

## Working with sensitive topics

As you might have realised, some topics covered in Law courses are emotive. Some might touch on matters that you have had difficult experiences of, and some deal with subjects which are hotly debated where feelings often run high on all 'sides' of the discussion. While it might be challenging to engage with topics we find sensitive, it is a valuable source of learning. It can help us to:

- move out of our comfort zone to recognise what and how we have been previously taught to see and think (or not to see and think)
- make sense of our past experiences
- learn from others with different experiences and perspectives
- improve our ability to engage with and manage emotions
- grow personally and professionally.

Before you start the course, it might be helpful to look through the topics that you will be studying, and identify which of them might prove sensitive for you. The topics that have been identified as potentially sensitive by the course authors are marked in the course with a box and the words 'sensitive topic'.

When you come to study these sensitive topics, you might find it helpful to:

**Check in with yourself:** how are you feeling about this topic right now?

**Make a decision:** are you able to study this now or do you need to wait until another time?

**Take your time:** give yourself extra time to study this material and split it up into manageable chunks to prevent overloading yourself.

**Take study breaks:** if you find yourself becoming overwhelmed, take a break.

**Access your support network:** do you have friends, family, or colleagues that you can talk to about the content?

**Assemble a toolkit of coping strategies:** what helps you when you are feeling stressed or emotional? Examples might include taking a walk, exercise, socialising, taking a bath, or watching your favourite TV show.