

12 Going On 13

written by
Michelle Tan

directed by
Ian Loy

feeling
sad

I AM OKAY



27 Oct – 3 Nov 2024
Black Box, Gateway Theatre



Synopsis



When you're standing on the edge...

"I want to be anywhere else but here,
Be anyone but me..."

– Shan

12 Going On 13 will resonate with anyone who has found themselves in that space where the weight of expectations crashes against the waves of uncertainty. Where fears of failing and falling loom larger than ever.

Meet Shan, 12 years old and on the cusp of something big. Her world is about to change – school, friendships, her parents' marriage, and the overwhelming, unwanted task of growing up. It feels like she is standing on the edge of a precipice.

This play takes its audience on the often complex and terrifying journey of adolescence, sifting through the challenges of change, while highlighting the often overlooked need to lean on one's community. It is a story about finding the courage to step forward, despite the uncertainties that lie ahead.

12 Going On 13 will make you laugh, cry, and hug the people who matter to you. It is a timely reminder to seek help, find your footing, and know you are never alone.



Message from Our Executive Producer

Priscilla Khong



I am both proud and deeply passionate about bringing this production to life. This show holds a special place in my heart, not only because it addresses issues that resonate with so many of us, but because it reflects the mission of Gateway Arts—to create meaningful art that engages, enlightens, and transforms.

12 Going On 13 is not just about the journey into adolescence but about navigating the constant changes life brings to all of us. It offers a glimpse into the emotional ups and downs that come with growing up, but its message is universal: no matter our age or stage in life, it is the way we adapt to change, face our fears, and find support that helps us grow. It is a reminder that change is a constant, and how we learn to cope with it shapes our strength.

The power of *12 Going On 13* lies in its ability to connect with both young people and adults. For teens, it reflects the uncertainty, excitement, and anxiety they may be experiencing. For parents, it offers insight into the emotional landscape of their children and a reminder of the importance of empathy and communication.

After watching this show, I hope that audiences—whether young or old—leave feeling a little more connected, a little more understood, and a little more equipped to face the transitions in their lives. Thank you for joining us and being a part of this journey with us.

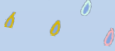
“The only constant in life is change, and how we respond to it defines our strength.”

My favourite quote from the play is:

"...And with those words comes the possibility of solid ground, the possibility of not falling, but landing with two feet in her bigger girl shoes..."

Message from Our Director

Ian Loy



As a student, I faced many emotional obstacles—meeting expectations, making friends, struggling with self-identity, adolescent uncertainties, and more. I often navigated these challenges alone, or with a friend who knew no better than I did. Now, at 44, with two children of my own who are experiencing similar struggles, I want to help them feel supported. In fact, every one of my plays carries a message for my children, encouraging them through life's challenges. Isn't it every adult's responsibility to nurture a young person's aspirations and guide them through tough times?

There is always help—whether from a reliable adult, dependable friends, or us, as parents, who play a crucial role in their lives. Perhaps, in this generation, we can create a paradigm shift in our thinking and offer our young ones "the possibility of solid ground" during difficult moments that are often overlooked.

In 2023, *12 Going On 13* was first conceived for an intimate school audience—unlike the traditional assembly setting. Over four days, we transformed a classroom into a theatre space where students attended the play and left with a better understanding and resources on the subject. I am so excited that the public gets a peek into what happens within the black box.

I want to thank Priscilla, Samantha, and the team at Gateway Arts for believing in my vision and supporting my artistry. Their faith in the process has brought us here to the third iteration of this play.

If you have ever felt like Shan, you are not alone and I know you will find your solid ground. To the Moris and Mr Wongs out there, thank you for being someone else's emotional support whether it is through building self-esteem or simply giving a pat on the back. Thank you for coming, and I hope this play inspires you!



Feeling like you are at the edge of a precipice?

