**In Harm’s Way**

**Costume**

Black Trousers with pockets

White polo shirts

Tai Jacket & cap

Tash big coat

Callum Dad – blazer

Callum Mum – Pink cardi

Tash’s Mum – scarf

Therapist – jacket

**Props**

* 3 hollow wooden blocks
* 4 prop phones
* Duvet
* 2 x dressing gowns
* Football
* Hairbrush
* Toothbrush
* 3 x school bags
* 2 x football bags
* 3 x school notebooks
* 1D mug
* Wellies & a hat
* White Nurse Jacket
* School football shirt x3
* Whistle
* Crutches
* 2 envelopes

Black Box: Football, hairbrush

Red Box: 3 red books,

Blue Box: Mum’s shawl, Sophie’s results letter, toothbrush

Window

Sophie:

Tash: Pink cardi

Callum: All bags, Ty jacket & hat, football shirt, therapist mugs, dressing gown with spare phone, therapist jacket, crutches.

Door (Music):

Sophie: bed sheet, Dad’s jacket, Newspaper, football jumper

Tash: Tash’s bag (results & phone inside), Dressing gown, Nurse coat, football jumper

Callum: 1D mug, hat,

**Performance Space**

AUDIENCE

AUDIENCE

SCREEN DOOR

SCREEN CLOCK

AUDIENCE

AUDIENCE

**CHARACTERS**

Boy = Callum Girl 2 = Sophie

(Voice Sophie’s Mum) Rob

Sophie’s Dad Callum’s Dad

Tai Tash’s Mum

Therapist

Girl 1 = Tash

Tom

Callum’s Mum

Nurse

**Intro**

**Left**

Music

**Right**

*\*\*MUSIC CUE - Sound effect of an alarm clock sounds.*

*Sophie enters SL door with a mirror, make up & her phone. She puts on a tutorial and does her make up throughout.*

*Track 1 : Radio intro into SONG*

*Enter Callum in dressing gown Stage right, he gets a football from black box. Exit Screen left.*

*(Overlap) Enter Tash in dressing gown, Screen left. She takes a hairbrush out of Black Box, brushes her hair and exits Screen right.*

*Enter Callum in school uniform, puts dressing gown in blue box does some football tricks, exits – Tutorial V/O*

*(Overlap) Tash enters. Checks Black Box, Checks blue box, takes out toothbrush. Tash exits Screen.*

*Sophie starts doing her hair*

**Sophie’s Mum (Boy)**

Sophie? … Sophie? Are you up?

**Sophie**

Yes Mum, I’m up.

*Enter Tash and Callum. They walk to the edges of the bed and face audience on opposite side – mirror check, phone check and exit opposite sides.*

*Music fades.*

*Sophie takes a selfie.*

**Sophie**

What?! Oh Mum, why didn’t you tell me what time it is? I’m going to be so late!

*She takes out a school bag from box. Runs off SL.*

*Enter Callum (SL) and move blue block outwards SL.*

*Enter Tash (SR) and move black box outwards SR.*

C

S

T

*Chat as they do this, then put their school bags inside their boxes & sit.*

**Tash**

All right Callum, how do you think you did on that test?

**Callum**

All right, I thought it was pretty easy.

**Tash**

Really?! I…

*Enter Sophie SL with school bag*

**Sophie**

Don’t panic, I’m here, I made it!

**Tash**

Wow Soph! You look…

**Sophie**

What? It’s only a bit of tinted moisturiser, took me 5 minutes… What Miss? – I’m here, I’m on time, ok I’m sitting, I’m sitting!

**Tash**

Sophie, how are you in trouble already? We’re only 2 weeks in!

**Callum**

I thought you said this this was the year you turn it all around… work really hard, focus, all 9’s…

**Sophie**

Yeah, I am, Year 9 is my year.

**Callum**

How’s that going for you?

**Tash**

I seem to remember you saying that about Year 8 too!

**Sophie**

Yeah, but I was still scarred because, you know, covid! Miss! It wasn’t me talking… it was Callum & Tash! Why do you never get in trouble?

**Callum**

Because I’m not rude to her…

**Tash**

And your grades might have something to do with it.

**Sophie**

Oh, I’m Callum and I never get below a 9…

**Callum**

Don’t be jealous.

**Sophie**

I don’t understand how you do it, the new school year has only just started & I’m already falling behind.

**Callum**

I just work hard Soph, I’ve got schedules, I’m organised, I put work before having fun.

**Sophie**

But I can’t even do what Tash does which is just be good, get by.

**Tash**

Er, what do you mean?!

**Sophie**

You know, you just do well, you know you’re just fine… I mean good! You get good grades but you’re not amazing.

**Tash**

I work pretty hard too Soph.

**Sophie**

Right, I can do that… Oh Miss, I’ll hand those tests out for you if you like?

*Takes 3 workbooks out of her bag and begins to hand them out.*

Ooh Tash, good solid 6 – that’s what I’m talking about! Oh surprise, surprise! Callum – 8!

**Callum**

Just an 8?

**Sophie**

*Flicks through papers* No one got a 9, but listen to the comments… *‘Callum, This is written with panache and maturity, the level of details is…*

**Callum**

Give me that!

**Sophie**

*Hand out to audience member…* Must do better – oh dear… wait, that’s mine! What? *Must do better!* I tried so hard on this.

**Tash**

You told me you hadn’t even read the book!

**Sophie**

Yeh because it was boring – all right Miss, I’m sitting!

*She sits down all 3 start to write, Callum furiously, Tash, steadily, but thinking, Sophie, slowly. Sophie gets bored.*

**Sophie**

Oi, are you coming bowling tonight?

**Tash & Callum**

Maybe/No

**Sophie**

What? Why not!

**Tash**

I’m coming for a bit.

**Sophie**

Good- apparently some of the college boys might be there.

**Callum**

Oh, that’s why you’re wearing so much make-up.

