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

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**Baghdaddy *by*  
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**Royal Court  
Theatre.**

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# Self-Care Guide: Baghdaddy.

This document has been designed to support audiences attending performances of *Baghdaddy* 18 Nov.—17 Dec. 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.

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# About the show

*'Congratulations! Your pain is commercially viable.'*

It's 1991 and the Gulf War rages three thousand, three hundred and twenty miles away. Darlee is 8 years old, crying behind the wheelie bookcase in Miss Stratford's classroom. She's just realised she's Iraqi. Or half. Maybe both.

She saw it on the news last night after Neighbours and fish fingers. Heard the fear slipping through the receiver, saw it oozing from Dad's eyeballs and into the living room as he tried to phone home.

What she can't process now, she'll be haunted by later; the spirits hounding her will make sure of that...

*'Operation Desert Storm; you won't lose a wink of sleep over it. Except your Daddy. Your Daddy's shitting his pants. Enjoy your Viennetta.'*

*Baghdaddy* is a playfully devastating coming-of-age story, told through clowning and memory to explore the complexities of cultural identity, generational trauma and a father-daughter relationship amidst global conflict.

Age recommendation: 14+.

This show contains haze, strobe, flashing lights, very loud and sudden noise and strong language.

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# Content warnings

- References to war and conflict, specifically in Iraq
- Death
- Familial loss and grief
- Generational trauma
- Reference to suicide
- Racism and racist language
- Racialised physical violence (suffocation, shooting, bombing, stabbing and physical assault)
- Use of fake blood on stage and gore
- Sexually suggestive content of a disturbing nature

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# Helplines & support

There are references to suicide in the production.

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**.

There are references to war, conflict and generational trauma in the production.

If you need further support and information on these topics, we would recommend taking a look at **PTSD UK**.

If you don't need immediate support but would like to learn more about mental health and services that may be available for yourself or someone you know, we'd recommend looking into the organisation **MIND**.

## **PTSD UK**

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

## **MIND**

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

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# 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.

## **After the performance**

At the end of the performance, the auditorium will stay open as a reflective space for 15 minutes. Feel free to stay and take your time. If you've found the show distressing, we'd suggest talking to someone you're with, calling a friend or contacting a support service, like the ones listed on the previous page.

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# 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.