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 minute: 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