**Sophie**

Tinted moisturiser Callum, tinted moisturiser!

**Tash**

I can only stay until 8

**Sophie**

8? It’s hardly worth coming Tash

**Tash**

Look I’ll be there for a bit, Mum says I have to be home by 8:30, so I have to leave at 8.

**Sophie**

But it’s Friday! I’m staying out all night!

**Callum**

No, you’re not staying out all night!

**Sophie**

Get on with your work please… you’re not even coming!

**Callum**

I’ve got too much to do, anyway it’s Friday, I’ve got foot…

*The girls chime in*

Football!

*Exit Callum Screen Door*

*Bell goes, music comes in – SONG*

*Scene Change:*

*Tash moves Black box*

*Sophie moves blue, then stands on red in bowling freeze.*

C

S

*Bowling sound effect*

**Sophie**

Strike!

**Tash**

That’s her 3rd strike already – she’s so good at everything; I mean, not school but all the other stuff, you know, talking to people, making people like her – it all seems so easy for her, I don’t know... I love Callum and Sophie, they’re my best friends, but they’re just so impressive…

*Enter Callum into football freeze*

So, Callum: he’s the best footballer in our school and the smartest in our year, they’re already talking about Oxford or Cambridge or something and he’s even been offered the chance to play football professionally! He’s got so much going for him.

Then Sophie: she’s just got that ‘thing’ – people like her, really like her – the guys in our year did this stupid rating system & she was voted hottest, I knew she would be, she always looks perfect but not just that, she’s funny and confident, she just owns her space, you know?

… I don’t know how to do that, half the time I feel like their shadow…

*(Callum exit Door. Sophie bowling.)*

~~I think sometimes they’re only friends with me because I don’t get in the way and because, I’m not a threat, I’m not competition… well… anyone’s going to look impressive compared to me.~~

**Sophie**

Tash! Concentrate! It’s your go!

**Tash**

Sorry, I…

***\*\*Boy*** *MUSIC CUE*

*Tash bowls*

Oh babe!

**Tash**

It didn’t go in the lanes this time.

**Sophie**

Can you film me, if I put our location, those guys from college might turn up, I know a few of them follow me.

**Tash**

Callum’s mate Tom keeps looking over. (*Gesture Tom, SR window corner)*

**Sophie**

Aww I know, he’s liked me for ages, bless.

**Tash**

He’s cute.

**Sophie**

Tash, he’s in our year. No.

**Tash**

Maybe you could set him up with me?

**Sophie**

I don’t think he knows who you are babes. Callum is such a flake.

**Tash**

He did say he wasn’t coming…

**Sophie**

I didn’t think he was being serious.

**Tash**

He’s got that meeting with the football scout about playing…

**Sophie**

He’s just too talented for his own good.

**Tash**

Actually Soph, I’ve got to go too.

**Sophie**

What?! Tash, you can’t leave me here on my own.

**Tash**

I have to be home by 8:30, I told you, I already have missed calls from my mum – it’s easier this way, if I go back when she says, she knows she can trust me.

**Sophie**

*(To herself)* All right, all right – I’ll go sit with Tom and that lot. (*To Tash)* I wouldn’t put you in this position, Tash. Hey Tom!

**Tash**

Bye then.

*Exit Sophie SR Screen Window*

**Tash**

*Put Black Box onto Red box*

She’s right what she said about me earlier, I am just fine… average. I get good grades but not amazing, I’m ok at sports but I would never make it onto any teams, I’m all right looking but not really pretty, I’m a normal size, my family are normal, everything is normal, everything should be fine. There is absolutely nothing wrong with my life… everything should be fine… but recently I’ve felt that things aren’t really fine… with me I mean. I’ve started to feel… I don’t know… down, no sad. I feel sad. All the time.

~~It started when the lockdowns were still happening, at first I hated not seeing my friends but when things started to open back up again, I felt really anxious. I didn’t want to see anyone, I’d start panicking at the thought of going out.~~

It’s like I’ve started to lose control of my emotions. We’ll be sitting at dinner, and I’ll suddenly get a lump in my throat and want to cry. Or I’ll get really angry with my parents for no reason. And it’s getting worse, now I don’t even feel like I want to cry or shout… extremes aren’t really my thing. It’s like it’s all inside now, screwed up, churning away, I can feel it sometimes here (stomach) or here (throat.) I’m not sure I could cry even if I wanted to, I’m not sure if I can even feel emotions anymore.

***\*\*Boy*** *music CUE*

*Her phone goes off*

I don’t know, I just want to *feel* something, anything, let the feeling out, you know…

*Her phone goes off again*

Yeh yeh yeh. I-

*Enter Sophie, voice-noting/filming.*

**Sophie**

Wish you were here! You are missing the best night!

**Tash**

Her life is perfect.

*Fun music, Sophie (& Callum as various) act this out*

4

3

2

1

*Swipe,*

She goes to all these gigs and festivals…

**Sophie**

Hey, it’s Sophie here, at Glastonbury, on my way to the main stage…

**Tash**

So, she meets loads of really fun people…

**Sophie (with someone from the audience)**

Found my tribe, smile!

**~~Tash~~**

*~~Swipe~~*

~~& she’s met famous people.~~

**~~Sophie~~ *~~(voice-noting)~~***

~~Tash, don’t freak out but I was out for a coffee and Harry Styles was there, and he asked for my number…~~

**Tash**

*Swipe*

& she looks way older since summer, she doesn’t get ID-ed so she can buy alcohol.

**Sophie**

*(with beer bottle)* Wish you were here! You are missing the best night *ever*!

*Music starts to warp, Sophie rewinds into position 1*

**Tash**

Her life is perfect!

