

GIRLS & BOYS

By **Dennis Kelly**

**Self-Care Guide &
Content Warnings.**

We have created this document to support audiences attending performances of Girls & Boys at Nottingham Playhouse, 8 Feb – 1 Mar 2025.

We are aware that this show may be challenging for members of the audience, especially for those who have personal proximity to the topics and themes covered within the narrative.

We have collated information and resources in this document with the aim of supporting audiences experiencing the show, and offering help for those who might find themselves affected by the contents or have concerns about their visit.

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Aisling Loftus

About The Show

It starts as a typical love story – boy meets girl and sparks fly. An intense, passionate relationship begins. In time they settle down, have children and live ordinary, chaotic lives. But beneath the veneer of normality, a disturbing undercurrent is growing. Their seemingly perfect world unravels, revealing shocking truths about family, violence and what really goes on behind closed doors.

Girls & Boys is a tour-de-force – a gripping one-woman show full of savage humour and raw intensity, performed in a breathtaking, powerhouse performance.

Written by Dennis Kelly, the BAFTA, Tony, Emmy, and Olivier award-winning author of *Matilda the Musical*, *DNA* and Channel 4's *Utopia*, this play showcases his signature style, blending biting comedy with unflinching examinations of human nature.

Content Warnings

Age Recommendation: 14 yrs+

This production contains strong language throughout and references to physical violence, sex, abusive behaviour, suicide and the death of a child.

Running time: Approx. 1hr 55 mins with no interval



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What Is Self-Care?

Self-Care is about listening to the need in ourselves to care for ourselves, especially in situations that may offer us difficulties. It is about making choices that help us live our lives as fully as we can, and making it the best version of life it can be. The concept of self-care derives from the Black Feminist movement.

For this document, we have been influenced and inspired by the work of other theatres and companies, including New Diorama Theatre, Clean Break, Nouveau Riche, Sheffield Theatres, and the Bush Theatre.

Self-Care Suggestions

Before The Show

Read the Summary or Synopsis

Preparing yourself by reading the summary, synopsis, or content warnings may help you decide if you are comfortable with the content, and also help you gauge if there are any points you may not be comfortable with.

During The Show

Watch With Someone

Attending the show with someone who you trust, who knows you and your connection to the subject of the play, may help with the experience. They may be able to recognise when you need help or support and can assist you.

Step Away

It is important to know in yourself when it is time to step away, and there is nothing wrong with deciding that the show is not for you or is too much. The Front of House team are on hand if you want to leave.

After The Show

At the close of the show, the auditorium will stay open to provide a reflective space for 10 minutes. This space is for you to take time and process what was included in the show.

Breathe

Breathing is a good way to help you feel calm. Try breathing in for four seconds, holding your breath for four seconds, then exhaling for four seconds. Repeat this as long as you need. This is called Box Breathing.

Ask For Help

If you found the content of Girls & Boys distressing, try talking to someone you trust or contacting one of the organisations listed below.



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Helplines & Support

If you have been affected by, or would like to learn more about, any of the themes raised in Girls & Boys, please see below for a list of organisations who may be able to help.

Broxtowe Women's Project

A support and advice charity for women, children and young people affected by domestic abuse, supporting survivors of current and historic domestic abuse at any stage in their journey.

<https://broxtowewomensproject.org.uk/>

Change Grow Live

A national health and social care charity which can help with challenges including drugs and alcohol, housing, justice, health and wellbeing.

<https://www.changegrowlive.org/>

The Children's Society

A national charity working to transform the hopes and happiness of young people facing abuse, exploitation and neglect.

<https://www.childrenssociety.org.uk/>

The Compassionate Friends

Provides support for bereaved parents and their families

<https://www.tcf.org.uk/>

Equation

A Nottingham-based specialist charity that works with the whole community to reduce the impact of domestic abuse, sexual violence and gender inequality.

<https://equation.org.uk/>

In Sam's Name

A talking and peer support group for men throughout Nottinghamshire

<https://insamsname.co.uk/>

Juno Women's Aid

Nottingham-based charity offering support for women.

<https://junowomensaid.org.uk/>

Mind

A mental health charity, making sure no one has to face a mental health problem alone.

<https://www.mind.org.uk/>

Samaritans

Provides over the phone support for those considering suicide 24 hours a day, 365 days a year.

<https://www.samaritans.org/>

The Topaz Centre

Offering free support for those who have experienced sexual assault

<https://www.topazcentre.org/>

