



Jan. 27, 2025

NEW TRUE CRIME SERIES 'HOW I ESCAPED MY CULT' COMING TO FREEFORM AND HULU IN FEBRUARY

Today, Freeform announced the season premiere of the new true crime series **"How I Escaped My Cult."** The riveting 10-episode series takes viewers into insidious modern-day cults through the unique lens of members who endured unspeakable trauma and the shocking investigations into these oppressive groups. With detailed, firsthand accounts from former cult members, their loved ones, and the investigators who helped bring these tormentors to justice, each episode follows the unique and harrowing journey of a survivor from their earliest cult experiences and revelations all the way up to their heart-pounding escapes. **"How I Escaped My Cult"** premieres with two episodes on **Thursday, Feb. 20** (9-11 p.m. EST), on Freeform and weekly at 10 p.m. EST thereafter. The full season will be available on [Hulu](#) and STBVOD (or OnDemand) on Friday, Feb. 21.

"How I Escaped My Cult" is executive produced by David Karabinas, Brad Bernstein, Greg Spring, Ivy Brown, James Macnab, John X. Kim, Ray Dotch, Rick Cikowski and Chip Rives. The series is narrated by Emmy® Award-winning journalist Tamron Hall.

About Freeform

Freeform's distinct brand of young adult programming helps to position it as the No. 1 primetime cable network in entertainment among Adults 18-34 and Women 18-34 in the 2024/2025 TV season to date.* Connecting to audiences with its bold original programming and immersive social engagement, Freeform channels the force and momentum of its young adult audience in its quest for progress with authentic, groundbreaking series such as Emmy®-nominated "grown-ish," "Good Trouble," "Wayne Brady: The Family Remix" and tentpole programming events like "31 Nights of Halloween," "30 Days of Disney" and "25 Days of Christmas."

*Source: Nielsen, 12/1-12/25/23, L+SD data. Cable network ranks based on 6p-11p, excluding sports and news. Reach based on Total Day, 1-minute qualifier.

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