*Swipe,*

She goes to all these gigs and festivals…

*Enter Sophie’s Dad in wellies and an awful hat*

**Sophie**

Dad, can you film me…

**Sophie’s Dad**

Quickly Sophie, I don’t want to spend the whole time doing your bloomin’ videos…

**Sophie**

I’ll be quick Dad, “Hey, it’s Sophie here, at Glastonbury, on my way to the main stage…”

**Sophie’s Dad**

We’re not going to the main stage, we’re going to see Fisherman’s Friends at the Avalon…

**Sophie**

I know Dad, it’s just for my video…

**Tash**

So, she meets loads of really fun people…

**Sophie** *to the audience*

Hey, can I just… erm, I’m just gonna do a quick post… Hey, it’s Sophie here, out with my tribe, smile guys!.. Sorry, thanks

**Sophie’s Dad**

Come on Sophie, you don’t even know those people!

**Sophie**

Dad, you’ve only filmed half my face, we’re going to have to do it again, and can you get the angle right…

**~~Tash~~**

*~~Swipe~~*

~~& she’s met famous people.~~

**~~Sophie~~ *~~(voice-noting)~~***

~~Tash, don’t freak out but I was out for a coffee and Harry Styles was there, and he asked for my number…~~

**Tash**

*Swipe*

& she looks way older since summer, so she doesn’t get ID-ed for alcohol.

*Sophie trying out different poses with beer can*

**Sophie’s Dad**

What are you doing with my beer, young lady?

*Takes it out of her hand, hands her a 1D mug*

**Sophie**

What! Mum lets me drink when I’m at hers.

**(Exiting) Sophie’s Dad**

Nonsense!

*Tash sits on high black box, back to back, Sophie sits on blue box.*

**Tash**

& now… best night ever! *Texting.* What’s going on?

**Sophie**

*Receives the message, gets out dressing gown from blue box and puts it on.*

Oh, it’s so much fun, those college guys showed up – they are hot! & they brought beer. *Sips out her 1D mug*

Dad! Is there any more hot chocolate?

**Sophie’s Dad (*Boy offstage*)**

Not for you!

*Mug into blue box*

**Tash**

Don’t you need to be at home soon?

**Sophie**

No curfew for me!

**Sophie’s Dad (*Boy offstage*)**

Light’s out soon Sophie…

**Tash**

Her Dad is so cool!

*Get down and move black box to Screen Window end Centre.*

**Sophie’s Dad (Boy)**

& leave that phone in the corridor please, you’re not to have it overnight…

**Soph**

Urgh, ok Dad *Texting* Gonna run out of battery, so I’m out for the night, fill you in Monday xx

*Exit Tash*

*Sophie moves red box to Screen Door end Centre. Leave green phone.*

TCT

S

**Sophie**

Ok, it’s outside! But what he doesn’t know is I have another one!

*Walk back SR to Black box. On her phone*

Hey, you still there?

*Enter Boy as online boy Tai & sit Red box with phone. Read out punctuation.*

**Tai**

Hey. Yeh.

**Sophie**

Sorry I went off the radar, it’s been the craziest few days at college. *Sends a selfie*

**Tai**

You look like you’re ready for bed.

**Sophie**

Had to give myself the night off… hungover

**Tai**

How old are you again?

**Sophie**

18. You?

**Tai**

Yeh. 18.

**Sophie**

But you’re not at college?

**Tai**

Got kicked out “Substance abuse!”

**Sophie**

Shouldn’t have got caught!

**Tai**

What about we hook up some time? You sound fun.

**Sophie**

Yeh, can I let you know once I’ve done this load of coursework.

**Tai**

Got some stuff that can help with that, keep you awake.

**Sophie**

??

**Tai**

Coke. Or got weed if you need to wind down. You’re a smoker right? I’m sure you said last time…

**Sophie**

Yes.

**Tai**

Let’s blaze together sometime. Get some beauty sleep and we’ll chat later. *(Beat)* X

*Exit Stage door, with phone.*

**Sophie**

*(Moves Black box next to red. Screen Door)*

OMG he just sent me kiss! Should I send one back? Maybe 3? Too much? Ok, Kiss kiss... Aubergine! No unsend! Unsend!

*Exit Screen Door \*\*CALLUM/SOPHIE CUE bus MUSIC*

**Bus Stop**

*Enter Callum with all bags (Screen window). Then Tash. Bus sound effect*

**Callum**

Hey Tash!

**Tash**

Hey Callum, have you been here long?

**Callum**

A few minutes. No sign of Soph – she’s going to miss it.

**Tash**

(*talking to bus driver.)* Sorry, it’s just our friend…

**Callum**

He’s not going to wait Tash, she’ll have to get the next one.

**Tash**

How did your try-out go?

**Callum**

Oh Tash, I don’t want to tempt fate or anything, but good – I think. He seemed super positive and… I don’t know, it’s cool! It’s driving my dad crazy!

**Tash**

Oh yeh, he’s not into your football is he? Just wants you to get into Cambridge!

**Callum**

I don’t see why I can’t do both!

***\*\*Sophie*** *Cue music, texts, Callum & Tash read the message.*

**Callum**

Sophie! She’s not coming in…

**Tash**

What? *Gets her phone out* ‘Missed the bus, guess I’ll have to take a day off… can you tell them my anxiety is really bad, haha! See you at the football match though…kisses’

*Callum laughs*

**Callum**

What? I didn’t know Sophie had anxiety.

**Tash**

She doesn’t, she voice-noted me last night to say she’s done none of the homework today, so I’m guessing she’s just trying to get out of trouble.

**Callum**

This whole taking a day off for your mental health – I don’t get it.

**Tash**

Some people really need it, some people in our year are actually depressed, you know some people are cutting themselves.

**Callum**

Some people are so weak… anyway, they’re only doing it because other people are.

**Tash**

I was actually looking up mental health stuff the other day – you know after that play we had…

**Callum**

That was so boring!

**Tash**

Here, look (hands him her phone)

**Callum**

This is all support groups.

**Tash**

No, wait a sec (takes back her phone), I got all these suggestions for profiles of people who are actually self-harming, here’s one…

**Callum**

Urgh, there’s pictures, that is grim.

