



Trigger Book Guide

Trigger warnings

Trauma, inferred sexual assault

About the book

Trigger is an unflinching verse novel about a teenage boy who is sexually assaulted in an attack he struggles to remember.

Jay wakes in a park, beaten and bruised. He can't remember what happened the night before. But he has suspicions. Jay realises he has been raped — and that his ex-boyfriend may have been involved. Counselling sessions cause Jay to question everything. His new friend Rain encourages his pursuit of justice. Jay wants answers, but his search will lead him down a perilous path.

About the author

Brought up in Ireland and currently living in Manchester, Chris (C.G.) Moore is passionate about teaching and previously taught on the BA and MA in Publishing programmes at the University of Central Lancashire. He has also delivered workshops and has appeared on panel events for community groups and festivals, including YALC, Bradford literature Festival and the Proud Trust.

His *Gut Feelings*, published by UCLan Publishing, was nominated for the Yoto Carnegie Medal for Writing 2022 and was the KPMG Children's Books Ireland Book of the Year 2022.

"A raw and powerful exploration of chronic illness. Moore's writing is so emotional and immersive – I couldn't put this book down!" Alice Oseman, author of *Heartstopper* (on Moore's writing)

Chris has written for *GCN Magazine* and *Pink News*. He was interviewed, together with his mum, about their chronic illness in *Woman's Own*.

Before you read ...

Look closely at the cover. How would you describe it? Why do you think the main image has been shredded? Does this provide any clues about the story within? Do you think the cover is effective and does it make you want to read the book?

What do you think the title, *Trigger*, might mean? Based on the cover and title what type of story do you think it will be and what themes might be explored?

Before the story, we see the 'Author's foreword'. What do you understand by the term consent? Can you think of any everyday examples of consent?

Opening page

In 'Hollow', the main character tells us that he doesn't know where he is or how he got bruises on his body. How do you think he might be feeling? Can you think of examples when you or people you know haven't been able to remember events that have happened to them?

Honey and Glass

In 'Honey and Glass', Jay talks about being "sweeter than honey" and "sharper than glass". What do you think he means by this? What is he referring to?

I'm Not Fine

In 'I'm Not Fine', several words are crossed out. Why do you think this has been done? What impact do these crossed out words have on you as a reader?

Rain's Verdict

In 'Rain's Verdict', Rain tells Jay that Jackson deserves to pay. Do you think it would be fair if Jay were to get back at Jackson on his own terms?

Hornet's Nest

In 'Hornet's Nest', what do you think Lau means by "poking the hornet's nest"? Is this a sensible thing to do?

1 in 60

In '1 in 60', we discover that the chances of the people that raped Jay getting convicted are 1 in 60. Does this surprise you? Why do you think these figures might be so low?

Glass Boy

In 'Glass Boy', why do you think Jay describes himself as being made of glass?

Friends

In 'Friends', Jay tells us how Rain is what he needs right now. Why do you think he chooses Rain over Lau, whom he has known longer?

I Was Raped

In 'I Was Raped', Jay is finally able to say what the men did to him. What do you feel has changed for Jay that enables him to say this at this point?

The final chapters

How did you feel about that ending? Was it happy, sad, bittersweet? Messy or neat? Satisfying or unsatisfying?

Afterwards ...

Did you enjoy the book? How did the story make you feel? Did you expect to feel this way? How would you describe the book to a friend?

Do you have any questions about the book? What would you choose to say to the author or to ask them if you had the chance?

If you had to choose three words to sum up your feelings about the book, which would you choose and why?

If you had a friend that experienced something similar to Jay, what are some of the ways you could show support?

Was there a poem or moment in the story that particularly connected with you? What was this and why did you connect with it?

Remembering your thoughts on the cover and title of the book, did any parts of the story surprise you? If so which parts and why?