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

**BLACK
SUPERHERO**
by **Danny
Lee Wynter.**

**Royal Court
Theatre.**

Self-Care Guide: BLACK SUPERHERO.

This document has been designed to support audiences attending performances of *BLACK SUPERHERO* from 16th March — 29th April 2023.

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

“No one. No dark knight in shining armour. Went through all my twenties thinking ‘don’t worry he’ll come.’ I’m almost forty now, and he still hasn’t, has he?”

David is in love with King. But King is a superhero.

After an unexpected encounter David plunges himself into a world of sex, drugs and hero worship in the hope of being rescued, until fantasy and reality merge with devastating consequences.

Danny Lee Wynter’s debut play, directed by **Daniel Evans**, is a brutal, unflinching and funny portrait of one man’s life spiraling out of control, in an age where our idols are Kings and our superheroes Gods.

Age recommendation: 16+.

This production contains haze, loud music, flashing lights, smoking on stage and nudity.

Content warnings

- Scenes of a sexual nature, including depiction of grooming, BDSM and consensual non-consent
- Reference to racism, including use of racial slurs
- Homophobic language
- Drug and alcohol abuse
- Descriptions of childhood abuse
- Reference to suicide
- Reference to rape
- Reference to violence against women

Helplines & support

There are references in the show to the discrimination of and trauma experienced by the Black, queer community.

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**.

If you don't need immediate support but would like to learn more about services that may be available for yourself or someone you know, we'd recommend looking into the organisations:

MIND

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

Survivors UK

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

LGBT Foundation

<https://lgbt.foundation>

MindOut

<https://mindout.org.uk>

Stonewall

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

Black Minds Matter

<https://www.blackmindsmatteruk.com/>

The Black, African and Asian Therapy Network

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

The Brave Project

@the_braveproject on Instagram

Talk to Frank

<https://www.talktofrank.com/>

Self-care suggestions

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

- 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 performance: you're welcome to leave the auditorium at any point. The venue's bar will remain open during and after the show. A staff member will help find an appropriate moment to re-enter, if you'd like. If you've found the show distressing, we'd suggest talk to someone you're with, calling a friend, or contacting one of the support services listed on the previous page.

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 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.'

Thank you for taking the time to read this document and for your interest in *BLACK SUPERHERO*.