



FOREVER FIFTEEN

RISE, REBUILD, RESHAPE

**RESOURCE PACK &
SIGNPOSTING**

MISSION

**PREVENT KNIFE CARRYING
BEHAVIOURS**

**MINIMISING VIOLENCE, HARM
AND KNIFE-RELATED DEATHS**

**INCREASING COMMUNITY
SAFETY & RESILIENCE**

OUTCOMES

**INCREASE ACCESS TO
HIGH QUALITY CREATIVE
EXPERIENCES**

**REALISE OWN
PERSONAL AGENCY
& RESPONSIBILITY**

**INCREASED
PERCEPTIONS OF
COMMUNITY SAFETY**

**INCREASED CONFIDENCE & TOOLS
FOR BEHAVIOUR CHANGE**

**MYTH BUSTING AROUND KNIFE-
CARRYING PROVIDING PROTECTION**

WHAT'S THE PROJECT?

Alfie Forever 15 is a bold, trauma-informed arts project, co-created with the family & friends of Alfie Lewis. In partnership with West Yorkshire Police, WYCA, mental health & education specialists. Using documentary theatre, music, and video projection, the show takes students through the words and stories of real people affected by knife crime, leaving them with a message of hope that safer communities are possible.

WHO'S ALFIE?

Alfie Lewis was a 15-year-old, a young lad, a beautiful boy described as 'The life and soul, a cheeky chappy who would light up a room'; he loved football, singing, rapping, and had his whole life ahead of him. Tragically, Alfie lost his life to knife crime in 2023, leaving behind devastated family, friends and community. Mechelle Lewis, Alfie's aunt, has been campaigning that his death must mark a turning point in the fight against serious youth violence.

HOW IS THIS TRAUMA-INFORMED?

This show explores some difficult themes, and we understand that our audience, both students and teachers, could have lived experiences of trauma. The team have worked with a psychologist and had trauma-informed training, with the aim of creating a show that transforms, rather than overwhelms. We have prioritised safety, predictability, agency (choices), dignity, containment and reflection. We want this play to lead to positive behaviour change, and therefore it's important that we have thought about how we can reduce the risk of harm.

This pack includes guidance for before the show, during the show, and after the show, and the information within it can be shared with students, teachers and parents.

BEFORE & DURING THE SHOW

TRIGGER WARNING

A quick heads-up: this show includes themes of:

- stabbing
- death & grief
- social media reactions to violence.

People can react in different ways, all of those reactions are valid and part of processing the information. Some may feel upset, some go quiet, some may laugh, some may feel irritated, some feel numb. All of these reactions are normal and accepted.

GROUNDING TIPS

If you need a moment to regulate your emotions the following tips will help:

- You can look down, focus on your feet on the floor and take a slow breath in and a slow breath out.
- You can look at the exit sign or the door.
- You can step out of the performance area at any point, that's okay, a school staff member will be able to accompany you. You can rejoin when you feel ready.

This story is powerful. Our aim isn't to scare you, it's to help you make sense of why these things happen and how people find safer choices.

AFTER THE SHOW- A QUICK NOTE FOR STUDENTS

You've just watched a powerful performance. It's completely normal to have different reactions.

You might feel:

- Upset or emotional
- Quiet or thoughtful
- Angry or frustrated
- Shocked or unsettled
- Numb or like it didn't affect you
- Like laughing at moments that felt intense

All of these reactions can be normal. Everyone's brain and body respond differently to strong material.

If you feel unsettled, you can try:

- Putting both feet on the floor and taking a slow breath out
- Looking around and naming 3 things you can see
- Talking to someone you trust
- Going for a short walk or getting some fresh air
- Writing down what you're thinking instead of keeping it in your head

If something in the show connects to your own life or worries you, you do not have to deal with that alone.

You can speak to:

- A teacher you trust
- Your school's safeguarding lead or pastoral team
- A parent or carer
- A school counsellor (if available)

The aim of the performance was not to scare you, but to help you think, reflect, and make safe choices. Your reaction matters – and support is available if you need it.

POST-SHOW GUIDANCE FOR TEACHERS & STAFF

This performance may evoke a range of emotional and behavioural responses from students. Variation in reaction is expected and normal.

