

# CONTENT WARNINGS

## IN A HIGHER EDUCATION CONTEXT



### WHAT

A verbal or written disclaimer provided prior to a specific class, text, video, etc. about sensitive or graphic material that could cause harm to students who have anxiety, post-traumatic stress, and/or may have experienced a related trauma.

### HOW

A brief written disclaimer in the course description or syllabus, and a verbal reminder before embarking on potentially emotionally challenging texts, videos, or graphics. If at all possible, content warning should be delivered well in advance of any triggering content in order to create a productive learning atmosphere of mutual respect.

### WHEN

Topics can include (but are not limited to): gender-based violence (rape, sexual abuse, transphobia), mental illness (suicide, eating disorders, self-harm), or depictions of violence crime or violent situations (torture, war).

### IMPACT

- Provides scaffolding for students to be responsibly self-challenging.
- Levels the playing field for students affected by trauma.
- Creates an opportunity for students to take the initiative to form study groups or debrief session to process challenging materials.
- Allows students to prepare to employ healthy coping mechanism in order to stay present during class.
- Prevents further harm and re-traumatization.
- Fosters empathy and understanding in students who are not affected by certain content.

## ADDITIONAL RESOURCES

*"Content Warning Article Database"*

<https://pitzer.box.com/v/contentwarnings>

*"Examples from PZ Syllabi"*

<https://pitzer.box.com/v/samplecw>



STUDENT SENATE