

Ottawa Fringe Festival 2026

Content Notes

4.5 Stars or Things I've Learned While Dating in My 20s

Sexual Content: There are references to sex and physical intimacy throughout the show.

Audience Participation: There are verbal prompts but no one is called on individually without consent.

Mature Language: There are curse words present in the piece.

A Cabaret of Legends

Violence: The history of black women and the domestic violence they disproportionately suffer is discussed.

Mental Health: Addiction and bipolar disorder are discussed.

Mature Language: The cabaret is partially improvised, so course language is always possible, though none is scripted.

Bright or Flashing Lights: There are two instances of pulsing lights.

A Lesbian in the Kitchen—A Cosy Queer Baking Show

Smells (food or scent): Willow bakes cookies onstage during the show, filling the theatre with the smell of freshly baked chocolate chip and poppyseed cookies.

Audience Participation: Willow brings a member of the audience up on stage and teaches them (and everyone else!) a technique for doing a 6-stranded braid to make a traditional Jewish bread.

Mature Language & Sexual Content: Willow swears a few times throughout the show, and makes a handful of suggestive and lewd jokes. There is no nudity or explicit sexual content.

Mental Health Discussions & Other—Chronic Pain & Disability Themes: A core theme of the show is the ways Willow adapts traditional techniques and traditional "women's work" to her reality living as a modern lesbian with hEDS (a genetic connective tissue disorder that causes chronic pain and joint instability) and ADHD.

A Little Death

Violence: This show contains emotional and psychological abuse.

Other: This show contains infidelity, and controlling relationship dynamics, and alcohol use. Themes of

isolation, self-doubt, and emotional manipulation are explored in depth.

Sexual Content: It includes explicit sexual content and language.

Mature Language: Strong language throughout

Abrupt or Loud Sound: This show features live music at amplified volume, including bass-heavy instrumentation, rap, and vocal performance. Sudden loud sounds occur, including an aggressive voicemail outburst.

Flashing/Bright Lighting: This show uses dynamic lighting including pulsating, strobe-like effects during a climactic scene. The show also uses distinct color shifts throughout to represent different characters.

Atmospheric Effects: This show uses haze/fog effects throughout the performance.

A Seance Spectacular with the Mystical Medium Wolf Sisters from the Great White North

Audience Participation: Optional Audience Participation during seance.

Sound: Creepy Soundscape.

Bright or Flashing Lights: Changing ghostly lights.

Aberration

Mature Language: "Shit", "Fuck", "Jesus Christ" and "Goddamn" all used multiple times, sometimes towards another character. Gendered insults and general bigoted attitudes (misogyny/ableism) are expressed.

Weapons: An axe used as a weapon features prominently in the show, and is used to kill people. Actual violence is offstage or in blackout, but the sound cues are graphic.

Violence or Fighting: This violence is not shown onstage but is at times described graphically, and with evocative sound cues. Multiple characters are slapped. There are verbal arguments and intimidation.

Abuse: A variety of abusive dynamics are a core part of the show, include between parents/children and siblings. These dynamics include emotional and physical abuse depicted onstage. Past sexual abuse is discussed but not depicted. Underage marriage (17) is discussed.

Blood: Blood shown on people and as pools of blood on the floor. Blood is also licked or eaten.

Incest: Child sexual abuse by a family member is discussed but not depicted onstage. Covert incest/uncomfortable emotional enmeshment between family members is depicted onstage.

Aliya Kanani: A Comedian's Guide To Enlightenment

Mature Language and Sexual Content: There is occasional swearing during the performance and talk about sex. The occasional curse words are more for punctuation than they are for shock, and the sexual content is playful and fairly calm, but still worth noting.

Audience Participation: Is totally optional, the audience is asked to participate in parts of the show and can refuse at any point. No one is called out or called on to stage and all participation is meant to create an inclusive environment.

All Fall Down: An Improvised Murder Mystery

Abrupt or Loud Sounds: Loud sound effects like thunder or gunshots.

Mature Language: There is some swearing.

Argile Verte

Langage vulgaire: Le spectacle contient des sacres.

Références à du contenu sexuel: Il est mentionné que le personnage a des relations sexuelles.

Participation du public: Le conteur s'adressera au public directement. Le public sera invité à écrire sur un

bout de papier, à parler, ou à venir sur scène pour un court moment avec des instructions claires. Ce sera entièrement sur une base volontaire.

Santé mentale: Le spectacle parle de la perte d'un être cher, du deuil, de pensées suicidaires et de la dysphorie de genre.