Life is full of changes and transitions. It is part of life and it helps us to keep growing and learning. But dealing with these changes can sometimes be tough. Transitions can bring feelings of anxiety or uncertainty, and sometimes those emotions can feel overwhelming.

For young people, changes might include:

- Changing schools or classes – new environments, new routines, new social settings, and new learning expectations.
- Transitioning into adolescence – things like puberty, exploring your identity, and wanting more independence. There are also emotional and social changes that often go along with physical development.
- Experiencing family changes – things like parents separating, getting divorced, or a new sibling arriving. These changes can have a big impact on how you feel and might require you to adapt to new family dynamics.

For adults, life transitions might include:

- Starting a new job.
- Buying or building a house.
- Entering parenthood.
- Embracing new roles or moving into a different career.
- Adjusting as your kids grow up and go through different stages of life.

While changes and transitions can bring excitement and growth, they can also trigger stress, anxiety, and emotional strain, especially if those changes feel overwhelming. Sometimes, these emotions might lead to struggles with anxiety or even panic attacks, especially when we are not well supported. But here is the thing—it is totally okay to feel uncertain during times of change. It is all part of building resilience and emotional strength.

I AM OKAY

What is a Panic Attack?

A panic attack is a sudden wave of intense fear or discomfort that hits quickly, bringing on at least four symptoms like sweating, nausea, chills, feeling detached, or even the fear of losing control or dying. Even though panic attacks can make it feel like something terrible is happening, they are not life-threatening; however, they can definitely feel overwhelming and scary in the moment.

Here are some ways to manage a panic attack:

- Grounding techniques: These help you refocus back to the present moment.
- Deep breathing exercises: These help calm your body and slow your heart rate.
- Remind yourself: The panic attack is not dangerous and it will pass. It is uncomfortable but not harmful.

Here are some ways to manage a panic attack:

Grounding technique:



Deep breathing:



You are Not Alone

Whether you are 12, 16, 20, or 40, we all go through moments when we feel emotionally overwhelmed. The important thing to remember is that you do not have to face these emotions by yourself. Talking to someone you trust, sharing what you are going through, and asking for help from professionals when needed can make a huge difference.

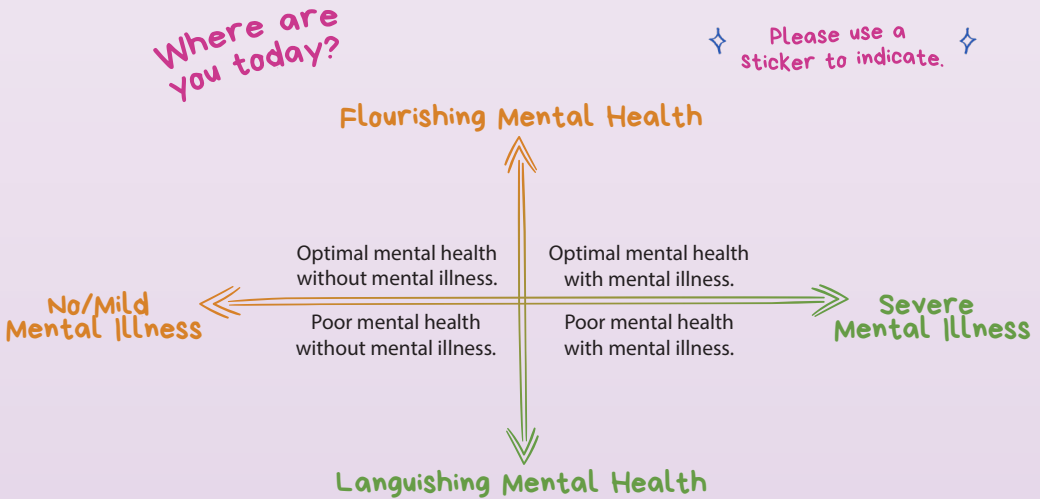
Here are some people you can reach out to:



Mental Health is a Journey

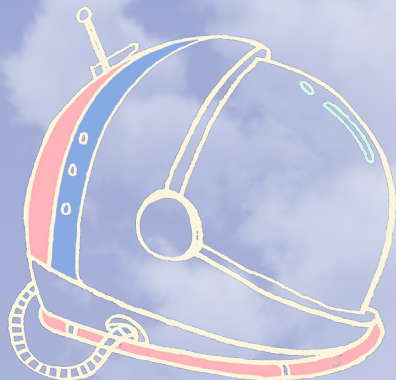
Caring for our mental health is a journey, and the Dual Continuum model highlights that mental health exists on a spectrum.