**Tash**

Read the comments… it’s all people comparing scars or cuts…

**Callum**

What do the numbers mean?

**Tash**

They’re ratings.

**Callum**

Tash, why the hell were you looking at all of this?

**Tash**

I didn’t mean to, they just kept popping up…

*They get off the bus. Callum stops Tash.*

**Callum**

Tash, I wouldn’t talk to anyone else about this you know. It’s messed up. & I think everyone’s a bit sick of the whole ‘mental health’ thing.

**Tash**

At least they’d know who I am.

**Callum**

What are you on about, people know who you are – you’re Sophie’s best friend, how could they not. *Pause.* And I mean, you’re not bad yourself!

**Tash**

Good luck later, we’ll be cheering for you!

*Exit, Tash Screen Window, Callum Screen Door*

***\*\*Sophie*** *CUE MUSIC*

*Callum comes on & re-sets boxes and stands on blue box.*

**Commentary, pre-recorded**

And it is a great day for a game, the ground is good, the sun is shining and the linesman will be out shortly, walking the pitch. Not only is the first of the season, but it’s Callum Jones’ first match as the newly appointed captain, will he rise to the challenge? This is going to be an interesting match today, with some players already on suspension for misconduct last term…

*The girls enter (Sophie Door, Tash Window) are on the phone walking the lines of the pitch. They stop each time the commentator speaks.*

SOPHIE

TASH

**Tash**

Where are you, you’re going to be late?

**Sophie**

I’m sorry, I’m coming, I had to have a meeting with the head of year… I’m on report.

**Tash**

Well, you made it a whole term, that’s an improvement.

**Sophie**

Hmm.

**Tash**

Soph… can I chat to you about…

**Sophie**

Do you reckon Callum’s nervous?

**Tash**

Um…

**Sophie**

This must be such a big deal for him.

**Tash**

Yeh.

**Commentator**

*This is a big match for our school, we haven’t had a win against this team in over a year now, it’s imperative that the players are listening to each other and communicating effectively…*

**Sophie**

Are you all right? You sound a bit weird.

**Tash**

Well, um… actually…

**Sophie**

Oh wait! I knew there was a reason I called you…

**Commentator**

*That being said, there are some big players out there who are out to make this a fun and entertaining match…*

**Sophie**

I’ve been chatting to this guy.

**Tash**

Oh cool, from where?

**Sophie**

Hinge.

**Tash**

Soph!

**Commentator**

*But it could be dangerous for us, depending on what the other team have up their sleeve.*

**Sophie**

Oh Tash, don’t be so naïve, everyone does it.

**Tash**

All of these apps & chat’s, they’re all over 18, now why would someone over 18 want to talk to a 14-year-old, unless they’re some nonce.

**Sophie**

All the guys in our year are so immature.

**Commentator**

*The boys are in the tunnel now, preparing to come on. The anticipation in the air is palpable.*

**Tash**

Who is this person, what do you know about him? How do you know he is who he says he is?

**Sophie**

His social media & WhatsApp pics are all the same as his profile. He’s really nice! He was at the local college.

**Tash**

Soph, that doesn’t mean anything… Wait - was?

**Sophie**

Wait, what did you want to talk about

**Commentator**

*Avoidance and redirection, it’s a tactic that the team have been working on under Jones’ captaincy, let’s hope it works!*

**Tash**

Oh, um, it’s nothing major, I’ve just been… Oh God Soph, I don’t know what it is really…

**Sophie**

Huh?

**Tash**

Wait, are you nearly here.

**Commentator**

*And they are coming onto the pitch.*

*Callum runs off Screen Window.*

**Sophie**

Tash, I can’t hear you!

**Tash**

Are you here? Soph?

**Sophie**

I can see you!

*She waves and squeezes in to sit next to Tash, both centre on Blue Block, focusing on Screen Door.*

**Commentator**

*The crowd goes wild as Callum Jones, the new captain walks out onto the pitch.*

**Sophie**

Oh my God, there he is! Woo! Go Callum! Oi!

**Tash**

Soph, he can’t hear you!

**Sophie**

Woo! *(To person next to her)* We’re he’s best friends.

*Whistle*

**Commentator**

And they are off, Callum Jones making a swift & stylish pass down to teammate, Tom Judd, and Jones is off, scaling the pitch like a pro, look at him go.

**Tash**

Callum is really fast isn’t he!

**Sophie**

What… What is that they’re chanting?

**Tash**

Callum Jones, Callum Jones

It’s the pitch that he owns

**Sophie**

So many girls are going to fancy him after this match!

**Commentator**

Over to Jones now, heads it back to Judd, across now to Morris, back to Jones, Judd, Jones and brilliant pass, cleared by the opposition keeper, Jones is back in possession, he takes a shot… and I don’t believe it! Callum Jones has scored! I don’t believe it! Callum Jones has scored in the first 3 minutes of the game…

**Sophie & Tash**

*Focus Screen Window*

*Chant*

*Mexican wave*

**Commentator**

Humble as ever, no flashy celebration as Callum calls for his players to get their heads back in the game… Jones’ focus as ever is unshakeable. And the other team gain possession, Everitt intercepts, over to Morris, who passes to Jones… oooh sliding tackle into Jones from the opposition there…

*Focus Screen door*

**Sophie** (over commentary)

Come on ref! He’s not allowed to do that! Use your eyes ref!

**Commentator**

He is down, that was a nasty tackle there by the other player, referee has called a stop and… yes… it’s a red card!

**Sophie**

About time!

**Tash**

Soph, Callum’s not getting up.

**Commentator**

And it seems that Callum Jones is still down, he seems to be in a lot of pain**…** even that red card can’t make up for the fact that Callum Jones seems to have done some serious damage to his ankle.

**Sophie**

They’re bringing on a stretcher… Tash, do you think it’s serious?

