

# Tough Love

## Raising Awareness of Unhealthy Teenage Relationships

A 30 minute play followed by a 30 minute, actor led discussion suitable for young people 11+

Following the success of Chelsea's Choice last year, South Cambs and Cambridge City (SCCC) Children and Young People's Area Partnership with support from the Cambridge City Community Safety Partnership and South Cambs Crime and Disorder Reduction Partnership are supporting a tour of Tough Love in March 2017

### More about Tough Love

Tough Love is a 30 minute drama designed for young people; that addresses abuse and exploitation in teenage relationships

It tells the story of 15 year old Becka and her relationship with her violent and controlling 17 year old boyfriend Danny. How they met, how they fell in love, how the control & abuse started and how Becka managed to get help

It has been devised by Alter Ego; the theatre company behind last year's production, of Chelsea's Choice. Key points from the evaluation of Chelsea's Choice are included below. Local discussions suggest that Tough Love is a more suitable show for SCCC as it covers a broader scope of unhealthy relationships not just Child Sexual Exploitation (CSE)

After watching Tough Love audiences will:-

- Have a raised awareness of what coercive control is
- Have a raised awareness of what domestic abuse is
- Have a raised awareness of what makes a healthy relationship
- Have a raised awareness of what makes an unhealthy relationship
- Be sign-posted to appropriate help and support

For more information about Tough Love and the production team, Alter Ego, see [www.alteregocreativesolutions.co.uk](http://www.alteregocreativesolutions.co.uk)

### Free performances for community settings and groups

Performances will take place in different settings between Monday 6<sup>th</sup> March and Friday 24 March

Thanks to support from South Cambs Crime and Disorder Reduction Partnership and Cambridge City Council we are able to offer up to 10 performances to community settings free of charge

Performances could be for young people; parents and carers; adults working with young people or whose work impacts on young people; staff in organisations who are also parents

We have morning and afternoon slots available but all evening slots are now booked

## Your Commitment

In order to host a performance you will be expected to...

- provide a suitable space for the performance. The actors need a space 4m x 4m and access to power. Whilst actors are happy to work on the same level as the audience we would suggest that for numbers over 30 a stage or raised area would be more suitable
- provide hospitality for the actors on the day. There are 2 actors in the team. Tea/coffee/water is generally all they require

## How we can help you

We are happy to talk to you about your ideas for a performance and can help with further information and links to local organisations working with young people on healthy relationships who can support work on the day or after the performance

We are producing a directory of local support that will be shared with anyone booking a performance

## Booking your performance

Performances are available during the weeks beginning

- 6 March
- 13 March
- 20 March

Morning and afternoon performances are available on a first come first served basis

For an up-to-date list of slots available or to book a performance please contact [Jennifer.holah@scams.gov.uk](mailto:Jennifer.holah@scams.gov.uk)

Thank you for supporting this project



Simon Holmes  
On behalf of SCCC Area Partnership

**Tough Love – 2017 Tour –Booking Form :**

**Setting:**

**Contact:**

**How many performances would you like to book?**

**What are your preferred performance times?**

**Week 1**

		<b>AM</b>	<b>PM</b>
Monday	6 March	X	
Tuesday	7 March	X	X
Wednesday	8 March	X	
Thursday	9 March	X	X
Friday	10 March	X	X

**Week 2**

		<b>AM</b>	<b>PM</b>
Monday	13 March	X	
Tuesday	14 March	X	X
Wednesday	15 March		X
Thursday	16 March	X	X
Friday	17 March		

**Week 3**

		<b>AM</b>	<b>PM</b>
Monday	20 March	X	X
Tuesday	21 March		
Wednesday	22 March		X
Thursday	23 March		X
Friday	24 March		X

'X' – not available

Please return to [Jennifer.holah@scams.gov.uk](mailto:Jennifer.holah@scams.gov.uk)

## Comments from Chelsea's Choice 2016

Recall of the play by young people after 3 months was high.

Key messages young people took from the play were 'stay safe on line' and 'talk to someone if you have worries or concerns'. There were also a significant number of references to 'stranger danger'

*The message I would give is don't trust people that buy you expensive things even if they say they love you. And that this can happen to not just girls it can happen to boys too.* SC M Y10

*Don't talk to people you don't know or that are significantly older. Also, if someone asks you for inappropriate photos, say no. Even if you are in a relationship, trust them etc* SC F Y9

Around 10% of young people said they could not identify 2 people they would feel comfortable talking to about CSE or unhealthy relationships

Young people wanted more follow up work and suggested it should...

- Take place in small groups eg Tutor Groups
- Take place soon after the show but leave sufficient time for the audience to process what they have seen
- Provide information on who to talk to that is specific to the area and not just school based
- Provide information on healthy relationships - what is an unhealthy relationship? How to avoid them and how to get out of them
- Include discussion on other types of CSE

Young people want to know more about...

- Healthy relationships – how to distinguish between healthy and unhealthy relationships; how to avoid getting into unhealthy relationships and how to get out of them  
*How to leave the relationship if it's not necessarily illegal, just manipulative and unhealthy. How to escape from someone who wants to get you into an unhealthy relationship, or wants to exploit you* FY10
- Who to talk to about concerns about unhealthy relationships and how to have a conversation about relationships  
*How to tell someone if it ever did happen to me as it is obviously a hard topic to talk about so it would be nice to see ways how people can admit it even if they are scared* FY10
- Other types of CSE –other than the older man/younger girl boyfriend model

91% thought Chelsea's Choice was a good/very good way to get the message about CSE to young people; this figure rose to 94.5% of girls and 94% of students in Y10.

Staff thought the play was powerful, relevant and engaging

Parents and carers thought the play put over the messages very well and provided an impetus to talk to their children about the issues

*Fantastic, gripping and shows how easy it can happen. Really insightful as to what makes a healthy relationship*

*It is informative, very real and perfectly aimed at young people – brilliant*