

This zine is about  
trigger warnings.

[\*Learn more\*](#)



# Trigger warning

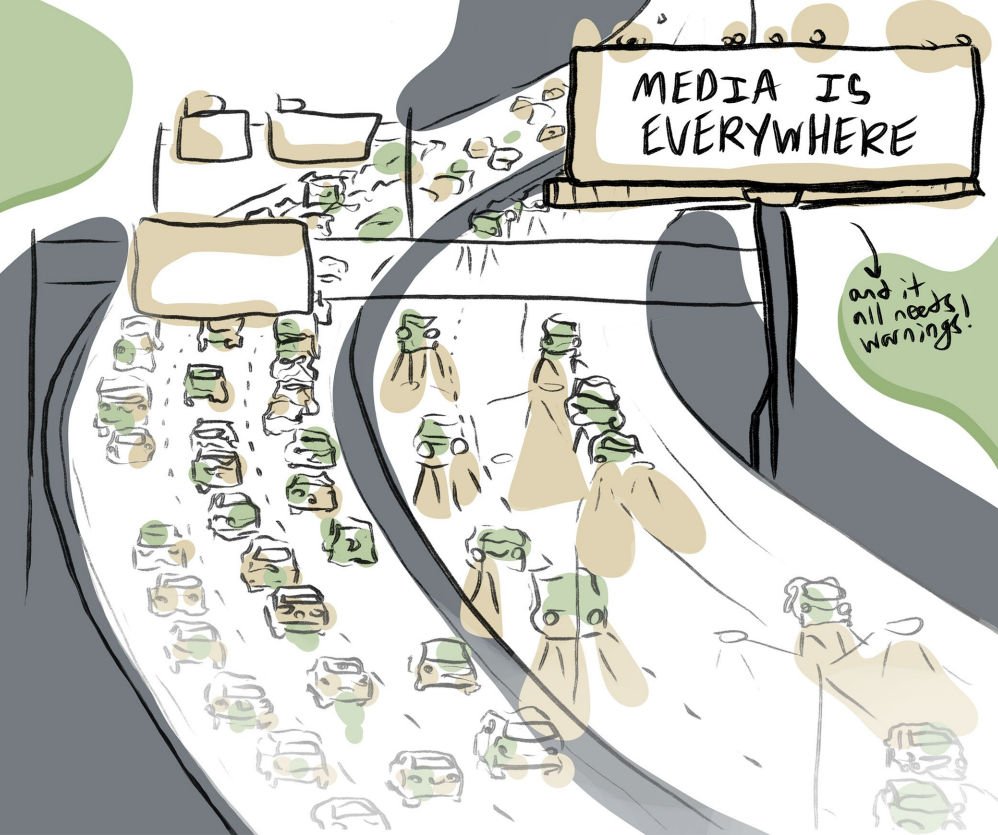
noun

A warning at the start of a piece of writing, video, etc., letting the viewer or reader know that it contains potentially distressing material.

People may choose to still watch or read the media, or they may be turned away. It is necessary and polite to give people these options.



•Is it censorship? → nope!



 SOME THEMATIC  
**PG-13** ELEMENTS, AND  
LANGUAGE

Some Material May Be Inappropriate for Children Under 13 

**R** 

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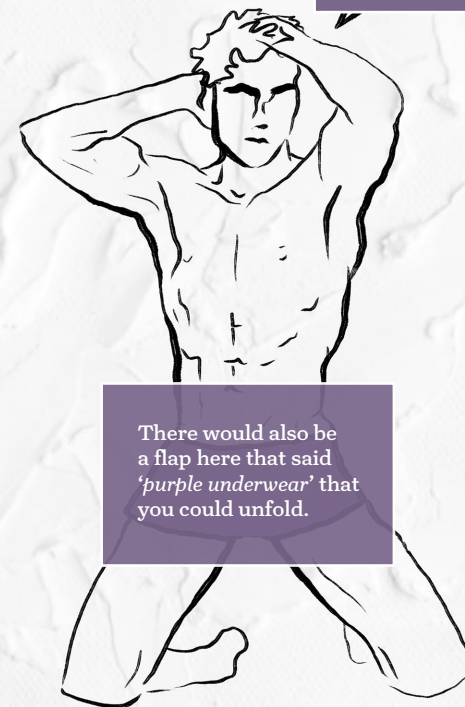


You will not see what is hidden, but you know what it is from context.

A warning is not usually needed because the graphic content is hidden.



There would be a flap here that said 'curse word' that you could unfold. It is demonstrated in the video.



There would also be a flap here that said 'purple underwear' that you could unfold.