In this model, one axis shows how serious someone’s mental illness is, going from really serious to none at all. The other line shows how good or bad someone’s mental health is, going from feeling pretty low (languishing) to feeling really great (flourishing). This creates four sections that help us understand where someone might be in terms of their mental health and illness.



Understanding this gives us a clearer picture of what mental health really looks like. It is normal to have ups and downs. Throughout our lives, we will go through different stages of mental health—sometimes we will feel good, sometimes we will not, and sometimes we might face mental health challenges. What is really important is to check in with yourself, talk about how you are feeling, and support your friends if they are going through something tough. We are all in this together, and it is always okay to ask for help when you need it.

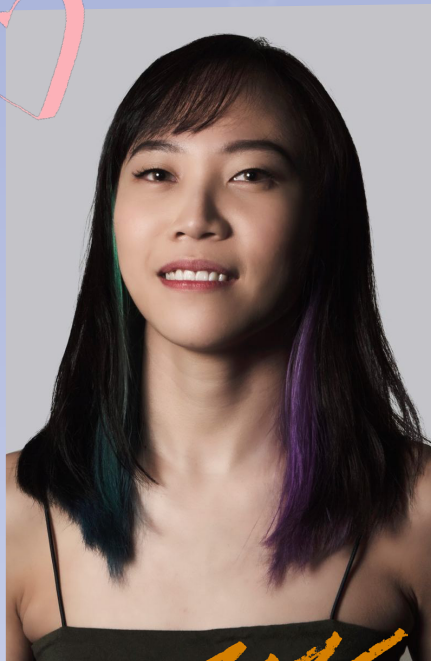
Meet The Cast





Tan Rui Shan

Lead, Shan

Tan Rui Shan is an actress and choreographer whose acting portfolio includes a range of noteworthy productions like: Ah Chiam/Titoudao (2024) in *Titoudao*, and Mrs Lee Kuan Yew in *Kwa Geok Choo* (Toy Factory). She has also choreographed for productions like *A Midsummer Night's Dream* (Singapore Repertory Theatre) and will be choreographing for *The Wizard of Oz* (Wild Rice) end of this year. Rui Shan is known for her Shanshine energy and she has a strange phobia of buttons (koumpounophobia).





Adib Kosnan is an actor, writer, director, facilitator, and educator who is passionate about creating platforms for communication and care through theatre. He was named Best Supporting Actor at the Life Theatre Awards in 2020. He co-directed *Tanah *Air* by Drama Box (2019) and wrote and directed the children's play, *The Story of Batu Bulat* (2023) for the Esplanade. In 2021, he wrote and acted in *Keluarga Besar En.Karim* which was staged digitally by Checkpoint Theatre and the Esplanade. Adib was a co-lead artist for *Both Sides Now: Mengukir Harapan* (2020 – 2022), a community engagement project focusing on end-of-life issues in the Malay Muslim community. Adib is an NAC scholar, graduating with an MA in Arts Pedagogy and Practice from LASALLE College of the Arts. He is currently an Associate Artist with Checkpoint Theatre.

