

Triggers

I. Introduction to what Triggers: 5 minutes

- a. What is a Trigger?
- b. Why Discuss Triggers?
- c. The effects on a facilitator
- d. How other people are triggered

II. Brainstorming Triggers: 5 minutes

- a. What are some of your individual triggers? Hot Buttons? What topics/sayings/thoughts/ bring up emotions in you?
- b. When you are in conversations with other people, what fuels emotion in you?

III. Brainstorm Response to Triggers: 5 minutes

- a. What are the most common ways that you respond when you are triggered? What is your involuntary response?

IV. Behind Closed Doors: Trigger Style 20 minutes (2 options – see below)

PURPOSE: For facilitators to have the opportunity to role play a situation where one of their participants is triggered a certain way. Hands on experience in handling conflict

- a. 5 groups of 3 people
- b. 1 Facilitator, 2 participants
- c. Question: 1). Do you believe that diversity is an important part of education?
2). What does Multiculturalism mean to you?
3). Is “Diversity” just a “buzz” word?
- d. 2 participants decide the following:
 - i. 1 person makes a statement that is offensive the other
 - ii. 1 person reacts to the statement in an emotional response (either one of their own or one on Appendix 5A)
- e. **4 minutes:** Facilitator opens the dialogue with the question and facilitates through the triggering statement of the 2 participants. Facilitator can ask A.T. and Taryn for thoughts or ask one of the participants if they are stuck on how to how deal with the situation.
- f. **1 minutes:** Process the interaction with the facilitator
- g. Rotate throughout each of the people so that everyone can be a facilitator

OR

- a. 3 Rotations – Not everyone gets to be a facilitator
- b. 1 Facilitator, 5 participants
- c. Questions 1). Do you believe that diversity is an important part of education?
2). What does Multiculturalism mean to you?
3). Is “Diversity” just a “buzz” word?
- d. 5 participants decide the following:
 - a. 1 person makes a statement that is offensive to others
 - b. 2 people react differently to the statement in an emotional response (either one of their own or one on Appendix 5A)
- e. **4 minutes:** Facilitator opens the dialogue with the question and facilitates through the triggering statement of the 5 participants. Facilitator can ask A.T. and Taryn for thoughts or ask one of the participants if they are stuck on how to how deal with the situation.
- f. **1 minute:** Process the interaction with the entire group
 - a. Every will have the opportunity to either be a facilitator or an participant