**Tash**

Come on.

*Both exit, SL Screen Door.*

*Enter Callum on crutches Screen Window. Nurse (Tash) enters Screen Door and moves the black box as a foot rest for Callum.*

**Nurse**

You all right love?

**Callum**

Yeh

**Nurse**

You’ve got some friends here to see you, shall I show them in?

**Callum**

Sure

*Nurse Exit*

Lads.

*Enter Rob in school football shirt, Clock Door.*

**Rob**

All right mate! I bought you some flowers, (*middle finger*) haha!

**Callum**

Cheers man! Seriously Rob, you didn’t need to come.

**Rob**

We were meant to be the whole team, but people dropped out, everyone’s busy, you know how it is.

**Callum**

Yeh yeh*. (Awkward silence)* So how did we do… in the match?

**Rob**

Thrashed mate. They annihilated us.

**Callum**

Shame. *Silence* And, um, whose taking over as captain?

**Rob**

Um…

*Enter Tom in school football shirt.*

**Tom**

All right mate! Has Roberto passed on the happy news?

**Callum**

Not yet.

**Tom**

I’m taking over as captain!

**Callum**

Aah, congratulations mate!

**Tom**

I mean, no hard feelings or anything, but I guess they figured you’d be out for a while.

**Callum**

Yeh.

*Silence*

**Rob**

Any idea exactly how…

**Callum**

At the moment, even with the physio, the doctors say it’s unlikely I’ll be able to play again, not on a team anyway and I’ll never get back to the level I was. No chance of that professional contract coming through.

**Rob**

That’s, um, I’m sorry man.

**Tom**

Ah mate, swift career change eh? How about becoming a bin man?!

**Callum**

I don’t really want to think about it at the moment.

**Tom**

That’s right mate, chin up.

Is, er, Soph here? Thought we might bump into her.

**Rob**

Yeh and that other one, what’s her name, follows her around like…

**Callum**

Tash. Yeh, they’ve been in.

**Tom**

Bet that was good, girls are good at dealing with that kinda stuff, we’re just here to cheer you up, am I right!

**Callum**

Tash seemed off and Sophie was just making a huge deal of the whole thing…

**Tom**

Haha! You’re a bloke, girls just don’t get that we don’t lose it over a twisted ankle.

**Callum**

Broken. In 3 places. And a torn ACL.

*Silence*

I don’t feel anything.

**Rob**

Well you’re on loads of painkillers aren’t you…

**Callum**

No mate, Rob, I don’t feel anything.

**Rob**

That’s the best way to be mate, can’t get hung up on stuff you can’t change. Don’t even think about it.

**Tom**

Yeh, we’ve got to go, we’ve got practise. Good to see you mate. Don’t get too depressed!!

**Callum**

Yeh, see ya.

*Exit Screen Door, As they leave*

**Tom**

Well that was depressing.

**Rob**

Shut-up…

**Rob**

Listen if you want to talk… *(interrupted by nurse)* never mind

*Enter Nurse, Screen Door*

*Moves red box, then black box, Lays out sheet.*

**Nurse**

That must have been nice to see your friends.

**Callum**

Yeh I suppose.

*Callum walks off on crutches, screen Window.*

**Nurse**

You’ll get used to those. Are you all right love?

**Callum**

Yes.

*Exit nurse, screen door.*

***\*\*Sophie*** *CUE MUSIC*

*Sound effect of an alarm clock sounds.*

*Sophie enters screen door, slams her hand down on blue box and lies down on all the boxes.*

*Track 1 : Radio intro into Smile*

*Enter Callum in dressing gown with football, Screen Window. As Sophie stirs, he puts the football in red box. Exit Screen Door.*

*(Overlap) Enter Tash Screen Door. She looks at herself in the mirror, she rolls down the sleeves. Exits Screen Window.*

*Sophie wakes up, smears make up down her face*

*During her monologue, Tash pre-sets blocks:*

**Tash**

Things were different after that – he never talked about it, but the injury changed Callum. He stopped playing football, & lost all his motivation, even his grades started slipping towards the end of the year. Year 9 finished – we hardly saw each other over the summer holidays - our group just kind of dissolved.

Sophie spent her whole summer with Tai, you know, that guy she’d been chatting to online - he did turn out to be who he said he was so I guess she’s not in danger but, I don’t know – she with him & his friends all the time now – she likes the fact that they’re older and can drink and smoke… And I’m pretty sure they’re into other stuff too.

I wouldn’t really know, I’ve hardly spoken to her.

So, I’m kind of on my own now. And without them, I’m literally no one.

They don’t even know…

**Sophie**

Hello! You were miles away!

**Tash**

Oh yeh, where were you today… and yesterday? Summer holidays are over you know!

**Sophie**

Er, yes, thank you! I was sick.

**Tash**

So… hungover.

**Sophie**

*Laughing* Oh Tash, don’t be such a baby.

**Tash**

I know you say grades aren’t that important to you, but you don’t want to screw your life up. GCSE’s are next year!

**Sophie**

Even if I work hard I don’t get good grades. Look, it’s not a big deal, I just had a pretty heavy weekend! We ended up hanging out at one of Tai’s friends’ houses – he has this shed & his parents are never there so we can do whatever we like.

**Tash**

Drugs?

**Sophie**

Not drugs drugs, sometimes we’ll sniff poppers or aerosols, or noss, but that’s not serious.

**Tash**

Noss – Sophie, they’re dangerous.

**Sophie**

Tash they’re fine – anyway, I hardly had any because we were all sharing – it didn’t do anything bad this time, just made everything go a bit floaty. I am feeling rough today and oh my god I forgot, one of the guys chundered!

**Tash**

So, it wasn’t fine. Look, just promise me you won’t do anything stronger ok?

**Sophie**

I mean, don’t get mad, but I did try weed – I smoke anyway so it seemed ok to just try the next step.

**Tash**

Sophie!

