



Talking about *I Am Tiger*. Before the Show

This resource has been created for teachers/parents/carers who are bringing young people to see the show. It's designed to help you talk about the show and its themes with your young people.

About the show

I Am Tiger is a year in the life of a teenage girl who loses her brother to suicide and is bought a pet tiger by her parents. The show is very sad in places and tackles a lot of feelings around grief, but it also opens up interesting conversations around feelings, loss and mental health.

The story might especially resonate with young people who have recently experienced grief or loss. They might recognise some of their own experiences reflected in what they see on stage.

The production has been extensively researched, with members of the the creative team receiving training from Cruse Bereavement Support as well as drawing on the expertise of the Samaritans and the Lighthouse for Perth.

The production can be a useful tool in supporting you and your young people to talk about grief and suicide. We've compiled another resource of talking points that you might want to explore after the show.

At Perth Theatre

If anyone is finding the show hard to watch because of personal experience, there will be a 'safe space' that they can go to outside the auditorium. There will be mental health experts from The Lighthouse for Perth and Anchor House on hand to offer support before, during and after performances.

At Traverse Theatre, Edinburgh

If anyone is finding the show hard to watch because of personal experience, there will be a 'safe space' outside the auditorium and support from front of house staff. A phone will be available to talk to a mental health professional.