Understanding the Window of Tolerance - The 'Window of Tolerance' describes the zone in which a young person can feel emotion and think clearly at the same time.

- Within the window: students can reflect, discuss, and engage meaningfully.
- Above the window (hyperarousal): agitation, laughter at intense moments, anger, restlessness, disruption.
- Below the window (hypoarousal): withdrawal, shutdown, silence, numbness, disengagement.

Post-show behaviour is often a nervous system response rather than defiance. The aim is not to eliminate emotion, but to help students return to a regulated state where reflection is possible.

What You May Notice

- Quietness or withdrawal
- Increased humour or dismissive comments
- Heightened emotional responses
- Students requesting to leave or take a break
- Students appearing unusually unsettled later in the day

Trauma-Informed Support Strategies

- Normalise: 'People react differently to strong material – that's okay.'
- Avoid public confrontation or shaming language.
- Offer choice: 'Would you like a few minutes outside?'
- Check in privately rather than in front of peers.
- Use calm tone and predictable structure.

Simple Grounding Techniques (Whole-Class or Individual)

- Invite students to put both feet on the floor and take a slow breath out.
- Ask them to notice three things they can see in the room.
- Encourage a brief stretch or movement break.
- Allow a short quiet reflection period before discussion.

ORGANISATIONS & SUPPORT SERVICES



KOOTH

Kooth online counselling is a free, safe and anonymous service for 11 to 18 year olds, where young people can chat one-to-one with counsellors, access self-help articles 24/7 and connect with peers through live moderated forums. www.kooth.com



HEARTBROKEN

Knife Crime Prevention & Victim Support. heartspoken.co.uk



FEARLESS

Knife Crime Information & Anonymous Reporting
www.crimestoppers-uk.org/fearless



ST GILES TRUST

St Giles Trust - Early intervention, One-to-One Mentoring & Support
www.stgilestrust.org.uk/what-we-do/knife-crime



LEEDS CAMHS

Leeds CAMHS crisis call line is available to all children and young people living in Leeds and adults who are concerned about a child or young person. Phone: 0800 953 0505 or 111



YOUTH ASSOCIATION

Yorkshire youth work charity. www.youth-association.org



VICTIM SUPPORT

Lots of young people are affected by crime. It can feel like you're all alone but you're not. There are lots of ways you can cope with the effects of crime and lots of people that can help you in whatever you chose to do. www.victimsupport.org.uk/you-co/support-and-next-steps/



CUT SHORT

Educational Knife Crime Documentary for Young People & Teaching Resource. www.tell.studio/cutshort



STREETDOCTORS

Training young people in the physical and psychological consequences of violence. www.streetdoctors.org



SAMARITANS

Call 116 123 if you are in emotional distress. www.samaritans.org/branches/leeds/



SAMM NATIONAL

Support After Murder and Manslaughter. SAMM provides a wide range of peer support services to people bereaved by murder and manslaughter. hamm.org.uk. Helpline - call 0121 472 2912 text 07342888570



EMBRACE

Supporting child victims of crime. www.embracecvoc.org.uk/help-support/



INVICTUS WELL-BEING

Mental health support for children & young people in West Yorkshire. www.invictuswellbeing.com

REDBOBBLE ARTS

RedBobble Arts is a women-led, neurodiverse theatre company based in Leeds, specialising in live performance, multi arts projects and community wellbeing. We harness the transformative power of the arts for social change, self-expression, personal growth, and healing.

Our expertise also includes community engagement, education, and mental health, by creating safe, trauma informed spaces for children, young people and adults facing adversity. Our partners include statutory organisations including NHS, West Yorkshire Combined Authority & West Yorkshire Police. We also work with voluntary, community and social enterprise sector organisations including Bradford City of Culture 2025, The King's Trust & SELFA. We have worked with theatres including The Lowry and Oldham Coliseum and our Associate Artist Rachel Munro-Fawcett recently received the Portrait of Britain award for RedBobble Arts production Athena.

RedBobble aligns with the National Centre for Creative Health Strategy and the Arts Council priorities, ensuring programmes are evidence-based, follow best practice and use robust evaluation methodology.

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