Discussion d'abus de substances: Le spectacle parle d'abus d'alcool et de drogues médicinales.

AWOL: 2 Old Men Escape From A Care Home & Go To A Metal Festival

Mature Language: The "F" word is said a few times.

Mature Themes: There are references to drug use.

Lighting: Pulsing Light sequence, not flashing, more like a party.

Barry Potter and the Magic of Wizardry

Audience Participation: Some audience members are invited onto the stage to assist with magic spells.

Bright or Flashing Lights: There are two instances of pulsing lights.

BELT

Audience Participation: Minimal voluntary Audience Participation will occur such as asking the audience for

a suggestion at which point folks can choose to participate or not.

Black Fish

Other: This show is family-friendly, but it includes serious themes that may be difficult for younger children to fully understand.

Card Magic

Audience Participation: Two members of the audience will be invited to sit at the table with me for the duration as well as interaction with the rest of the audience throughout.

Mature Language: Cursing at moments.

Completely Forgettable

Other: There's a lot of grief, death and dying in the show.

Mental Health: There's mention of suicide, depression and anxiety.

Sexual Content: There is no nudity but there is mention of details about sex.

Abrupt or Loud Sounds: There is a loud scream early in the show.

Confidences et catastrophes

Il y a des bagarres et des gestes exagérés.

Une table est renversée.

Il y a une poursuite.

Un personnage se brûle.

La violence n'est pas réaliste.

Crabs! The Musical

Mature Language: Discussions of a sexual nature, references to violence.

Violence or Fighting: There is a song called "Murder party" describing violence committed by the eponymous crabs against the humans, there are multiple references to more violence committed throughout the other songs.

Sexual Content: There is a single off-stage sexual encounter that is referenced.

Flashing or Bright Lights: There will be a strobe light used at certain parts of the performance. Perhaps a handful of times throughout.

CRACKS: a one trans-woman dark comedy memoir

Other: LGBTQ+ Themes

Mental Health: The show covers trans identity, substance abuse, and suicidal ideation. They are all talked about with a lot of care for the audience.

Dimensions of Opacity

Other: This is an experimental co-created devised performance. The stage performance and audio experience are based on various creators and includes themes related to mental health, sexual content, and mature language. The audio experience may include loud noises.

Audience Participation: The audio of the performance will be accessible via audience devices (BYOD) or alternate text-based program. The performance has multiple audio tracks for individual audience members to select from throughout the show so that is why the show is labelled as audience participation. There will be no audience onstage during the show. During the pre-show and show opening, we will explain how to access the audio/website for the show and the audience can ask questions but that is for show setup.

Nudity, Mental Health, Sexual Content: There will be NO on-stage nudity or mature sexual themes. The guidelines to performers in the show is to have the on-stage performance appropriate for 14+. The audio may reference these topics and will have indicators.

Disarranged Marriage

Mature Language: Swearing is present (F-bombs, asshole, shit).

Violence or Fighting: Verbal fights have queerphobic implications and are potentially triggering.

Other: Queerphobic mother character. Use of microaggressions and controlling language and behavior. Lots of sudden tonal shifts and mood changes.

Dwarves & Dark Places

Violence or Fighting: We engage in clownish stage combat that involves swinging hammers at one another in a cartoonish manner, as well as one performer putting another in a Headlock. The action is meant to be funny (not dangerous or threatening) but does exist in our clown show.

Loud or Abrupt Noises: There are two instances of loud noises. The first is also abrupt and involves the sounds of rocks crumbling as a cave falls in on itself, and there is screaming and loud whaling noises (ghosts) at the same time, this happens about 1/3 of the way through the play (about 15 min). The second is not abrupt, but one character yells at another (during the fight described above). The fight with yelling happens near the end of the play (about 40 min in).

Gander Euphoria: A Pretty Gay Goose Play

Mature Language: Performers will be using coarse language such as fuck, shit, etc.

Audience Participation: Audience members will be addressed as a collective and individually throughout the show, this includes both prompts where the audience will stay seated as well as audience members joining performers on stage.

Violence or Fighting: Performers will engage in both verbal altercations and some physical violence, primarily in a very comedic way. This show also includes discussions of specific elements that audience members may find difficult including disarming tear gas, discussions of molotov cocktails, and discussion of police violence. These are all done in a very clown heavy and comedic tone but just so audience members are aware.

Sexual Content: Performers will use some sexually suggestive language and innuendos.

Flashing or Bright Lights: Performance may include some slow flashing lights to simulate a club environment.

Loud or Abrupt Noise: Performers will be yelling on occasion throughout the show.

