

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.