

**A PERSON WITH A HISTORY OF TRAUMA, SUCH AS SEXUAL VIOLENCE, MAY BE DISTRESSED OR RE-TRAUMATISED BY TOUCH, CERTAIN WORDS, IMAGES OR SCENTS.\***

## **TRIGGERS**

The stimuli mentioned above are commonly known as 'triggers', which can bring up memories or feelings associated with a traumatic event. Triggers vary from person to person, meaning different people may be triggered by different things.

## **RE-TRAUMATISATION**

When someone is triggered, they may be re-traumatised and feel like they are re-experiencing that traumatic event. Re-traumatisation can happen to anyone who has experienced a traumatic event, and can impact an individual in many ways.

## **CONTENT WARNINGS**

When discussing content related to sexual violence or other potentially triggering topics, content warnings are recommended. They notify the audience of material that may be distressing or cause re-traumatisation, so that the reader has choice and autonomy over what content they consume.