You can see what is hidden, but only if you **choose** to.

A warning is needed so that people don't have to see it if they don't want to. They will also be more prepared if they do look.



There are different systems for rating and evaluating the maturity level of content all around the world.

In the U.S., we have MPAA (Movie Picture Association of America) ratings, and children under 17 must be accompanied by an adult to see anything rated R.





## TV Ratings

TV-Y: all children  
TV-Y7: older children  
TV-Y7 FV: older children,  
fantasy violence  
TV-G: general audience  
TV-PG: parental guidance  
suggested  
TV-14: parents strongly  
cautioned  
TV-MA: mature audience only

Hand-drawn '18+' rating in white letters on a black square.

## Movie Ratings

G: general audiences  
PG: parental guidance  
suggested  
PG-13: parents strongly  
cautioned  
R: restricted  
NC-17: clearly adult

Hand-drawn 'G' rating in white letters on a black square.



These symbols  
are ingrained in  
our society, but  
they are aimed  
at parents and  
children.

18+

G

All  
ages  
need  
warnings.

Help us out—is this sensitive content?

Yup

Nope

Many people argue that trigger warnings will provide ‘excuses’ to not read/watch certain media,

especially with students and classwork.

This argument shows that they place the media above the health and safety of other people.

Do you care about your students?

Yup

Nope

about 3.5% of adults in the U.S. have PTSD. By not letting them decide what they read or watch, you are forsaking their and others' wellbeing.

Nobody chooses to have triggers.

They usually develop due to traumatic experiences.

It is not appropriate to ask about trauma or triggers.

It is better to plan for any possible triggers rather than specific ones people may have.

***We live in a violent world.***

The news will always contain horrible stories, which are made more horrible by sensationalist journalism.

The violence is exaggerated and intensified to make it more shocking to gain readers and viewers.

For those who make an effort to stay informed, the news is **unavoidable**.

Many feel that they have to choose between awareness and safety.

ignorant  
but  
mentally  
safe

knowledgeable  
but mentally  
scarred

Social Media



@ Person123

...



Sensitive Content

This photo contains sensitive content which some people may find offensive or disturbing.

See Photo



Social Media



@ Person123

...

we won't say what's in the photo, but it can't be *that* bad, right?



Sensitive Content

This photo contains sensitive content which some people may find offensive or disturbing.

It's probably something important. If you don't click it, you'll be **uninformed**.

See Photo



Hey, this post may contain  
adult content, so we've hidden  
it from public view.

Learn more

Hey, this post may contain  
adult content, so we've hidden  
it from public view.

our algorithm  
that detects  
nudity (only  
nudity) flagged  
this photo,  
but it's usually  
wrong

because adults  
can't be triggered  
too?

Learn more

learn all  
about how everyone  
reported our site  
for racist content, so  
in response we banned  
any hint of nudity.  
but kept the  
racism.

## AN EXPERIENCE WITH TWO TEACHERS

The first teacher said  
*"this will be hard to watch."*  
He showed us a slideshow  
of graphic, gorey pictures.

He did not tell us we  
could leave. Many  
people were crying.

When we asked him to  
include warnings, he said  
*"this is my class, and I  
can teach how I want."*

## AN EXPERIENCE WITH TWO TEACHERS

The second showed a movie  
with similar graphic  
depictions of violence. It did  
not occur to him to warn us.

After, he asked what we  
thought. We asked him to  
include warnings next time.

This teacher **apologized**,  
asked if we were okay, and  
told us what the content  
included from then on.



In conversations,

everyone can  
make mistakes.

