

Top tips for trigger warnings



Letting discussion leaders know that there is something that might upset you is important.

Remember that you can step away from a conversation and ask the group facilitator let you know when this discussion has ended.



We don't always know what others have experienced. We need to be kind.



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Kids

Remember, other people might step away whilst you are sharing and that's ok. We need people to protect themselves so don't be offended.



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