

Everything is Okay



01 · WHO IS JENNY

# Meet Jenny

*Jenny is an ordinary young woman still figuring herself out — what she feels, what she wants, and who she might become.*

*She doubts herself, contradicts herself, hides, questions things.*



*"Layer by layer, I shape my style"*

LAYER BY LAYER

*"There's gaps where I'm supposed to be"*

GLITTER FADES

*"They seem so free, where I can't be"*

EVERYTHING IS OKAY

Those rules are everywhere – at school, online,  
with friends, at home.



# Twelve Songs. One Story

03 · NARRATIVE ALBUM

*Twelve songs capture Jenny's journey through pressure, self-image, loneliness, and the struggle to belong, until something outside the frame appears, and a wider world begins to open, showing who she might be.*

• 12 DEMO TRACKS • LISTEN IN SEQUENCE •



## 01 · 6 O'CLOCK BLUES

Ordinary cruelty. Another school day.

▶ LISTEN



## 07 · MAMA, GO TO THE PARTY

Her mother, and the girl she used to be.

▶ LISTEN



## 02 · THE WAY I LOOK

Her body is watched, measured, judged.

▶ LISTEN



## 08 · COMES LOOSE

She sees something raw and beautiful.

▶ LISTEN



## 03 · LAYER BY LAYER

She edits herself through borrowed images.

▶ LISTEN



## 09 · NOVA STAR

Love, unexpected, uncompromising.

▶ LISTEN



## 04 · GLITTER FADES

A night when silence does not mean yes.

▶ LISTEN



## 10 · POCKETFUL OF TOMATOES

A strange map points beyond what she knows.

▶ LISTEN



## 05 · EVERYTHING IS OKAY

She says she's fine because she has to.

▶ LISTEN



## 11 · BURNING BEATS

Standing up against unfair laws.

▶ LISTEN



## 06 · RUNNING

She runs for air, for space, to feel alive.

▶ LISTEN



## 12 · DREAM OF STARS

No one decides who she is, and how far she can dream.

▶ LISTEN

# Why Jenny matters today

*Edits herself.*

*Looks right.*

*Laughs with them.*

*Laughs when it hurts.*

*Keeps still.*

*Says she's fine.*

*Jenny matters because none of this feels unusual.*

*They don't need a record telling them to be strong.  
They need one that catches them pretending – and  
follows what happens when they start becoming  
themselves.*



# A Voice Girls Can Recognise

*The project introduces a new artist through the character of Jenny and an emotional world in which young girls will recognise a piece of themselves.*

*She is young. She is raw. Her voice is true before it is polished – it can crack, her accent can show, her nerves can stay. Those are not issues to fix. They are what make it feel real.*

*You may already know her.*





# A Raw, Melodic Sound

*Raw alternative rock with pop, punk and grunge influences – melodic, direct, emotionally intense.*

*Rough-edged electric guitars, hard-hitting drums, melodic piano – moving between private confession and collective release.*

*Raw enough to feel human. Melodic enough to stay with you.*



# Built for the Stage

*This is not just an album. It is a live narrative experience.*

*Jenny's story unfolds scene by scene — with music, video projections and staging carrying the story together. The audience does not simply watch a set of songs. It enters Jenny's world and stays there for the entire show.*

*The audience leaves knowing Jenny, not just the songs.*





# Why did I write this album?

Jenny began with my daughter.  
She is seventeen. For two years,  
she told me what it really feels like  
to grow up as a girl today — her days,  
her friends, the weight of being seen,  
judged and shaped by a life lived online.

I didn't invent Jenny. I listened.  
These twelve songs are what I heard.

If one girl hears them and feels a little  
less alone, they were worth writing down.

- F.

# Who Will Bring Jenny to Life?

*These twelve songs were written as the blueprint for a real record and a real stage project.*

*I am looking for the producer who wants to turn Jenny's world into a living album – with a real singer, a real band, and a performance that gives these stories their full emotional life.*

*The demo tracks were created with AI-assisted production tools. The lyrics, melodies, narrative arc and artistic direction were written and developed by me.*

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*If this project speaks to you, let's talk.*

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## CONTACT

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## FULL DEMO ALBUM ON BANDCAMP



12 tracks • full lyrics available

[fredericcupillard.bandcamp.com  
/album/everything-is-okay](https://fredericcupillard.bandcamp.com/album/everything-is-okay)