**Sophie**

It’s weed Tash, drugs are only really serious if it’s like coke or heroin – I’d never put anything up my nose or inject – that’s gross!

**Tash**

You used to say that you’d never do drugs full stop & now you’re smoking cannabis!

**Sophie**

Tash, don’t be so overdramatic! It hasn’t changed anything about me has it?

**Tash**

Well yes, actually…

**Sophie**

Coming from you!

**Tash**

What?

**Sophie**

Do you want to do this now?

**Tash**

What?

**Sophie**

Well, I didn’t want to say anything, but you used to be really sweet and now it’s like you’re not ever here.

**Tash**

I’ve just had some stuff that I’ve been dealing with, and I have tried…

**Sophie**

Stuff? What kind of ‘stuff’ could you possibly be ‘dealing’ with Tash? You have no idea how difficult it is being the fun one all the time. Look I don’t mean to be mean, but there is nothing dark or complicated about your life.

**Tash**

I’ve been cutting myself.

**Sophie**

Tash, that’s not funny.

**Tash**

I’m cutting myself.

**Sophie**

What?

**Tash**

I tried to tell you.

**Sophie**

Tash, this is so not you. I never had you down as this much of an attention seeker!

**Tash**

This is not about wanting attention. I’m only telling you because you’re supposed to be my best friend. It’s not a big deal.

**Sophie**

Are you trying to kill yourself?

**Tash**

I’m not. I’m really not. That’s not what this is about.

**Sophie**

It all makes sense now, covering up your body, and changing in the loos after P.E…

**Tash**

I didn’t think you’d noticed that stuff…

**Sophie**

I can’t get my head round this – are you depressed?

**Tash**

I don’t know…

**Sophie**

You can’t be depressed. Nothing’s happened – your parents are still together, no one’s died, it’s not like you’re going to fail your GCSE’s, like me. This is something mental people do, like people who’ve been abused or something. So why would someone like you with your perfect life need to do it?

**Tash**

Well, I don’t know, when I started, I thought I’d feel this huge relief. & I suppose I did for a second, but then it goes away, and I’m left with an empty feeling, and I want to cut again. It’s like, once I started I couldn’t stop… that makes me sound like I’m out of control, I’m not… I could stop if I wanted… I could…

*Silence*

**Sophie**

What if something went wrong?

**Tash**

Like what?

**Sophie**

Like if you hit an artery or a vein or whatever those things are…

**Tash**

I know what I’m doing.

**Sophie**

You can’t know what you’re doing with something like this Tash. You just can’t. Do you think you should tell someone?

**Tash**

I’m telling you.

**Sophie**

I mean, like your mum or something…

**Tash**

My Mum?

**Sophie**

Well, if anything happened to you, and I was the only one who knew, I couldn’t live with myself.

**Tash**

I can’t believe you’re making this about you!

**Sophie**

I’m not! If you injured yourself, or I dunno, died, I would feel like it was my fault.

**Tash**

*Your* fault, *your* responsibility, for once in your life, this isn’t about you. These are my feelings.

Can’t you see that if anyone else knew, it would ruin everything for me…

If anyone finds out about this, I would never be able to trust you again. Our friendship would be over.

*Moment, Sophie shrugs.*

*Tash walks past Sophie, off Door Window.*

*Sophie stands there. She goes to leave, & turns back to look at the direction Tash left in. This happens several times. She pulls her phone out and deliberates. She dials a number. Exit SL Clock Door*

**~~Sophie~~**

~~Hi, is that Tash’s mum… Hey, it’s Sophie… yeh, I’m good, look, I need to talk to you about something.~~

*Enter Callum (Screen Door). Gets football out the red box. Places it red box side centre. Goes to kick.*

**Callum**

This used to be so easy for me, so natural, like walking, like breathing. It’s not just about kicking a football around; it was the thing I did to chill out, a break from being this perfect student, and I was part of a team. I was the leader of that team. They were my friends. I hardly see them now & even when I do, I’m not really part of it; they’ve only invited me for a kick-a-bout because they feel sorry for me. Maybe if I was a girl, I could cry, or I’d talk about it with my friends. I’d tell them how shit this feels, how I am sad, how I am gutted, how it’s changed the way I look at myself and my life. It’s not like I was the next Harry Kane, it’s not even about ‘the football,’ it’s that I’m not even allowed to feel sad about it. Everyone just keeps telling me that I’m dealing with it really well because I just keep going, or that I just need to keep my chin up or put on a brave face. But I don’t want to, I want to…

**Rob** *from offstage Screen Door*

Just kick theball Callum, it’s only a kickabout.

*He walks off Screen Window*

**Tom** (Screen Window)

You have seriously lost your touch.

D

M

C

*Mum puts football in red box and it, Dad brings black box, closing in on Callum. Callum pulls in blue box.*

**Callum Mum**

Callum! Callum, can you come and lay the table please.

**Callum**

You don’t need to shout at me.

**Callum’s Mum**

Good day darling?

**Callum**

Fine.

**Callum’s Mum**

Did you speak to Mr Williams about trying out for the football team again?

**Callum**

You know my ankle’s not up to it Mum.

**Callum’s Mum**

All right darling, you know what’s best. You’re good at so many other things. You just need to do things that make you happy.

**Callum**

Ok.

**Callum’s Dad**

Callum, Did you speak to Mr Williams about trying out for the football team again?

**Callum**

My ankle…

**Callum’s Dad**

This ankle is becoming a crutch, a bit of an excuse. You’ll never know unless you try. Not that giving up is necessarily a bad thing, always thought you spent too much time playing football, it’s not like you were going to do it professionally! My son, a professional footballer! Hah! It distracted you from your schoolwork… Speaking of which, what’s this about your average grade going down to a 6.

**Callum’s Mum**

Do we have to do this now?

**Callum’s Dad**

Can’t blame that on your ankle can you.

**Callum’s Mum**

You know it’s affected him…

**Callum**

Mum!

