

Title: The Intensity of Silence

Author: E.K. Barnes

Year: 2022

Genre: Poetry Anthology; Memoir

If this book were a movie/tv show (as written), it would be rated PG-13 for alcohol, drugs, & smoking; sex & nudity

Film & television adaptation(s): none

Violence & Gore (9) – PG Level

- Multiple mentions of blood
- Mention of someone landing on concrete
- Multiple mentions of bombs/IEDs/grenades
- Multiple mentions of guns, gunshots, & bullets
- Mention of vomit
- The narrator expresses a desire to hit/punch/break something
- Mention of choking
- Mention of burned bodies/cremated ashes
- Multiple mentions of someone slicing their arm/cutting themselves

Profanity (1) – G Level

- H*ck

Alcohol, Drugs & Smoking (3) – PG-13 Level

- Mention of cigarette smoke
- Multiple mentions of drugs
 - Mention of pot/marijuana
 - Mention of heroin
- Mention of alcohol

Frightening & Intense Scenes (4) – PG Level

- The narrator graphically recalls almost drowning
- A child falls
- Mention of someone landing on concrete

- Someone stamps out a fire

Sex & Nudity (6) – PG-13 Level

- Multiple mentions of sex
- Mention of virginity
- Mention of condoms
- Mention of STDs/STIs
- Mention of nakedness
- People change clothes, not graphic

Additional Content & Trigger Warnings (23)

- Addiction (Drugs, Alcohol)
- ADHD
- Anxiety (Anxiety/Panic Attack, Doubt, General Anxiety, Paranoia, Social Anxiety, Spotlight Effect)
- Being Forgotten/Left Out/Ignored
- Bipolar Disorder/Mania/Hypomania
- Breakup/Friendship Loss
- Bullying/Rumors
- Child Physical Abuse, brief mention
- Child Sexual Abuse/Pedophilia/Grooming
- Death/Grief/Funerals
 - Death of a Soldier
 - Death of a Family Member
- Depression/Loneliness
- Drowning
- Educational Trauma/Abuse
- Physical Illness (stomach bug/nausea)
- PTSD/Trauma/Flashbacks
- Religious Mention—Christianity
 - Religious/Spiritual Abuse
- Selective/Traumatic Mutism
- Self-Deprecation/Self-Blame
- Self-Harm
- Sexism/Misogyny
- Stockholm Syndrome/Sympathizing with an Abuser
- Suicide/Suicide Attempt
- Victim Blaming