot escalates as they confront not only their fears but also a malevolent presence lurking in the depths of the pool. The claustrophobic setting and escalating tension create a gripping narrative that keeps viewers on the edge of their seats.

Key Themes

Understanding the central themes of the film can help parents gauge its appropriateness for their children. Here are some of the significant themes presented in "12 Feet Deep":

1. **Survival:** The film centers on the instinct to survive when faced with dire circumstances. As the sisters struggle to escape, they must tap into their resourcefulness and confront their fears.
2. **Sisterhood:** The bond between the two sisters is tested throughout the film. Their relationship dynamics, including conflict and reconciliation, are pivotal to the story.
3. **Isolation and Fear:** The setting of the film amplifies feelings of isolation and fear. Trapped in a confined space, the characters must confront not only their physical entrapment but also their psychological fears.

Content Warnings

Before watching "12 Feet Deep," parents should be aware of the content that may be concerning for younger viewers. The following elements are prevalent in the film:

- **Intense Scenes:** The film contains several tense and suspenseful moments that may be frightening for younger audiences.
- **Supernatural Elements:** There are aspects of horror that involve a supernatural presence, which may not be suitable for all children.
- **Violence and Threats:** While the film does not showcase graphic violence, there are threats to the characters that may cause distress.
- **Emotional Distress:** Themes of isolation and fear can evoke strong emotional responses, particularly for sensitive viewers.

Age Appropriateness

Determining the appropriate age for viewing "12 Feet Deep" can be subjective, as children mature at different rates. However, the film is rated R, indicating that it may not be suitable for viewers under 17 without parental guidance. Parents should consider the following factors when deciding if the film is appropriate for their children:

1. **Maturity Level:** Assess your child's ability to handle suspenseful and frightening content. Some children may be more sensitive to horror elements than others.
2. **Previous Exposure:** If your child has previously watched other horror or thriller films, they may be better prepared for the themes in "12 Feet Deep."
3. **Discussion Readiness:** Consider whether your child is capable of discussing and processing the themes presented in the film. Open dialogue can help mitigate any negative impact.

Discussion Points for Parents

If you decide to watch "12 Feet Deep" with your child or allow them to watch it independently, it can be helpful to have a discussion afterward. Here are some points to consider:

1. **Character Analysis:** Discuss the motivations and decisions of the characters. What would your child have done differently in the same situation?
2. **Emotional Reactions:** Encourage your child to express their feelings about the film. Were there moments that scared them? How did they react to the themes of fear and isolation?
3. **Sisterhood and Relationships:** Explore the relationship between the sisters in the film. How did their bond change throughout the story? What lessons can be learned from their experiences?
4. **Realism vs. Fiction:** Help your child differentiate between the fictional elements of the film and real-life experiences. Discuss the significance of the supernatural aspects and their impact on the storyline.
5. **Safety and Preparedness:** Use the film as a springboard to discuss safety measures in real-life situations, such as what to do if someone is trapped or in distress.

Alternatives to "12 Feet Deep"

If, after reviewing the content and themes, you feel that "12 Feet Deep" may not be suitable for your child, consider these alternative films that provide similar thrills without the intense horror elements:

1. "The Shallows": This film tells the story of a surfer who gets stranded on a rock while being hunted by a shark, focusing on survival and resilience.
2. "A Quiet Place": A gripping tale of a family living in silence to avoid deadly creatures that hunt by sound, emphasizing themes of family and sacrifice.
3. "Jaws": A classic thriller about a great white shark terrorizing a beach town, blending suspense with adventure.
4. "The Maze Runner": A gripping sci-fi thriller about a group of teenagers trapped in a maze, exploring themes of friendship, teamwork, and escape.

Conclusion

In conclusion, "12 Feet Deep" is a film that explores themes of fear, survival, and sisterhood in a suspenseful setting. While it is rated R and contains elements that may be concerning for younger viewers, parents can make informed decisions by understanding the content and discussing it with their children. Open dialogue can transform a potentially frightening experience into an opportunity for learning and growth. Ultimately, whether your child watches "12 Feet Deep" or a different film, fostering communication about their viewing experiences is key to navigating the complex world of entertainment.

Frequently Asked Questions

What age group is '12 Feet Deep' appropriate for?

The film is generally suitable for mature audiences, typically recommended for ages 16 and up due to its suspenseful themes and some intense scenes.

Does '12 Feet Deep' contain any graphic violence?

While the film is suspenseful, it does not contain excessive graphic violence. The tension is built more on psychological elements than on physical gore.

Are there any strong language or profanity in '12 Feet Deep'?

Yes, the film includes some strong language, which may not be suitable for younger viewers.

What are the main themes explored in '12 Feet Deep'?

The main themes include survival, desperation, and the psychological effects of being trapped, as well as the dynamics of human relationships under stress.

Is there any substance use depicted in '12 Feet Deep'?

The film does not prominently feature substance use, but there may be references that some viewers find inappropriate.

How does '12 Feet Deep' handle the topic of fear and anxiety?

The film effectively portrays fear and anxiety through the characters' experiences, showcasing their struggle to cope with their dire situation.

Are there any positive messages in '12 Feet Deep'?

Yes, the film touches on themes of resilience, hope, and the importance of trust and communication in dire situations.

What should parents consider before letting their children watch '12 Feet Deep'?

Parents should consider the film's mature themes, language, and suspenseful nature. It may be beneficial to watch it first to assess its suitability for their children.

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