

TRIGGER WARNING: mentions sexual assault, rape, and trauma.

# MONSTROSITY IN THE CLASSROOM: IS IT WORTH IT?

EMILY MILIUS

UNIVERSITY OF OREGON

[emilius@uoregon.edu](mailto:emilius@uoregon.edu)

“FORGETTING IS  
EASIER FOR  
SOME THAN  
OTHERS.”

Claire Dederer, “What  
Do We Do with the Art  
of Monstrous Men?” *The  
Paris Review*, Nov. 20,  
2017.



- **MORE THAN 16% OF COLLEGE WOMEN ARE SEXUALLY ASSAULTED WHILE IN COLLEGE.(1)**
  - **88% OF WOMEN SEXUALLY ASSAULTED ON CAMPUS DO NOT REPORT.(2)**
- **40-60% OF BLACK GIRLS ARE SEXUALLY ASSAULTED BEFORE THEY TURN 18. (3)**
- **50% OF TRANSGENDER AND NONBINARY FOLX ARE SEXUALLY ASSAULTED IN THEIR LIFETIME. (4)**
- **MEN ARE VERY UNLIKELY TO REPORT DUE TO SOCIETAL EXPECTATIONS AND BELIEFS. (5)**

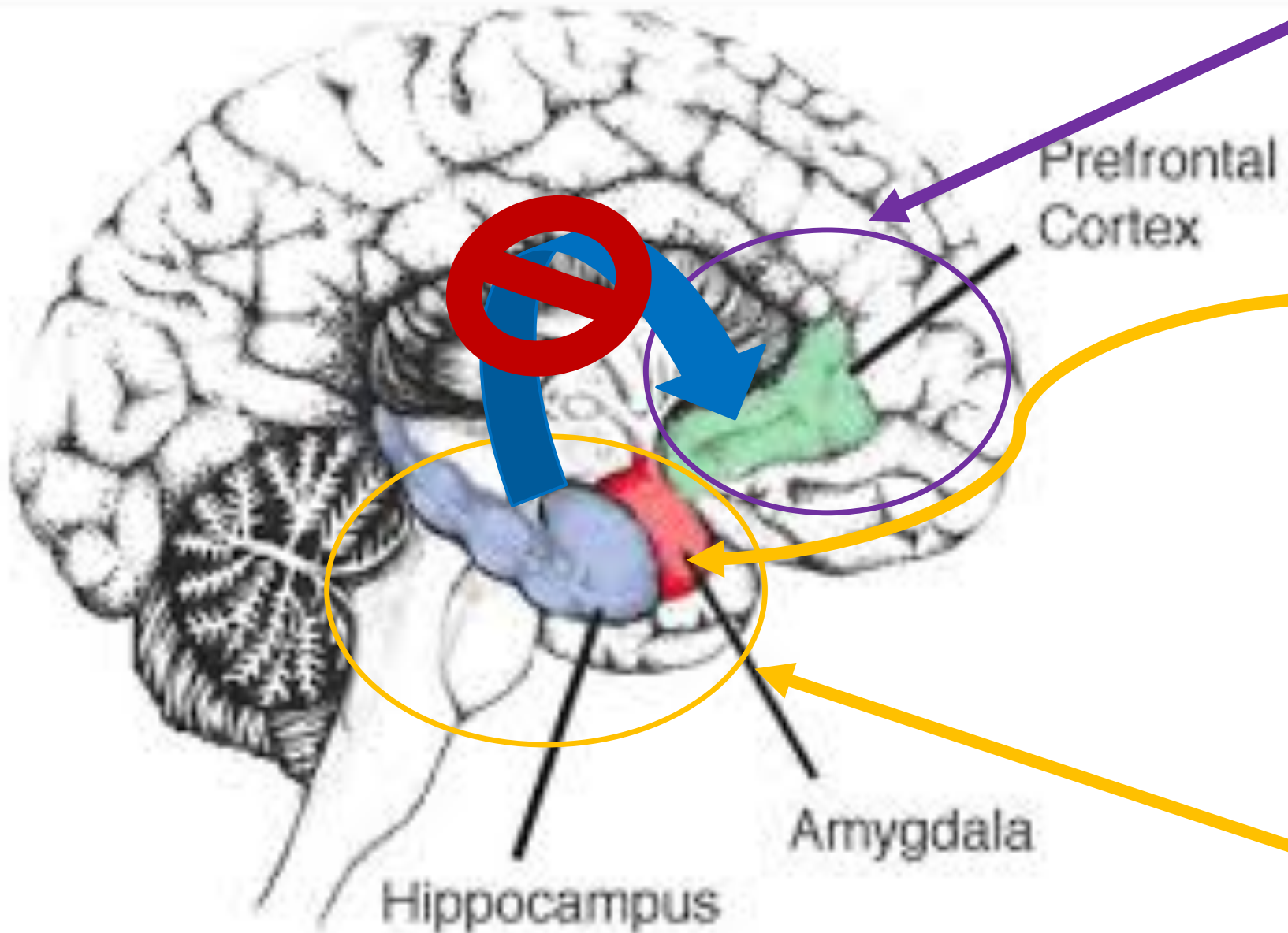
1. *The Hunting Ground*, 2015: 9:05.

