

# ROYAL COURT

X

**ARE YOU WATCHING?**  
BY **GEORGIE DETTMER**



## Why does this Guide exist?

Are You Watching? explores themes of sexual violence, abuse, bodily harm and pornography in a way that may be challenging to engage with for some audiences, especially if you're affected by the content.

We hope the information and resources in this guide will support anyone who may be concerned about their visit.

## **Content Guidance:**

- In-depth discussion and audio design including: violent pornography, AI sexual abuse imagery, sexual violence, bodily harm including warfare.
- Discussion of AI child sexual abuse imagery.
- Contains use of stage blood.

**Please turn over if you would like further information or support regarding this content guidance.**

**Audience Self Care Guide**

## Are You Watching? Synopsis Summary (includes spoilers)

Are You Watching? follows seven interlinking groups of people as they experience events and consume content relating to pornography (including AI-generated, deepfake content, and imagery including children), sexual assault, violence, and warfare.

It explores how people can be exploited, coerced, and controlled within societal systems and investigates how individuals can become both intentionally and unintentionally complicit in causing harm through the creation and consumption of video content.

Even if you don't have lived experiences of any of the issues depicted in Are You Watching?, exposure to this material can result in unexpected or strong emotional reactions and distress. This is normal, valid, and something you don't have to manage alone.

### How the Front of House Team can support you:

#### Support today:

**-Mental Health First Aiders:** Please ask FOH if one of our Mental Health First Aiders is on site to check in if you are struggling or need support.

**-Quiet Space:** Should you require a quiet space before or during the performance, please ask Front of House to direct you to these designated areas.

**-Post-Show Decompression:** The Theatre will remain open for 10 minutes to allow the opportunity to de-compress after watching this performance.

#### Support later:

*For anonymous, specialist or after-hours support, the following charities, organizations and services are available.*

Trauma and abuse support

- Rape Crisis – <https://rapecrisis.org.uk>
- National Association for People Abused in Childhood (NAPAC) - NAPAC - Supporting Recovery From Childhood Abuse

Addiction Support

- Sex Addicts Anonymous – <https://saauk.info>
- The Naked Truth Project – Naked Truth Project

Routes for reporting

- Stop Non-Consensual Intimate Image Abuse (NCII) - <https://stopncii.org/>
- Child Exploitation and Online Protection Command (CEOP) - <https://www.ceop.police.uk/ceop-reporting/>