On social  
media,

what's important  
is apologizing

in front of a  
classroom,

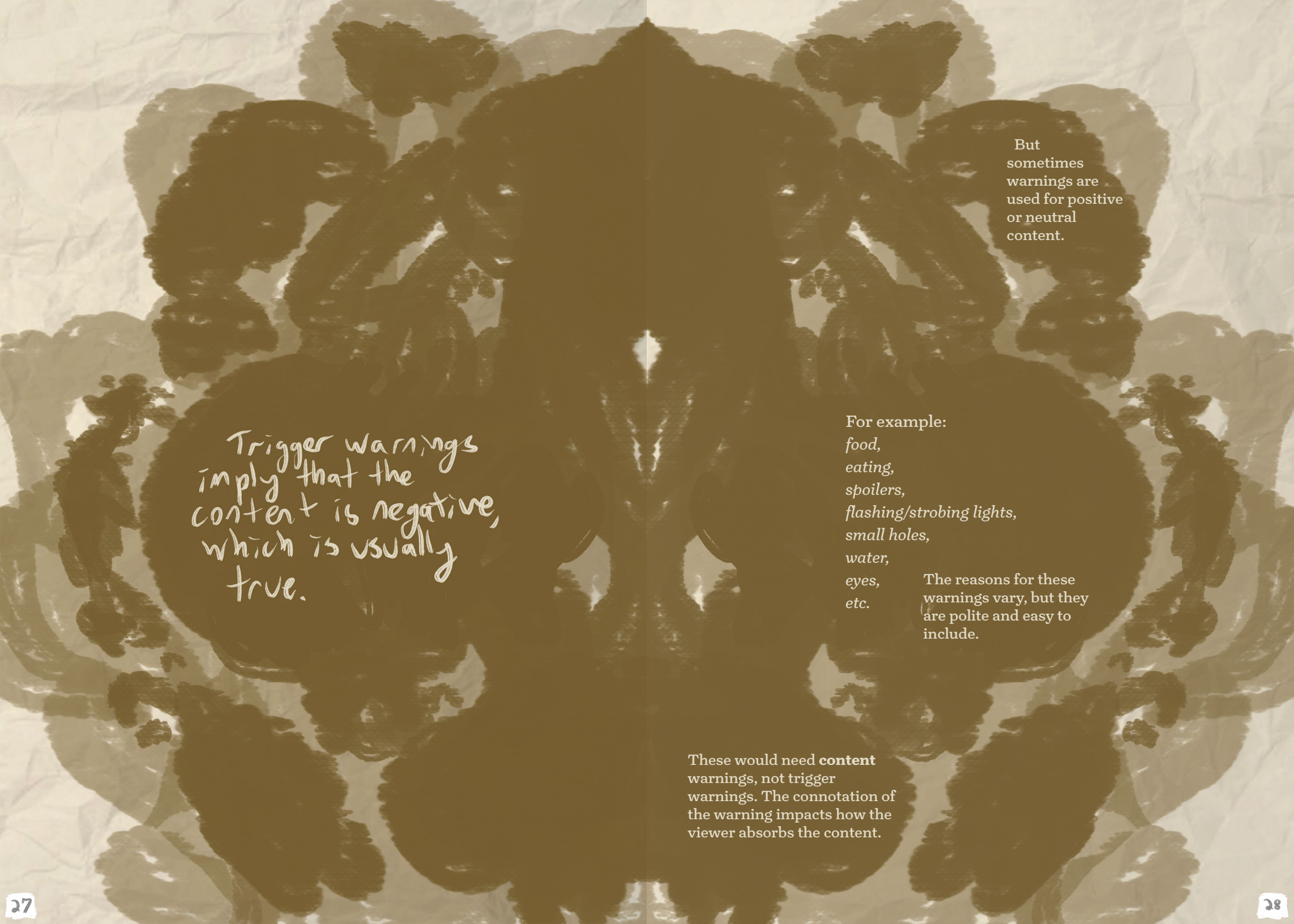
and doing better  
in the  
future.

On December 17, 2018, our Community Guidelines will change and adult content will no longer be allowed.

[Learn more](#)

Sometimes people use Content warnings instead of trigger warnings.

[Learn more](#)



Trigger warnings  
imply that the  
content is negative,  
which is usually  
true.

But  
sometimes  
warnings are  
used for positive  
or neutral  
content.

For example:  
food,  
eating,  
spoilers,  
flashing/strobing lights,  
small holes,  
water,  
eyes,  
etc.

The reasons for these  
warnings vary, but they  
are polite and easy to  
include.

These would need **content**  
warnings, not trigger  
warnings. The connotation of  
the warning impacts how the  
viewer absorbs the content.



Twitter Account @Twitter\_Account-Apr 23

CONTENT WARNING - SPOILERS BELOW:

*Wscvdf* #Spoilers #CW

If this had been a trigger warning, people might assume the spoiler is graphic in nature. Now they know it's just a spoiler.

💬 84

↗ 346

❤ 2.8K



Twitter Account @Twitter\_Account-Apr 23

cw//mention and photo of food

*Wscvdf* #Food #CW

Food is a difficult subject sometimes. It should not be framed as something negative, but it could still have a negative impact on someone. Because you never know who your audience is, it's best to let people decide if they want to see your post or not.

💬 84

↗ 346

❤ 2.8K



If you have been shown or told something distressing without your consent, you know how awful it feels.

We should be working together to prevent this from happening.

*Educating* is the first step.

**Accountability** is the second.

Let people know how they can be more respectful.

There is much more to be said about this topic.

But it all boils down to

RESPECT.

If you respect people, let them know what you'll be talking about.

It's as simple as that.

ARBOR  
KREHNBRINK