

FIFTH WORD AND NOTTINGHAM PLAYHOUSE,
IN ASSOCIATION WITH BRIXTON HOUSE, PRESENT

LIBERATION SQUARES

A NEW PLAY BY SONALI BHATTACHARYYA
DIRECTED BY MILLI BHATIA

Self-Care Guide & Content Warnings.

NOTTINGHAM
PLAYHOUSE

fifth
word.

Self-Care guide: Liberation Squares

This document has been designed to support audiences attending performances of Liberation Squares from 12th April –8th June 2024.

We know this show might be challenging to engage with for some audiences, especially if you're affected by the content.

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

About the show	5
Content Warnings	8
Helplines & support	9
Self-care suggestions	12



About the show

Three teenage girls forge an unlikely friendship. They challenge each other with Tik Toks, beat-boxing, rap and dance routines... They just want to build their social media empire, or study astronomy, or become as good a rapper as Megan Thee Stallion. But they undergo a political awakening when they realise that what you say – even what you think – is viewed very differently depending who you are.

When they find themselves the target of the state surveillance 'Prevent' programme, they have to fight back. Friendships fracture and loyalties are tested as they pursue different avenues of resistance. In an era when dissent is being criminalised, what does it take to speak up?

About the show

This is a riotous, funny play told through the technicolour lens of three teenage girls. Inspired by graphic novels, hip hop, pop culture and real-world activists, Liberation Squares asks what it takes for young Muslim women today to be the heroes of their own stories.



Photography: Asa Haynes

Content Warnings:

Age Recommendation: 14yrs+

Contains sensitive subject matter including references to racism, Islamophobia, and racist and colonial violence.

Running time: Approx. 1hr 15 mins

Helplines and support

If you're affected by the show's themes and need support we'd recommend looking into the organisations listed below where you can learn more about services that may be available for yourself or someone you know.

Muslim Youth helpline

<https://myh.org.uk>

Faith and culturally sensitive support by phone, live chat, WhatsApp or email.

Muslim Women's Network

<https://mwnhelpline.co.uk>

National helpline for a range of issues including discrimination. Although their reach is primarily Muslim women and girls, the helpline will accept calls from and support women of other faiths or no faith, men who are concerned about women and girls, and men and boys in need of support.

Helplines and support

Muslim Community Helpline

<https://muslimcommunityhelpline.org.uk>

Provides listening and emotional support for members of the Muslim community.

Prevent Watch

<https://preventwatch.org>

Independent community-led initiative which supports people impacted by Prevent.

Stop Hate UK

<https://stophateuk.org>

National organisation working to challenge all forms of Hate Crime and discrimination, based on any aspect of an individual's identity. Stop Hate UK provides independent, confidential and accessible reporting and support for victims, witnesses and third parties.

Helplines and support

No More Exclusions

<https://www.nomoreexclusions.com>

No More Exclusions is a Black-led and community-based abolitionist grassroots coalition movement. Our organising centres the voices and experiences of children and young people who have experienced oppressive education and exclusion.

The performance company have also been offered artist wellbeing support during the rehearsals and across the run.

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

There is nothing wrong with deciding that the show isn't for you, or that it's too much. During the performance, you're welcome to leave the auditorium at any point.

After the performance

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.

