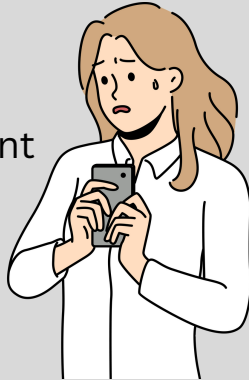


A guide to understanding trigger warnings



Introduction to Trigger Warnings

Trigger warnings are notices that alert individuals to potentially distressing content that could evoke traumatic memories or emotional reactions.



Purpose:

To help individuals, especially those with a history of trauma, prepare themselves mentally or choose whether to engage with the content.

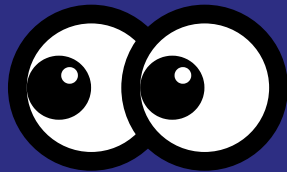
Understanding Triggers

Triggers are sensory stimuli (words, smells, sounds, touch, visuals) that can cause emotional or physical reactions by reminding someone of a past traumatic event.



Smells

Scents like alcohol or smoke associated with past trauma.



Visual Cues

Images or videos depicting violence or distress.



Sounds

Loud noises or sudden sounds that might remind someone of a chaotic environment.



Words/Phrases

Specific words or phrases that echo harmful or traumatic language from the past.

Impact of Childhood Trauma

Types of Childhood Trauma

Physical, emotional, or sexual abuse, neglect, witnessing violence, witnessing natural disasters, emotional neglect.

Long-Term Effects

- Anxiety,
- Depression,
- PTSD,
- Difficulty with trust,
- Difficulty with emotional regulation,
- heightened stress responses.

Why Trigger Warnings Matter

Safety and Inclusivity



Provides a choice and control, allowing trauma survivors to avoid unexpected distress.

Empathy and Understanding



Recognises that everyone's experiences and sensitivities are different; helps prevent re-traumatisation.

Mental Health Awareness



Supports mental well-being by respecting individuals' needs to avoid certain content.

Implementing Effective Trigger Warnings

1

Be Specific - Clearly indicate what content might be distressing (e.g., "Trigger Warning: Discussions of childhood abuse")

4

Offer Alternatives - Provide content summaries or versions with sensitive parts omitted.

2

Place Prominently - Ensure warnings are visible at the start of content (videos, articles, posts).

5

Encourage Feedback - Ask for audience input on the effectiveness of warnings.

3

Use Clear Language - Avoid ambiguous terms; use straightforward language (e.g., "sexual assault," "violence").

6

Stay Updated - Keep up with evolving best practices in trauma and trigger awareness.



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