

## 2 - Trigger Warnings

- Prepare by giving students change to prepare and manage trauma-related reactions in order to engage in discussion

### Reasoning

- Sign of respect and transparency
- Recognizes unique vulnerability

### Effectiveness

- No studies
- Teacher observation
  - 1 to 2 notes from students thanking teacher for trigger warnings
  - Students come to office hours for hints on managing traumatic reactions
  - Allow students to confer with therapist in advanced

### Harms

- May promote anxiety of expectations for unpleasant emotional experience
  - Teacher has not had this happen
- Some students said it was useless
- At worst trigger warnings are neutral

### Takeaways

- Teacher doesn't want censorship on what topics can be taught
- At best trigger warnings are helpful, at worst they are neutral
- Teacher will continue will trigger warnings unless they see signs of harm
  - Students should be warned but held accountable