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HKYAF's Flagship Original Theatre Production **Miller Performing Arts: I'mperfect** Let's embrace and accept our imperfections



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(5 October 2022, Hong Kong) – At some point in our lives, most of us will dream of having a perfect body, a perfect life. While the online world tempts us to project ourselves in an ideal light, there can also be real-world consequences. But maybe we can find self-acceptance by simply changing our perspective.

Between 10 and 12 November, an all-girls cast featuring 35 of Hong Kong's most talented young actors and dancers storm the stage at the Hong Kong Arts Centre with *I'mperfect* – the final production in our original multimedia theatre trilogy. Proudly presented by Hong Kong Youth Arts Foundation (HKYAF), and written and directed by HKYAF founder **Lindsey McAlister**, *I'mperfect* explores body image issues, online personas and real-life identities through theatre, dance, music and video.

When Lexie, Taz and Charlie meet online, they quickly hit it off and start a private chat – not realising that they also know each other in real life. In the anonymous online world, each of them lives a perfect life. But offline, all three are confronted with body image issues. When things start to unravel, they realise that being whoever they want to be online can also have real-world consequences.

The third production in a trilogy on social issues affecting young people today

In November 2020, Lindsey McAlister presented the theatre production *#hashtag* about the deceptive world of social media. This was followed in November 2021 by *Only a Girl*, a bittersweet LGBT+ tale about a girl's road to self-discovery. The positive response that both productions received from younger audiences, teachers and parents alike motivated Lindsey to create a third work, *I'mperfect*.

The last production in our trilogy on social issues affecting young people today, *I'mperfect* explores body image issues. Seeing the role that social media plays in shaping teenage views and unnatural body norms, Lindsey wanted to highlight the importance of body positivity and self-acceptance. "Body image struggles affect people of all ages, genders and cultures, but teenagers may find it more difficult to overcome unrealistic beauty standards," said Lindsey. Working with health experts to ensure the authenticity of the work, Lindsey touches on body image issues that receive less public attention and hopes to encourage all of us to accept ourselves for who we are.

Spark meaningful conversations around body image issues

Sharing similar views, director's assistant 16-year-old Emilia Kate Oliver expressed her excitement about working on the project: "I've constantly been learning about my body and how to appreciate it. I've definitely had my fair share of body image issues, and that really made me want to spark conversations about it in a more creative way." She believes the production was the perfect opportunity to share her thoughts, and help peers with body insecurities know that they are not alone.

HKYAF youth choreographers work alongside the professional creative team

Most of the dance segments in *I'mperfect* are choreographed by young choreographers Jasmine Royer, Valerie Cheung and Zoé Wong. Nurtured during HKYAF's Youth Assistant Choreographers programme, they worked alongside the professional creative team during the development of the show. Eighteen-year-old Valerie Chung, who was also part of the team for *#hashtag* and *Only a Girl*, said that she was always eager to work with the dancers in HKYAF. On promoting self-acceptance, Valerie said: "You own your own body. Unless you want to listen to others, you can stay how you are and be confident with your own body."

Tickets for *I'mperfect* are now on sale via [Popticket](#). For details about the production visit www.hkyaf.com/imperfect. For the latest updates follow us @hkyaf on [Facebook](#) and [Instagram](#).

NOTES TO EDITORS

Miller Performing Arts: *I'mperfect*

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Theatre Performance

Date & Time: 10 – 12 | 11 | 2022 7:30pm
12 | 11 | 2022 2:30pm

Venue: Shouson Theatre, Hong Kong Arts Centre

Ticketing: \$300, \$250* (Concessions: \$260, \$220*) *Restricted Views
Tickets on sale via www.popticket.hk/imperfect

Duration: Approx. 120 minutes without intermission

Language: Performed in English with Chinese subtitles

Suitable for: Ages 10 and above

Enquiries: mag@hkyaf.com / 2877 2656

Visit www.hkyaf.com/imperfect for more details

Facebook: <https://www.facebook.com/hkyaf>

Instagram: <https://www.instagram.com/hkyaf>

Hong Kong Youth Arts Foundation

Hong Kong Youth Arts Foundation (HKYAF) is a charity that provides access to high quality, non-competitive free-of-charge arts experiences for young people aged 5 to 25. Established in 1993 by Lindsey McAlister OBE, JP, HKYAF organises inclusive and inspirational projects that reach out to youngsters of all cultures, backgrounds, languages and abilities, and actively creates opportunities for those who are disadvantaged and underprivileged. Each year, HKYAF reaches over 800,000 people through its projects, exhibitions and performances.

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