Adib Kosnan

Ensemble, Mori, Classmates



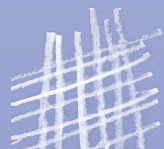
Tanya Ang

Ensemble, Miss Aly, Mum, Classmates



Tanya Ang is a performer, puppeteer and an arts manager. Some of her theatre credits in recent years include *Here* (The Finger Players), *12 Going On 13* (Gateway Arts), *Behind The Wall* (Gateway Arts). Her puppeteering credits includes *The World Of Our Own* (2021 & 2023), *Angels In Disguise* (2023/24), *Samsui Women: One Brick At A Time* (2023/24) and *Here* (2023). With her growing interest in puppetry, Tanya hopes to continue expanding her skills by learning how to build puppets as a maker as well.

In addition, Tanya is also a co-founder of Bitesize Theatre Productions where she has written original works such as *Alice's Amazing Journey* 《爱丽丝奇幻的迷宫旅程》, as well as *A Bitesize of Astronomy* (commissioned by Esplanade Theatres).





Jeremy Leong is a theatre practitioner who specialises in working with and creating for young people. He is an actor, director, and playwright. He is also the co-founder of Zip Zap Zoom Collective, a company dedicated to creating theatrical experiences for young audiences.

Jeremy was last seen on stage in *SmartyPants and the Swordfish*, a production co-presented by Gateway Arts and ART:DIS. He was also the director of *The Invisible Pangolin*, presented by Gateway Theatre.

12 Going On 13 is a production that Jeremy strongly believes in. He hopes that the show will be an opportunity for the audience to unpack and discuss openly about the themes.

Jeremy Leong

Ensemble, Mr Wong, Classmates

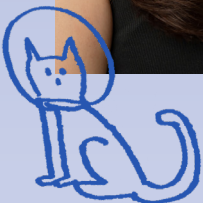


Claris Tan

MUSICIAN



Claris is an actor, singer, and vocal coach from Singapore. She graduated from LASALLE College of the Arts with a BA (Hons) in Musical Theatre. Selected theatre credits include: *The Velveteen Rabbit*, *The Amazing Celestial Race (Wild Rice)*, *SmartyPants and the Swordfish*, *12 Going On 13* (Gateway Arts), *I'MPERFECT* (NUS Mind Science Centre), *Hutan* (Sensorium Theatre, Perth), *In Pieces* (7/8 Musical Collective), *Into the Woods* (Teman Musikal Nusantara, Indonesia), 《戴高子的猫》 the Mandarin version of *Cat In the Hat* (Singapore Repertory Theatre), *The Great Wall: One Woman's Journey* (Glowtape Productions). She has also been featured in several of Esplanade's Concourse programmes, including *March On*, *Foreword*, *Red Dot August* and *Octoburst*. A multi-hyphenate creative, Claris is also one of the co-founders of Zip Zap Zoom Collective, a TYA-focused company. Under the company, she acts, writes, directs, composes, and arranges music for a variety of productions.



Johanna is an actress, musical theatre performer and vocal coach. Graduating from LASALLE College of the Arts' Musical Theatre course, she continues to explore other ways of theatre-making.

Her stage credits include *Every Brilliant Thing* (Gateway Arts), *Secondary The Musical* (Checkpoint Theatre), *SmartyPants and the Swordfish* (Gateway Arts), *The Prisoner* (Toy Factory Productions), *The Missing Pages* (Chewy Collective) and *The Critic* (TNS).

She is a co-founder of A Mouthful Productions, a musical theatre collective. Follow @amouthfulprods for unhinged content on food, musical theatre, life, art, and friendship.

Johanna Van

Female Understudy



Marcus Chiau

Male Understudy



Marcus Chiau is a Singapore based film and theatre actor. As a versatile talent, Marcus has been involved in a range of television, plays and musical theatre shows alike.

Marcus was recently seen in *Lightspeed* by Oak3 Films, as lead protagonist, Max. His original leading theatre credits include *Smartbutt*, *An Undefeated Mind*, as well as Singapore's first acclaimed digital musical theatre film in 2021, *The Monster in the Mirror*. Other credits include Wild Rice's popular pantomime, *Snow White and the Seven Dwarfs* and SRT's (Singapore Repertory Theatre) *Three Little Pigs*.