HOME[sic]

Audience Participation: A character appears in the audience and interacts with those who are willing.

Haze: Light, non-toxic atmospheric haze is used.

Homecumming

Sexual Content: The show is about a woman who loses her orgasms and herself.

Mental Health and Mature Language: The play deals with themes of female sexuality, mental health (depression) and contains mature language.

Audience Participation: Optional call and response participation occurs throughout the show. Two volunteers will be handed prop flags and invited to participate in cheering from their seats.

How to Love a Fascist

TBD

I have a dream in Chinese

Other: This performance contains explicit references to racism and xenophobia, including verbal harassment and workplace discrimination experienced by the protagonist as a Chinese immigrant in Canada.

The play includes a dramatized interrogation scene depicting state coercion and political intimidation in China.

While there is no physical violence shown on stage, the psychological pressure and threats of detention may be distressing.

There are references to the COVID 19 pandemic, including illness, rising death toll statistics, and the death of Dr. Li Wenliang.

These moments address collective trauma, grief, and survivor's guilt connected to Wuhan during the early outbreak.

Mature Language: The script includes strong language in both English and Mandarin, including profanity used in moments of emotional intensity.

Inhuman Resources

Mental Health and Other Themes: Themes of social change, religion, suicide.

Other: A prop fish gets eaten alive by a character in the show. Depictions of drinking.

Smoking: Prop smoke (e-cigarettes).

InTouch: An Immersive Close-up Magic Show

Audience Participation: This show relies on audience interaction. The performer will invite guests to participate in magic effects. While participation is key to the experience, it is always conducted with respect for personal boundaries.

Physical Proximity: This is a close-up magic show; the performer will be working in close proximity to the audience. Some tricks may involve light physical contact.

Haze or Fog: There will be brief, minimal theatrical smoke/fog.

john jack josie - JUICE

Mental Health: There are mentions of suicide, depictions of depressive episodes, and mentions of unhealthy coping mechanisms.

Nudity: Consistent at every show, limited to above the waist only, not sexual in nature.

Audience Participation: There is a general ask to the audience, no one individual singled out.

Mature Language: Strong Language is present.

Joplin: Rock on Out

Other: Reference to drug use and overdose, mention of alcohol use, themes and discussion around bullying and sexism.

Karl the Cat and the Junkyard Pack

Smoking: Discussions of drug use (Marijuana)

Audience Participation: The audience participation is only verbal.

Mature Language: Some use of profanity

La tragédie du Brise-Glace

Les personnages sacres entre eu, il y a mention de suicide et de meurtre.

Il y aura un fusil, il n'est que mimer et ne fait aucun son.

Les personnages auront potentiellement des cigarettes et pipes, mais ne la fume pas.

Le prêtre autiste et son chien/An Autistic Priest and a Dog

Mature Language: The show includes swear words.

Mental Health: The show includes an honest discussion of neurodiversity, especially autism.

Sexual Content: The show includes a discussion of sexuality.

Les 9 vies de Post-it Paul

Mental Health: This storytelling show includes mentions of therapy and emotional issues (Mental health).

Violence: There is a brief description of a violent act.

Audience Participation: There is a tiny light-hearted moment of completely optional audience participation, like being greeted at the beginning of the show.

Les Aventures d'Humphrey Beauregret - Fossette Boudoir

Le personnage d'Humphrey a une dépendance affective et utilise les one-night stands comme modérateur de stress. Ceci se traduit dans l'histoire par Humphrey qui va énumérer ses fréquentations compulsives, mais sans être explicite. Il ne décrira pas ses ébats, il va juste admettre rencontrer beaucoup de personnes différentes quand il est stressé. Il va aller flirter avec des gens du public ou peut-être inviter quelqu'un sur scène pour entame une "date".

Humphrey est facilement découragé et a des tirades poétiques humoristiques, mais sombres, concernant sa santé mentale. Il est d'ailleurs le premier à dire au public que ses propos sont lourds. Bianca quant à elle, ne

gère pas bien la pression et résoud ses problèmes en allant chanter saoule au karaoke. Elle a de violentes sautes d'humeur et utilise son statut de Diva pour faire des crises monumentales. Olivette est dans un état second tout au long du spectacle, sa tête est coincée dans une autre étape de sa vie.

Pour ce qui est de la violence, des marionnettes seront retrouvées décousues, "désembourrées" (foam) et certaines parties de corps seront trouvées dans des colis mystère. Humphrey ira inspecter un secteur dangereux de la ville et aura un pistolet à eau pour se défendre.

