

# Exotrauma (And Children's Media)

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## **Content Warnings:**

- Discussion of alterhumisia.
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Having exotrauma from a "cringe" or "silly" source sucks. It feels like you're taken infinitely less seriously than those who have trauma from grittier, adult-g geared and/or "acceptable" sources. Which in and of itself just isolates you and makes it worse.

I'm not just a silly little thing from your silly little Roblox game that could never show signs of trauma because it's 'just a kids game'--and I'm not your blorbo either. It feels like there's 2 common options for how people treat fictionkind with exotrauma:

1. Oh my poor little scrunkly, my little cardboard box meow meow.... Going to hold you because I love babying you and treating you like you're not even a person because I see you only as my favourite character. (Mind you, this is distinctly SEPARATE from actual friendly support, you can tell the difference.)
2. You're not a fictional character, get over it lmao. Yeah I know you *are* them but like you didn't ACTUALLY live through that, stop claiming it, it's disrespectful. Why are you upset at my memes about your death lol. Get a life.

So like... Maybe fictionkind are people. Maybe I don't want to think about the worse parts of my source. Maybe I don't want my trauma shoved in my face as a little funny joke, even if the context is changed. Maybe, just maybe... Leave alterhumans with fictional sources alone. Even if their source is lighthearted, even if it's for kids, even if it's the most "cringe" media you can think of.

Sonic the Hedgehog might've seemed fine in-source but maybe he's fucked up from all that he's been through. That warrior cat alterhuman isn't just being edgy, maybe they're suffering from the memories of fighting to survive day in and day out. Bluey is allowed to be not okay, and their source shouldn't dictate their experiences. Do you ever think that some Pokemon or trainers don't have amazing, adventurous lives travelling around with their best friends? Mario might have nightmares and flashbacks from his source. Mickey Mouse is allowed to be hurt, and allowed to express that. That MLP alterhuman isn't always going to be just a happy colourful magic pony with no issues whatsoever.

We are PEOPLE, and our sources being "happy", "for kids", "light-hearted", "fun" or anything of the sort should NOT dictate how we are treated here, what our experiences are "allowed" to be, or how we are expected to act. Treat fictionkind--of all sorts--like PEOPLE.