**Callum’s Dad**

No need to get emotional about it.

**Callum’s Mum**

It *is* emotional… imagine if you were forced to stop doing the thing you love because of a stupid injury, it would make you sad, can’t you see that your son is sad, and he’s allowed to be.

**Callum**

I’m not sad.

**Callum’s Dad**

Of course you’re not. He knows he just has to get on with it.

**Callum**

I’m not sad, I’m angry.

**Callum’s Dad**

Waste of time being emotional about things. So, your “big football career” is over, you’re not going to get into Oxford or Cambridge with 6’s.

*Callum flips over blue block lid, storms off Screen window. Callum’s Mum follows*

*Callum’s Dad rotates to blue box, takes of jacket and puts on scarf. Clears up blue box lid. Enter Tash SL Screen Window.*

**Tash’s Mum**

Tash, there’s something we have to talk about.

**Tash**

What?

**Tash’s Mum**

Tash. Sophie called me.

**Tash**

*Pause* What abo…

**Tash’s Mum**

You know what about. *Tash doesn’t say anything.* I’m not angry Tash, I’m not disappointed, I’m concerned that you didn’t feel that you could talk to me. I’m sad that you feel like this.

**Tash**

Does Dad know?

**Tash’s Mum**

Yeh he knows, He feels the same, we’re just really really worried darling, and we want to get you the help you need.

**Tash**

I don’t need help.

**Tash’s Mum**

Just someone to talk to…

**Tash**

Jesus, I don’t need help, I don’t need someone to talk to, I’m not crazy. I can’t believe Sophie has done this, she’s ruined my life.

**Tash’s Mum**

I only hope in time that you won’t feel like that, I am so glad she told us, she could have saved your life.

**Tash**

I wish everyone would stop acting like I’m suicidal. This is just how I express myself.

**Tash’s Mum**

But there are healthier ways of expressing yourself than cutting yourself.

**Tash**

I will never forgive Sophie for this.

*Enter Therapist (SL Screen Window), look between Therapist & Mum. Exit Mum SL screen Window*

1st session, IRL

**Therapist**

Natasha, do you want to come in?

**Tash**

Can you call me Tash, please?

**Therapist**

Tash, cup of tea, coffee…

**Tash**

I’m fine, thanks. I still don’t feel like I need to talk to someone about this. It’s under control.

**Therapist**

That’s fine, there’s no pressure to talk…

**Tash**

As in, I’m not mental, and I don’t want to sit here and ‘talk about my feelings.’

**Therapist**

Fine. What do you want to talk about?

**Tash**

What?

**Therapist**

You don’t have to talk about feelings, but you can talk about something else? What do you like talking about? What’s your favourite subject?

**Tash**

Erm… maths I guess. I’m not as good as Callum, but I’m not bad!

**Therapist**

Whose Callum?

**Tash**

One of my best friends – he’s the smartest guy in our year, they’re already talking about Oxford or Cambridge or something…

**Therapist**

Are you thinking about uni’s…

2nd Session – on phone

**Tash**

It didn’t happen immediately… Look I really don’t this and I really don’t need to talk to you.

**Therapist**

You don’t have to. But you can talk about something else – something that’s important to you…

**Tash** *(Corner)*

I didn’t make it easy for him…

3rd session – IRL

Look, I know what you’re doing, I know your little therapist tricks, to try and make me ‘open up and express myself…’

**Therapist**

I don’t need to trick you into talking Tash – if you want to talk, talk, if you don’t, don’t.

**Tash**

*(Therapist sits on blue box. Tash circles)*

But after a while, it was about the third session, without thinking about it, I found myself talking, about things I hadn’t even thought I had feelings about…

3rd Session – video call

**Therapist**

Your friends sound like a big part of your life.

**Tash**

Half the time I feel like their shadow…

**Therapist**

What makes you say that?

**Tash**

It’s just things people say: “you’re just fine…” “I don’t think he even knows who you are babes” … no, people know who I am – I’m Sophie’s best friend.

**Therapist**

First things first, I want you to know that what you’re going through is not something you need to struggle with on your own. 1 in 4 adults will struggle with a mental health condition in their lifetime, so although it may feel like you’re on your own, you’re really not, a lot of people will be able to relate and understand what you’re going through.

**Tash**

So what you’re saying is, I’m “normal.”

**Therapist**

What do you mean, normal?

**Tash**

There’s nothing special about what I’m going through. I’m just normal.

**Therapist**

What do you think normal is, Tash? Who is normal? What is normal?

**Tash**

Me, normal family, normal abilities, normal looking, I’m just so ordinary.

*(Sits on blue box)*

**Therapist**

Just because you have what people would view as a ‘normal’ life, does not mean you don’t have the right to feel how you’re feeling. You are struggling with extreme emotions… it’s just the way you feel, and no one else is in charge of that except for you. I would forget normal for now, no one’s normal, we are all extraordinary… *(Exit Screen window.)*

**Tash**

*(Stands on blue box)*

As the sessions went on, I found the talking therapy really started to help. Up until that point, I felt I had been expressing myself by cutting, but actually, I was still bottling them up, that’s why the cutting was never enough, why I never really felt a relief, or a release, and why I felt like I needed to cut again. But when I talked about how I had been feeling, it was like turning on a tap and letting all the feelings rush out. I felt the release that I had been looking for the whole time I had been cutting myself.

*Enter Therapist, Screen window, with 2 mugs.*

**Therapist**

The thing to remember is that everyone has mental health. In the same way we have physical health. I mean, think how often you get a cold, or a bit of a headache, or the flu… mental health is exactly the same. Now because you’re feeling a bit sad or really stressed or anxious is not to say that you’ve got a mental illness but emotionally you are feeling a bit under the weather & you should deal with it in the same way as if you’re feeling ill. So if you were feeling a bit poorly, what would you do?

**Tash**

Mum always makes me have an early night with a hot water bottle!