Il n'y a pas de sang, ni de langage cru, mais l'utilisation des marionnettes sert à créer des analogies à de sombres et dures réalités de notre quotidien que les médias ont tendance à banaliser à travers leur sensationnalisme.

Mickey Mouse Shot Me In The Ass

Mature Language: This show contains foul language however it is not severe or frequently used.

Sexual Content: There is some, very little, implied sexual content.

Mom Jokes

Mature Language: This show contains mature language.

Other: This show contains graphic descriptions of pregnancy, labour, and motherhood.

Audience Participation: There will be some direct addressing of the audience as they come in and find their seats as well as throughout the show, such as offering them snacks, sweeping/vacuuuming under their chairs, asking them to hold/fold things.

We will also have a segment in the show where we ask for volunteers to tell a story or a joke.

No participation is necessary and no implications will come from not volunteering or choosing not to interact.

Mommy, I'm Stuck in High School!

Mature Language: Use of swear words and references to mature themes.

Smoke or Smoking: Mentions of smoking weed and getting high.

Audience Participation: The audience is briefly interacted with in a few scenes.

Mental Health: References to suicidality, depression, anxiety, and bullying are present.

Violence or Fighting: Death is a common theme in our show and it is portrayed frequently — though not graphically.

Sexual Content: frequent references to sex and sexual attraction, as well as crude sexual humor.

Abrupt or Loud Noises: Car crash sounds, tire screeches, and other abrupt noises accompanying violence.

Onwards!

Mature Language: The performer swears several times in the show.

Sexual Content: The sexual content is a comic song with a list of all (or at least many) of the fetishes that human beings have, in the context of a monologue that asks why we don't rejoice more in our sexuality and its many manifestations.

Politicians are Puppets

Mature Language: There is frequent use of the word fuck and references to pedophiles and their behaviour.

Nudity: There will be a boylesque performance involving a silicone beer belly and the actress will be stripping down to a mankini but there will be no true nudity.

Audience Participation: The audience will be encouraged to engage in a sing along, play kazoos, use noise makers, and throw ribbons and empty beer cans. Participation will also include audience members

speaking “to” politicians. There are roughly seven moments throughout the show where audience participation will be encouraged.

Violence or Fighting: Donald Trump is going to be “stoned” with Cheetos but that is the only violence in the show.

Sexual Content: Boylesque performance, references to pedophilia, and Trump will be hitting on a teenager.

Rat Academy

Smoking: There are mentions of smoking in the show.

Audience Participation: TBD.

Violence/ Fighting: The characters fight on stage, both physically and verbally.

Loud/Abrupt Sounds: There is one loud noise at the end of the show.

Roominant

Other: Our show features a voiceover narration at the beginning. We will try to provide physical copies of the text in both French and English so that any hearing impaired individuals will be able to follow the text.

Flashing/Bright Lights and Abrupt/Loud Sounds: The show will have moments of darkness, loud sounds, sporadic lights and silence. As such we recommend

people with sensitivities to sound and light to be conscious of this. We stress that the main points that might be uncomfortable for someone are from the sensory elements of the show such as the flashing lights or loud sounds. Saya, the director's most stressful point in the show is at the beginning when there is a mosquito-esque humming sound.

Mental Health Themes: Although heavily inspired by the directors own struggles with mental health and neurodivergence, the show does not specify anything with regards to the mental health of the protagonist and things are left much more up to audience interpretation.

Depictions of violence, suicide or drug use are completely absent from the show.

Schedule of Loss

Other/Abrupt or Loud Noises: Part of this show involves the performer recounting and re-enacting an escape from a house fire. This will include recordings of a fire alarm.

Mental Health: This is a show about grief. There are implied and explicit references to mental illness, and to both human and animal death.

Audience Participation: Audience participation appears in several places throughout the show and the level of participation is entirely voluntary (from no

participation to engaging in a conversation with the performer).

Schrödinger's Lottery Ticket

Mature Language: Mild profanity

Violence: Discussions of death, moral reflections on taking a life.

Mental Health: References to mental health issues.

Small Fish

Mature Language: There is coarse language in this show.

Smoking: There is Marijuana smoking.

Sexual Content: Sexual Jokes are made.

Violence: There are mentions of shooting an animal.

Audience Participation: The audience may be asked for suggestions or to squeeze a whoopee cushion.

Solovela, An Improvised Solo Telenovela

Mature Language: The performance contains adult language, including occasional profanity, used naturally within storytelling and character work.

Audience Participation: Solovela includes audience interaction as a core element of the performance,

including an audience interview and crowdwork. Individual participation is always optional; no audience member will be required to engage.