Marcus is passionate in using the theatre as a medium of communication and helping those in need.

Meet The Creative Team

Ian Loy - Director

Ian Loy is a theatre-maker based in Singapore since 1999. He graduated from LASALLE College of the Arts in 2002 with Distinction and was also a recipient of the NAC Georgette Chen Arts Scholarship. In 2009 he founded MySuperFuture Theatrical Productions. Through the company, he involves himself with many community outreach and theatre projects with people of all ages and abilities, coaching or creating theatre art for them, especially for the young audiences. With this passion, Ian Loy was also invited to be an Associate Artist with the Esplanade from 2018 to 2020. He has been creating theatre for our young audiences since 2009.

He was awarded the “Singapore Young Artist Award” in 2014 for his series of accomplished work in theatre for young audiences (TYA). It represents Singapore’s highest award for young arts practitioners, aged 35 years and below in the year of award, whose artistic achievements and commitment have distinguished them among their peers. It encourages him to continue pursuing excellence in the arts, and to look towards inspiring others.



Michelle Tan

- Script Writer

Michelle is a writer and drama educator. As a playwright her work has been produced by several local companies, including Cake Theatrical Productions, Singapore Repertory Theatre, and Esplanade Theatres on the Bay. Most recently, she was writer in residence at Centre 42 in 2023, where she developed and presented *The Radicalisation of Mrs Mary Lim-Rodrigues* under C42 and SIFA's Tomorrow and Tomorrow new works platform. Currently, Michelle teaches full-time in the Theatre Faculty at the School of the Arts.



Ang Zhi Hui

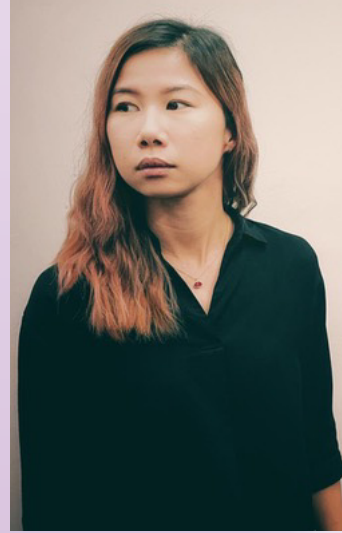
- Music Composer

Ang Zhi Hui is a Singaporean and Australian-based singer-songwriter, theatremaker, composer, and music educator. Currently pursuing her Master's in Creative Music Therapy, Zee believes art fosters self-awareness and creates a safe space for personal growth. Her work has led her to collaborate with prestigious organisations such as Singapore's Artground, Esplanade, NAC, and more. Internationally, she has worked with Imagine (UK) and Sensorium Theatre (Australia). Zee's dedication to arts education is evident through her teaching in schools, communities, and even within Singapore's Prison and Girl's Home.



Petrina Dawn Tan - Set & Lighting Designer

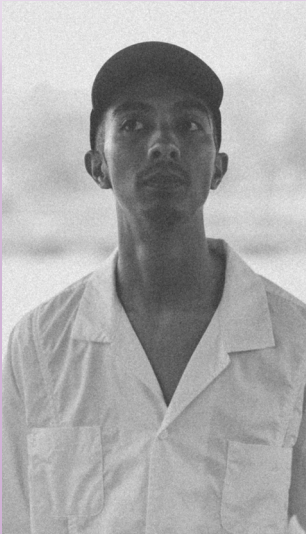
Petrina Dawn Tan, a scenographer with a Master's in Collaborative Theatre Production and Design from Guildhall School, has conceptualised diverse projects including music festivals, circus acts, and interactive installations. She won "Best Set" for *The Truth* at the 2020 The Straits Times Life Theatre Awards and was nominated for "Best Set" in *A Dream Under The Southern Bough* (2022) and "Best Lighting" for *Manifesto* (2017). Her work on *Recalling Mother* has been showcased internationally. Additional credits include public art YELLOW and The Bicentennial Experience.



