

**Ruth.Tudor**

So the first one is all about impacts. So it's all about how can learning and teaching about a topic that is sensitive or emotional emotive. How can that impact somebody? And you know, how can whether it's learning that or teaching that, how can that impact on you as a student or perhaps on me as a lecturer?

**Alison.Kingan**

It was as as a student, it can be triggering in a, particularly if you've had that experience yourself.

**Alison.Kingan**

And therefore you can instead of be focused on the academic side of things, you can be overcome with emotion, and it makes reading of the material really difficult. Reading around the subject really difficult as well, but even if it's not triggering, it might be something that you've never experienced yourself but can imagine yourself in that situation. Maybe something like, you know, what happened in Rwanda if you were talking about that and if you were in that country at that, that time or. So, that's it would be for me, it would be emotions overcoming the academic subject itself and whether or not it would just stay while I was reading it, which it probably would do if I hadn't experienced it myself. But if I'd experienced and it was triggering, the emotions would continue then for after I was actually reading the material and, you know, doing any assignments.

**Cinnomen.McGuigan**

I think that's really important. It's not necessarily that the the reading of it and the dealing with those emotions as you're trying to think clearly around a triggering topic to focus enough to put an assignment in, it's the residual effects, it's the, it's the knock-on flashbacks to your own lived experience that can really, really derail your whole academic journey if you're not careful. If you don't have a really sensitive tutor to be able to help manage some of those emotions because we know when we're told that's the whole point of a trigger warning or a content warning, we know that this may include something that could potentially upset us and you get into that mindset to say, OK, when reading this article or watching this piece of technology or this video or podcast or whatever, that in that space, I may be upset, but you don't really account for the knock-on effects and the after effects of that, and particularly, I mean, we're literally talking just after things that have been happening in Texas and you know you don't know how you're gonna process your emotions until you're slap bang in that mess of your emotions have failed you and you are literally in a trembling wreck in the corner because you genuinely didn't assume that that thing was gonna have that much power. Because while you're learning to process triggering things, triggering topics we don't know, you don't know that you don't know how to deal with this stuff until you're there. So it is very clear that we can focus enough to know.

**Ruth.Tudor**

Yeah.

**Cinnomen.McGuigan**

That at that tutorial they'll be discussed in a sensitive topic, so I steal myself with that. And then I think you know what I really want to know. I want to learn this. I want to make it work for me.

Get all of those accommodations to be in that space, and then afterwards you're on your own. You're left with those overwhelming, overpowering, sometimes emotions. So anything that helps manage that, that managing expectations around you may not just be triggered while reading this article, this may affect you for weeks and months to come. While you then process something that you didn't see yourself in.

Because that's the unexpected bit is that we we know.

The core of who we are to an extent. But there's gonna be those little things, the sights, the sounds, the smells that put you back in a situation that you just until you learning to process that and most of us don't have the time, the money, the energy for the sheer amount of therapy and talking experience to be able to unpack all of that. So if you're blindsided by that in the middle of an article that was about one thing, but something else has crept in.

It can be really so yeah, that that the knock-on effects, not just during a tutorial or during an activity of learning. The knock-on effects afterwards are the ones that really get you.

### **Arabella**

Yeah. When you at the point where you're reading that something is, could be emotive or a sensitive topic you're still in control and then it's at some point the process of being out of control takes place when you're reading that article or watching that video, you know and like was said before, you don't have to have experienced it to have an emotional reaction, for example, we did Grenfell Tower, which was right on our doorsteps.

And seeing people in a desperate situation bit like the Twin Towers where they had no they were, they were gonna die.

And that that, you know, that has to affect everyone. And I know that, Julia's you know, she really wants to make, well normalize these emotions, which I think is important. But as far as how it affects you individually, it really depends as well on your own personal experience.

You know, if you've had a hard time then then some things will will trigger you and also did learning long distance is incredibly hard because you've read something like Cin says you're in that situation where your emotions are raw again.

And somehow you gotta carry on and get back to feeling OK again all by yourself. And I think that the COVID Pandemic put a lot of people, students who are normally in tutorials and lectures in the same situation as us, as distance learners.

### **Ruth.Tudor**

Yes. So those those students who would normally be attending university face to face were all of a sudden put in the same situation as we are. And so all of a sudden had to adjust and

and learn to learn the way we we normally learn which was perhaps quite a big thing for them because all of a sudden they had to manage all their own emotions alongside all the emotions they were having to manage around the pandemic and the isolation and the lack of social interaction and the being you know locked down and all the rest of it. So all of a sudden it was.

**Arabella**

Yeah.

**Ruth.Tudor**

It was not ideal for them.

**Arabella**

And not only that, but your access to support was diminished. Considerably. I mean, just knowing that you couldn't get a face to face with the doctor was scary enough.

**Alison.Kingan**

Yes.

**Arabella**

And we know that waiting times are ridiculous. My son's waiting for a psychiatric assessment. He's been told a year.

**Ruth.Tudor**

Ohh dear.

**Arabella**

There's no provision made. So I don't and and people want to help, they just haven't got the funds. So that that, you know, but that that just isn't a provision for people on that side of health.