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

**Jews. In
Their Own
Words.
by Jonathan
Freedland.**

From an idea by
Tracy-Ann Oberman.

**Royal Court
Theatre.**

Self-Care Guide: Jews. In Their Own Words.

This document has been designed to support audiences attending performances of *Jews. In Their Own Words.* 20 September—22 October 2022.

For some of us, we need more context of what we are about to see to feel safe, so we've created this document for those who would be comfortable with more information. We hope the information and resources in this document will help audiences experiencing the show, and support planning for anyone who may be concerned about their visit.

Contents

1. About the show
2. Content warnings
3. Physical warnings
4. Helplines & support
5. Self-care suggestions
6. Thanks & about self-care

About the show

Jews. In Their Own Words. is a production exploring how antisemitism flourishes in left-wing spaces, with a verbatim script created from original interviews with twelve Jewish people. As well as documenting the interviewees' lived experience of prejudice, the play tackles the serious roots and legacy of antisemitism in history, art, literature and society more broadly. The play sometimes deals with heavy topics in a humorous, satirical way, for example through song.

Content warnings

Explicit references to both overt and covert antisemitism including:

- Its historic roots and the development of Jewish stereotypes
- How it presents through stereotypes in the media and arts
- Antisemitism within politics
- Conspiracy theories
- Extreme graphic descriptions of physical, verbal and online abuse
- Visual representations of antisemitic stereotypes (masks, caricature etc.)
- Historic execution and genocide

There are also references to:

- Other forms of racism including Anti-Blackness and Islamophobia
- COVID
- Misogyny
- Sexual violence
- The Holocaust
- The murder of children

Physical warnings

- Flashing Lights
- Haze

Helplines & support

If you're affected by the show's themes and need support, or just want someone to chat to, you can call **Samaritans** on **116 123** any time 24/7 for free.

If you prefer to text, the UK has a free 24/7 service: just text **SHOUT** to **85258**.

We'd also recommend looking into the organisation **Jami**, whose support is specifically for those within the Jewish community: <https://jamiuk.org/>

Self-care suggestions

If you're concerned about attending the show, there are a few things we'd suggest that might help.

Before the show

Read the content warnings before deciding to see the show.

Come with a friend

It might be worth seeing if you can book to see the show with a friend, family member or someone you trust.

During the show

You're welcome to leave the auditorium as there are two re-entry points within the show.

After the show

We believe in making theatre that is provocative, challenging and asks difficult questions. We welcome conversations about this. If you feel particularly affected by any of the contents of the show, please email: conversations@royalcourttheatre.com.

Thanks & about self-care

In writing this document, we were inspired by recent approaches taken by several other companies. We are grateful to everyone whose work has informed our own approach, but especially the Self-Care Guide created for Nouveau Riche's production of *For Black Boys Who Have Considered Suicide When the Hue Gets Too Heavy* by Ryan Calais Cameron at New Diorama Theatre and Clean Break's production of *Typical Girls* by Morgan Lloyd Malcolm at Sheffield Theatres. As that document explains:

'The concept of self-care comes from the Black Feminist movement. Self-care is important because it's about recognising that we experience discrimination and oppression because of how others react to who we are, or what we've experienced. Self-care is a choice to listen to our needs and look after ourselves, so we are able to keep going and live our best lives, despite the difficulties we experience in life and how they make us feel.'

Finally, our thanks to you for reading this, and for coming to the show – if you choose to.