**Therapist**

My Mum always made me a cup of tea – tea solves everything according to her! But they’re right – because –like a cough or a cold - sometimes things can get worse. If you had a cold and it turned into a chest infection, where would you go?

**Tash**

To the doctor.

*Therapist & Tash start to reset the boxes. Tash moves blue onto black, and red next to black.*

**Therapist**

Exactly, and it is important that the same should happen with mental health… as soon as it’s something that can’t be cured with a cup of tea or a hot water bottle, or it’s out of your control, it would be a good idea to hand over to the professionals.

*Therapist exits*

*Tash’s phone rings*

*Enter Sophie, on the phone. SL Screen Window*

*Tash hangs up, exits music side*

*Enter Callum SR Screen Window*

**Callum**

Tash still not talking to you then?

**Sophie**

Callum? God Callum, you look awful, no offence!

**Callum**

I’m fine. How are you?

**Sophie**

Oh, you know me, same old same old really. I know things have been all over the place with mocks and stuff, but I’ve hardly seen you.

**Callum**

None of us have seen each other, the group hasn’t been a group for ages, you know that.

*Silence*

**Sophie**

It’s the worst thing I ever did, telling her Mum.

**Callum**

You don’t know that.

**Sophie**

I’ve lost my best friend forever, if I could take it back I would.

**Callum**

You don’t know what would have happened if you didn’t tell her.

**Sophie**

Right now, it feels like the worst mistake I’ve ever made. Anyway, what’s going on with you, I heard you didn’t turn up to half your mocks, what’s up with that? ~~You know they’ll defer you if they think you’re going to fail everything?~~

**Callum**

I don’t even care anymore.

**Sophie**

I thought you wanted to go to Oxford.

**Callum**

My Dad wanted me to go to Oxford.

**Sophie**

And I heard you got into some fight?

**Callum**

I just jumped in on one, some of the football guys got into a fight with that rival team.

**Sophie**

You could’ve got hurt.

**Callum**

I already got hurt – doesn’t matter if I get injured.

**Sophie**

But it wasn’t your fight. It’s not like those guys have been there for you. It’s like you deliberately got involved, just so you could get hurt.

*Callum doesn’t say anything.*

**Sophie**

Did you Callum? You know, all of this self-harm thing with Tash, it really has made me think. She was cutting herself, but is that really any different from what you’re doing? Getting into fights, failing your exams, the only person it’s hurting is you. Self. Harm.

**Callum**

So’s taking drugs and meeting strangers online.

**Sophie**

That’s being a teenager, you should try it sometime. What you’re doing is dangerous, it could affect the rest of your life…

**Callum**

What are you going to do? Ring my mum?

**Sophie**

~~You know what I did that.~~ *Callum starts to leave.* Well hold on, I miss you guys, will I see you next week, we’re finding out mocks results.

**Callum**

Probably. Maybe. I don’t know.

*Exit* ***Callum*** *Screen Door, \*\*cue music*

*Tash crosses from Screen Door with her results, moves black box, open results.*

*Sophie moves red box, takes out an envelope Red Box. She opens it. She sits down. Tash loops round box.*

**Tash**

Hey.

*Sophie looks up surprised.*

**Sophie**

Hey.

**Tash**

How did you do?

**Sophie**

Er, erm… not great, not surprising. I wouldn’t be living up to my reputation if I didn’t. How about you?

**Tash**

Yeh, all right. Pretty good across the board.

**Sophie**

And a couple of years ago, Callum would have been sitting here with 9’s. Things have changed so much. Look, Tash, I’m so sorry…

**Tash**

Soph, please don’t…

**Sophie**

No, just let me, & I’ll then I’ll shut up forever… maybe. I have regretted it ever since I told your mum, it was the worst thing I ever did…

**Tash**

Actually, it wasn’t.

**Sophie**

Huh?

**Tash**

Look, I’m not gonna stand here and say I’ve forgiven you, and I’m not going to pretend that it didn’t feel like a betrayal, but I don’t think it was wrong. & I think if it had been the other way round, I would have done the same.

**Sophie**

Are you still…

**Tash**

No, sometimes it crosses my mind, things like that don’t just go away, but the talking therapy has really helped.

**Sophie**

So, what was it? Like depression?

**Tash**

I don’t think it’s as black and white as that. I was sick though and because of you, I went to the doctors and got help. Maybe if we’d done the same for Callum, he wouldn’t be where he is now.

**Sophie**

What? What’s happened?

**Tash**

Didn’t you hear? He failed his mocks and got called into the Principal’s office for a chat. He freaked out and basically started flipping tables. They had to call an ambulance. They’re saying he had a really severe panic attack.

**Sophie**

What? I saw him the other day? He seemed fine. Why he didn’t he tell someone how he was feeling?

**Tash**

I don’t know. No one had any idea it was that bad. He didn’t speak to anyone.

**Sophie**

~~Guys don’t really do they.~~

God, who would have thought we were such a bunch of head cases! And who’d have thought I would be the only sane one of the group! ~~I mean, I just haven’t had to deal with mental health, have I really.~~

**~~Tash~~**

~~Sophie, you do realise everyone has mental health.~~

**~~Sophie~~**

~~But I’ve never had a self-harm issue, like cutting myself, or a breakdown or anything.~~

*Silence*

**Tash**

Look, what are you doing now? Do you want to go grab a coffee or something?

**Sophie**

Ah, I’d love to but I’m meeting Tai and all that lot.

**Tash**

Are you still doing all that?

**Sophie**

I need something to take my mind off these results.

**~~Tash~~**

~~They’re just mocks.~~

**~~Sophie~~**

~~Yeh but …~~

But I’ll see you later yeh?

**Tash**

Yeh.

*Sophie exits Screen Door.*

*Tash stands for a moment. Exits Screen Window.*

***\*\*Callum*** *CUE MUSIC*

*Bows*