Syafiq Halid - Sound Designer

Syafiq Halid is a manipulator of sound, electronic artist, and experimental percussionist based in Singapore. He has worked in several traditional and contemporary performing arts projects regionally with various collaborators and companies at platforms like the Esplanade, National Gallery Singapore, ArtScience Museum, Nusasonic and Goethe Institute.

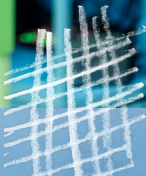
Drawing from sounds, aesthetics, and experiences of the Malay world, Syafiq's compositions traverse the grey realms that exist between the traditional and the contemporary. His creations deconstruct, exploit, and reimagine these sounds, manifesting them into an experimental sonic language unique to Southeast Asia.





feeling sad





Credits

CAST

Lead, Shan	Tan Rui Shan
Ensemble, Mori, Classmates	Adib Kosnan
Ensemble, Miss Aly, Mum, Classmates.	Tanya Ang
Ensemble, Mr Wong, Classmates	Jeremy Leong
Musician.	Claris Tan
Female Understudy.	Johanna Van
Male Understudy.	Marcus Chiau

CREATIVE TEAM

Director	Ian Loy
Script Writer	Michelle Tan
Music Composer	Ang Zhi Hui
Set & Lighting Designer	Petrina Dawn Tan
Sound Designer	Syafiq Halid
Assistant Sound Designer	Ashwin Menon

PRODUCTION TEAM

Executive Producer	Priscilla Khong
Production Manager	Juraidah Rahman
Production Coordinator	Abel Koh
Stage Manager	Joshua Gareth Seow
Assistant Stage Manager	Philippe Pang
Production Coordinator (Intern).	Bless Tan
Mentor to Stage Manager	Ng Hui Ling - Republic Polytechnic

LEARNING AND ENGAGEMENT

Learning and Engagement Partner (School Shows)	TOUCH Community Services
Learning and Engagement Partner (Public Shows)	Singapore Children's Society
Learning and Engagement Coordinator	Toh Wen Fang

GATEWAY ARTS TEAM

Executive Director	Priscilla Khong
Artistic Director	Samantha Scott-Blackhall
Company Manager	Doris Lee
Marketing Manager	Jasmin Loh
Production Manager	Juraidah Rahman
Programme Executive	Toh Wen Fang
Marketing Executive	Ashley Tan
Sales & Marketing Executive	Nadia Affendey
Production Coordinator (Contract)	Abel Koh
Production Coordinator (Contract)	Joshua Gareth Seow
Marketing Coordinator (Intern)	Zhang Shiman
Production Coordinator (Intern)	Bless Tan

Our Partners and Sponsors

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In Support Of



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Our Donors

Guardians

With the help of our Guardians, we continue to nurture the next generation of artist and audiences through the performing arts in Singapore.

Protector

Jonathan & June Ow

Crimson Knight

Meng

Veronica LY Low

White Knight

James

Friends

With the help of our Friends, we continue to develop meaningful programmes that champion social causes.

Desmond Chua

Lily Chu

Cassandra Goh

Stephanie Goh

Peter Ho

Vernon Kwek

Sherry Lee

Lew Sin Min

Steffanie Lui

Ming Pang

Mitha Family

Derrick Neo

Ng Bee Ling

Sharon Poh

Sze Kiang

Jordan Tay

The Rosen Family

Sean Too Kai Wen

Gaiatri Vijay

Ws

GATEWAY ARTS

2025 SEASON



12 Going On 13
Immersive School Tour

(Lower Secondary)

24 FEBRUARY -

28 MARCH

(Upper Primary)

27 OCTOBER -

14 NOVEMBER



Third Man Syndrome (Working Title)

22 - 30 AUGUST*



Brainstorm

16 - 24 OCTOBER*

*Show timing to be confirmed

BUILDING A BETTER FUTURE FOR ALL SINGAPOREANS

Singapore Pools provides a safe and trusted betting environment to divert demand away from illegal operators, while channeling funds to benefit and uplift the community.

