



## CONTENT WARNING INFORMATION

**Breathe In** is a powerfully poetic show that challenges people's thinking particularly about surviving in an inaccessible world.

It addresses themes of survival, isolation, loss and contentment.

It brings to light some things that don't often get spoken about. The two lead performers wanted to bring some of their personal stories to light so everyone can get an insight into their world as a person who uses alternative communication.

This may mean you will see or hear something you may find confronting. We have written the below in an effort to keep our audiences informed as we don't want to cause any distress or discomfort.

### **Visual and auditory content:**

Breathe In is very visually and auditorily stimulating.

The show features many large scale projections, so images are very big.

The music and sound is played live by two musicians so it can be quite loud in parts as well.

Should you have any auditory or visual sensitivities and would like to discuss this further with us please get in touch on the details below.

### **Content warnings:**

- Ableism and verbal harassment (mentioned and performed in particular in a scene at a party). Approx 3 minutes.
- Sexual assault (a large projection of a man's face who looks mean and menacing. Performer recalls an encounter with a stranger in a park, the line "I didn't even flinch when he pulled down his pants" is used via a text to speech machine. The performer via text to speech said she was eventually able to escape the situation). Approx 2 mins.

A video of the two potentially triggering scenes can be emailed to people upon request prior to attending (from June 22) should they be concerned about the content for themselves (and would rather watch a recording before attending a live performance) or someone they are supporting.

Anyone is also welcome to attend a dress rehearsal on Tuesday June 27 or Wednesday June 28 as well.

Should anyone experience distress or are experiencing overstimulation during the show there will be a person available to take them outside. Unfortunately, there is no foyer or closed off room to take people to.

If tickets have already been purchased reimbursements can be given to those that would prefer not to attend anymore.

We also encourage discussion and a debrief with a family member, friend or support should you want to talk about any themes of the show. A Crossroad Arts staff member can also make themselves available as well.

If you require any further information or would like a copy of the video snippets please contact Alison at [artisticdirector@crossroadarts.com.au](mailto:artisticdirector@crossroadarts.com.au) or 07 4953 5122 or via the National Relay Service.

**Available services:**

**Mackay Women's Centre** 07 4953 1788/ [mackaywomenscentre.org.au](http://mackaywomenscentre.org.au)

**1800RESPECT** the national domestic, family and sexual violence counselling.