2. *The Hunting Ground*, 2015: 12:24.

3. Mikki Kendall, *Hood Feminism: Words from the Women That a Movement Forgot*, 2020: 48.

4. "Responding to Transgender Victims of Sexual Assault." *Office for Victims of Crime*, June 2014. [https://ovc.ojp.gov/sites/g/files/xyckuh226/files/pubs/forgo/sexual\\_numbers.html](https://ovc.ojp.gov/sites/g/files/xyckuh226/files/pubs/forgo/sexual_numbers.html)

5. Nathan W. Pino & Robert F. Meier. "Gender Differences in Rape Reporting." *Sex Roles*, 40, 1999: 979-990.



Logical processing

"the brain's smoke detector"

Perception of surroundings

- STRESS HORMONES ARE RELEASED (SUCH AS ADRENALINE AND CORTISOL), CAUSING:
  - INCREASED BLOOD PRESSURE AND HEART RATE
  - SWEATING
  - FAINTING
  - DIFFICULTY BREATHING
  - MORE

# Emotional Flashbacks

**“sudden and often prolonged regressions (“amygdala hijackings”) to the frightening and abandoned feeling-states of childhood. (...) When fear is the dominant emotion in an emotional flashback, the individual feels overwhelmed, panicky, or even suicidal.”**

Pete Walker, “Emotional Flashback Management in the Treatment of Complex PTSD.” *psychotherapy.net*, May 10, 2017.

**“WHILE ONE TRAUMA SURVIVOR MIGHT FIND IT  
CATHARTIC AND AKIN TO GROUP THERAPY TO  
REVISIT THEIR EXPERIENCES THROUGH  
SAFECHUCK’S AND ROBSON’S STORIES, IT  
MIGHT BE UNSETTLING FOR OTHERS.”**

Wong, Brittany. “What Therapists are Telling Trauma Survivors After ‘Leaving Neverland.’” *Huffington Post*, March 14, 2019.  
[https://www.huffpost.com/entry/leaving-neverland-sexual-abuse-survivors\\_l\\_5c87fe51e4b0450ddae4ec62](https://www.huffpost.com/entry/leaving-neverland-sexual-abuse-survivors_l_5c87fe51e4b0450ddae4ec62)

**“THESE STORIES REMIND ME OF MY ULTIMATE SURVIVAL, BUT ALSO OPEN DOORS TO REVISIT PAST TRAUMAS. (...) ALTHOUGH THESE CONVERSATIONS ARE HELPFUL AND BRING RELEVANT AND IMPORTANT ISSUES TO LIGHT, THEY ALSO INCREASE THE RISK OF PTSD IN VICTIMS AND REOPEN WOUNDS THAT WERE ONCE WELL MANAGED.”**

LaShanda Nalls, quoted in: Alison Bowen, “‘That’s a huge trigger.’ In wake of R. Kelly documentary, a support group for [B]lack assault survivors,” *Chicago Tribune*, Jan. 15, 2019. <https://www.chicagotribune.com/lifestyles/ct-life-r-kelly-support-group-20190115-story.html>

