

# True Life: I Have Acne



For most teenagers Acne is a part of growing up. Nasty zits pop up for a week or two, but then just as quickly disappear. But for some people Acne is an embarrassing and sometimes painful deformity that can be difficult and expensive to treat and induce anxiety and social stigma.

Snickers and suggestions that bad skin is a measure of cleanliness or an indicator of an unhealthy diet makes people feel like they're to blame for their Acne. Yet treating Acne can be an elusive challenge even for the most accomplished dermatologists.

This hour-long episode of MTV's award-winning documentary series, "True Life" will follow three young people between the ages of 15 and 25, as they struggle to manage their acne and the personal issues they face stemming from their skin problem. Some examples of young people who might be appropriate for this documentary are:

- A college student whose acne makes them feel so uncomfortable in social situations they have decided to seek out therapy to help them handle their social anxiety
- A teenager who has tried everything and has decided to use Accutane despite it's potential side effects and expense
- A young professional who has tried everything possible to clear their skin and is going to try an unproven natural method

Our small digital video crew will follow these three young people as they work to change their skin or they way they feel about it. We will follow each person for a few days at time over the course of two and half months as they pursue their chosen course of action.

"True Life" is not a reality show; it is a documentary series. The show's producers follow a strict set of ethical guidelines, carefully avoiding influencing their subjects' stories. It is also not a news show; it does not have a host or narrator. The show's producers simply follow their subjects, trying to capture as much real life as possible and allowing their subjects to tell their own stories.

"True Life" has been on MTV since 1998. For more on the series, please visit our web site:

<http://truelife.mtv.com>

Punched in the Head Productions is an independent filmmaking company that has been producing episodes of "True Life" for three years. For more information on "Punched in the Head," please visit our web site:

<http://www.punchedinthehead.com>

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