Sexual Content: May contain genre-appropriate sexual references and innuendo arising naturally from character and story work. No explicit sexual content.

Violence: May contain light, comedic, or genre-appropriate references to violence arising from the improvisational storytelling. No graphic depictions.

Lighting: Pulsing Light sequence, not flashing, more like a party.

The Etymology of Love

Mature content: We discuss elements of sexuality, trauma, relationships, generational content specific to our cultural identity and experiences.

Mental Health: There are some references to suicide, depression and anxiety also neurodivergent life and our experiences in our cultural experiences.

Audience Participation: Verbal Prompts, no one called on without consent.

Sensory Friendly: Doodling supplies, scarves for participating, and music makers offered.

The Persistent Stain

Mature Language: We swear a fuck of a lot.

Fog or Haze: Will be used throughout the show.

Audience participation: Audience members will be asked to sing along to the song Aristotle's Dick. Participation is not required. We may do an encore (time permitting) that would include a willing audience participant.

Smells: There are non-alcoholic beverages consumed in the show, so there will be the odour of beer and cider.

Mental Health: There are conversations about suicide, addiction, self-harm, incarceration and violence. The characters discuss drug use and addiction. There is no drug consumption on stage. The characters consume alcohol throughout the show. There is implied, but not direct discussion of suicide.

Violence: The characters discuss past acts of violence, like street fights, verbal, and physical assaults. There is one section that includes a beer can being struck from someone's hand and being grabbed by their shirt. The song lyrics include suggested or implied acts of violence.

Sexual Content: There is lots of innuendo and reference to sex. The characters discuss sexual acts. Some of the song lyrics are suggestive and describe

sexual acts. There is no depiction of sexual acts on stage.

Flashing Lights: There are a lot of lighting effects during the musical performances.

Abrupt and Loud Sounds: This is a punk rock show, there is loud live music and also some pre-recorded sound effects.

The Review by Martin Dockery

Sexual Content: Includes discussions about sex and sexual desire. No depictions of sex or intimacy. The narrator goes on a trip and is frustrated by the absence of physical intimacy. As such, there is no more than the passing reference to sex.

Violence: No violence. A boy's foot is accidentally injured, but he's okay.

Other: There is a comically absurd sequence about the gastrointestinal result of the narrator ingesting a bad mango.

The Rock That Boated

Mature Language: There are a few isolated swear words.

Smoking: Use of a prop pipe, though no actual smoking.

Firearms or Weapons: There's one (1) sword and one (1) flintlock pistol.

Violence or Fighting: There is a sword fight! Hooray! (If you're the type of people who like sword fights, which we are.)

The Syllabus

Mature Language: The language is that of a frustrated professor who tries to keep it clean but occasionally lets loose with mature language.

Sexual Content: References to sex are light and humorous.

Other: References to drug use are light and humorous.

The Yodeling Ranger

Audience Participation: There will be an invitation for the audience to yodel, with no set expectation that they comply.

Mental Health: Very mild discussion about imposter syndrome and anxiety.

Umugisha

Mature Language: There will be cuss words used.

Audience Participation: The audience is invited to participate in a meditation.

Mental Health: The content deals with the challenge of managing mental health.

Sexual Content: There are stories on sexual experiences.

Un moment ou un autre

Nous avons choisi LANGAGE VULGAIRE puisque nous allons utiliser des sacres et des jurons pendant le spectacle.

Nous avons choisi PARTICIPATION DU PUBLIC puisque nous aimerions apporter un·e spectateur·ices sur scène avec nous.

Nous avons choisi SANTÉ MENTALE puisque nous pensons aborder les thèmes de l'anxiété.

Rainbow Conceptions

Mature Language: The production includes swearing.

Sexual Content: There are references to masturbation and pornography, discussions of human anatomy. There are discussions of ejaculate, insemination and fertility. Brief scene addressing infertility.

Robin Hood But Everyone is a Glove

Audience Participation: One audience member will be invited on stage for a brief scene at the start of the show.

Some audience members will be given sound effect making items with which to contribute to the show.

The audience at large is encouraged on stage at the conclusion of the show.

Who's Gonna Push Your Wheelchair?

Mature Language: Minimal use of profanity.

Mental Health: References including depression, mania, delusions.

Violence: Reference to domestic violence

Sexual Content: References to sex, not graphic or lewd.

Reproductive Health: Reference to miscarriage, abortion.

Working Title

Mental Health: There are references to depression and anxiety

Violence: There are verbal confrontations throughout the show.

Mature Language: There will be swearing.

Abrupt or Loud Noises: Are central to the piece.