We help to create a more inclusive Singapore by giving to the community, leveraging our strengths to enhance the quality of life for Singaporeans through synergistic local collaborations and community initiatives with our partners.

Since inception, Singapore Pools' staff have a long-standing commitment to doing good and giving back to the community through volunteer activities. We have completed more than 5,404 staff volunteerism hours by 437 unique staff volunteers and achieved 56% staff volunteerism rate over the past 3 years.

Our annual charity fundraiser, Football With A Heart, has raised more than \$5 million for over 45 charities and social enterprises in the past 9 years.



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www.singaporepools.com.sg



Nurturing young minds

A MENTAL HEALTH LITERACY SERIES

FOR SIGNIFICANT ADULTS / FAMILIES

OF CHILDREN AND YOUTH AGED 7 TO 14



1 in 3

Singaporean aged 10 to 19 reported experiencing mental health symptoms.

BUT MANY DO NOT SEEK HELP.

Mental health matters for everyone, not just individuals. It impacts our families, communities, and society as a whole.

Beyond just raising awareness, mental health literacy equips us with knowledge about distress, reduces stigma, and teaches us skills to support ourselves and others.

Through Flourishing Minds a Children's Society mental health literacy talks and workshops, we hope to empower family members and other significant adults with the capability to promote mental wellness and address distress in children.



30% OFF

**PROMO CODE:
GATEWAY**



OUR FAMILY MENTAL WELLNESS (FOR PARENT-CHILD)

'Our Family Mental Wellness', is a parent-child workshop that aims to promote positive family mental health and connect families to find relevant resources as they care for one another.

Families will also have an opportunity to bond through fun and creative activities, and engaging in meaningful conversations that would remind everyone of the importance in obtaining mental wellness as the family.

Children will recognise the importance of caring for their mental well-being and identify early warning signs & symptoms of distress.

Parents will identify the significant role that they play in their family unit and discover how they can make a positive impact on their family's mental well-being.



OUR MIGHTY MINDS (FOR PARENTS ONLY)

Significant adults will tackle myths about children and youth struggling with their mental health and mental health services.

You will understand the connections of mental health, distress, and illness and recognise key factors that promote positive mental health.

You will learn to spot early signs of mental distress, access helpful resources and feel confident having open conversations about mental health with a child or youth.

You will also practice coping strategies, which is a lifelong skill that would promote mental health for children and adults.

We'd Love To Hear From You

Tell us what you thought about the show!



Thank You!

About Gateway Arts

Gateway Arts is a not-for-profit Singapore-registered charity. As a theatre company for young people, our mission is to provoke thought, encourage conversations, and inspire change through productions that tackle current social issues amongst children and youth. We believe in nurturing emerging artists, attracting new audiences, and providing underserved communities with meaningful arts programmes.

Make An Impact!

Our mission to 'Nurture Performing Hearts' seeks not only to encourage and support the next generation of performing artists in their creative expression, ideas, and ideals, but also to shine a light on current social issues amongst children and youth, through works produced by Gateway Arts that encourage conversation, provoke positive thought, and inspire change for the better.

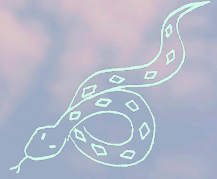
If you believe, as we do, in the ability of the performing arts to strengthen social relationships and community, fuel conversation, instil values and imbue young people with self-expression, confidence, and charisma, we invite you to become a Friend or a Guardian of Gateway Arts. In so doing, you will be supporting artistic youth who have important things to say, the talent to say it well, and a burning ambition to make a difference.

Donate Now



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Singapore-registered charity.
UEN Number: 201605922E
Effective Date of Registration: 06 July 2023

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