**“THE ALLEGED VICTIMS WERE [B]LACK, AND [B]LACK WOMEN MIGHT MORE CLEARLY SEE THEMSELVES REFLECTED IN IT. (...) THINKING ABOUT A SURVIVOR WHO’S AN ADULT NOW, THEY COULD HAVE BEEN THE SAME AGE AS ONE OF THOSE GIRLS WERE AT THE TIME. THAT’S A HUGE TRIGGER. LOOKING AT THAT AND SEEING HOW VULNERABLE THOSE GIRLS ARE.”**

Chalet Jean-Baptiste. “How I’m Dealing With ‘Surviving R. Kelly’ And Symptoms Of PTSD As A Sexual Assault Survivor.” *Blavity: News*, Jan. 10, 2019. <https://blavity.com/how-im-dealing-with-surviving-r-kelly-and-symptoms-of-ptsd-as-a-sexual-assault-survivor?category1=community-submitted>



# SELECTED BIBLIOGRAPHY

BOWEN, ALISON. “‘THAT’S A HUGE TRIGGER.’ IN WAKE OF R. KELLY DOCUMENTARY, AS SUPPORT GROUP FOR [B]LACK ASSAULT SURVIVORS.” *CHICAGO TRIBUNE*, JAN. 15, 2019.

CHENG, WILLIAM. “GASLIGHT OF THE GODS: WHY I STILL PLAY MICHAEL JACKSON AND R. KELLY FOR MY STUDENTS.” *THE CHRONICLE OF HIGHER EDUCATION*, SEPT. 15, 2019.

DEDERER, CLAIRE. “WHAT DO WE DO WITH THE ART OF MONSTROUS MEN?” *THE PARIS REVIEW*, NOV. 20, 2017.

HERMAN, JUDITH. *TRAUMA AND RECOVERY: THE AFTERMATH OF VIOLENCE—FROM DOMESTIC ABUSE TO POLITICAL TERROR*. (NEW YORK: BASIC BOOKS), 1992.

*THE HUNTING GROUND*. DIRECTED BY KIRBY DICK. THE WEINSTEIN COMPANY, 2015.

KENDALL, MIKKI. *HOOD FEMINISM: WORDS FROM THE WOMEN THAT A MOVEMENT FORGOT*. (NEW YORK: VIKING), 2020.

JEAN-BAPTISTE, CHALET. “HOW I’M DEALING WITH ‘SURVIVING R. KELLY’ AND SYMPTOMS OF PTSD AS A SEXUAL ASSAULT SURVIVOR.” *BLAVITY: NEWS*, JAN. 10, 2019.

*LEAVING NEVERLAND*. DIRECTED BY DAN REED. HBO, 2019.

“RESPONDING TO TRANSGENDER VICTIMS OF SEXUAL ASSAULT.” *OFFICE FOR VICTIMS OF CRIME*, JUNE 2014.  
[HTTPS://OVC.OJP.GOV/SITES/G/FILES/XYCKUH226/FILES/PUBS/FORGE/SEXUAL\\_NUMBERS.HTML](https://ovc.ojp.gov/sites/g/files/xyckuh226/files/pubs/forge/sexual_numbers.html)

*SURVIVING R. KELLY*. PRODUCED BY DREAM HAMPTON. LIFETIME, 2019.

*SURVIVING R. KELLY PART II: THE RECKONING*. PRODUCED BY DREAM HAMPTON. LIFETIME, 2020.

VAN DER KOLK, BESEL. *THE BODY KEEPS THE SCORE: BRAIN, MIND, AND BODY IN THE HEALING OF TRAUMA*. (NEW YORK: PENGUIN BOOKS), 2015.

WALKER, PETE. “EMOTIONAL FLASHBACK MANAGEMENT IN THE TREATMENT OF COMPLEX PTSD.” *PSYCHOTHERAPY.NET*, MAY 10, 2017.

WONG, BRITTANY. “WHAT THERAPISTS ARE TELLING TRAUMA SURVIVORS AFTER ‘LEAVING NEVERLAND.’” *HUFFINGTON POST*, MARCH 14, 2019.