Pijin | Pigeon

Beth i'w ddisgwyl a rhai rhybuddion cynnwys

Canllaw oed **Pijin | Pigeon** yw 13+

Ry'n ni'n gwybod y gall perfformiadau byw beri gofid i rai, yn enwedig y perfformiadau hynny'n sy'n trafod materion dwys. Ry'n ni hefyd yn ymwybodol bod yn well gan rai i wybod ychydig o'r hyn fydd yn digwydd o flaen llaw, fel bod modd iddyn nhw brosesu'r cynnwys cyn gwylio'r perfformiad a gallu mwynhau'r sioe heb deimlo wedi'u llethu.

Cewch fanylion am rai o brif themâu **Pijin | Pigeon** ar y daflen hon, er mwyn i chi allu penderfynu a yw'r ddrama'n addas i chi neu'r person ifanc ry' chi'n gyfrifol amdanynt. I'r rhai sy'n dod â phobl ifanc 13+ oed, ry'n ni hefyd wedi creu 'Canllaw **Pijin | Pigeon** i oedolion a phobl ifanc' er mwyn eich helpu gyda rhai sgyrsiau y byddwch efallai eisiau eu cael cyn neu ar ôl y perfformiad.

Dyma restr o themâu a chynnwys y ddrama. Mae rhai o'r themâu hyn yn bresennol trwy gydol y ddrama, tra bod eraill yn cael eu cyfeirio atynt unwaith neu ddwy:

- Iaith gref
- Trais yn y cartref
- Salwch meddwl
- Marwolaeth rhiant
- Llofruddiaeth
- Trais
- Camdrin rhywiol
- Gwaith rhyw
- Camdrin plant
- Damwain car yn arwain at niwed i'r ymennydd
- Cwnsela
- Ymgais hunanladdiad

Ry'n ni wedi rhestru'r holl gynnwys a all beri gofid, ond rydym yn deall efallai y byddwch angen mwy o wybodaeth cyn gwneud penderfyniad cadarn. Os hoffech drafod unrhyw elfen o'r uchod neu holi fwy o gwestiynau am gynnwys y ddrama, plîs cysylltwch â Ceri Williams ar ceri.williams@theatr.com

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What to expect and some trigger warnings

Pijin | Pigeon has an age guidance of 13+

We know live performance can trigger difficult feelings for some people, particularly if the performance contains a sensitive subject matter. We also recognise that some people prefer to know what is going to happen in advance so they can process the content beforehand, allowing them to enjoy the show, without feeling overwhelmed.

This handout details some of the key themes in **Pijin | Pigeon**, so that you can make an informed decision about whether it is suitable for you or your young person. For those bringing young people aged 13+, we have also created a 'Guide to **Pijin | Pigeon** for young people and their adults' to help with conversations you may wish to have together after the performance.

The following is a list of the themes and content within the show. Some of the themes run throughout the play, whilst others are only occasionally referenced or alluded to:

- Strong language
- Domestic abuse
- Mental illness
- Death of a parent
- Murder
- Violence
- Sexual assault
- Sex work
- Child abuse
- A traffic accident resulting in acquired brain injury
- Counselling
- A suicide attempt

We have listed all the potentially triggering content, but we understand that you may need more information to make an informed decision. If you would like to discuss any of the above or have more questions about the content of the play, please contact Ceri Williams: ceri.williams@theatr.com