

# INSIDE OUT

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*Background Guide*

SSI  SIM

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- Use the following form to request a committee switch:  
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AIDAN THOMPSON (HE/HIM)  
DEPUTY SECRETARY-GENERAL



# LETTER FROM THE DIRECTOR

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Dear fellow emotions,

Welcome to Inside Out, a committee filled with memory, brain, and personality here at Secondary School Interactive Crisis Simulation (SSICSIM) 2023! I am Charles Liu, your director for Inside Out. A little bit about me: I am a second-year student at Toronto Metropolitan University studying Philosophy and English. I am from Oakville and I love watching movies or cooking in my free time. I loved Inside Out for a while now and it has remained one of my favorite movies to this day. I'm so excited to join everyone in bringing alive the committee that is inspired by the movie. But don't worry if you haven't seen it, everything is set up for success for those who are missing out on the experience of having watched this movie.

I would like to thank everyone who made this committee possible. Big shoutout to Cindy, my amazing Fictional ASG for fielding incessant questions that weren't always within her purview. Thanks to Erica and Sofia for being wonderful Crisis Analysts and to Mitchell for being a fabulous Crisis Manager. And of course, I cannot forget to thank Rohan for being a terrific Moderator I could rely on.

I hope you have read at least the Wikipedia summary before putting this committee on your list of choices, but for those who need it, Inside Out was set inside the mind of Riley and explored the challenges of a teenage girl trying to find her place and process the world around her. The committee will maintain that premise and will be exploring the wonderful mind of Riley more in-depth just as she reaches adulthood. Unique and funky challenges will be thrown your way and it will be your job as an emotion to manage all that while managing other internal issues within the emotions. Amidst the chaos of everything, I hope

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you take away some fun and thoughtful insights from this committee. Given the movie was inspired by real-life events of the creators watching their own daughters grow up, I hope this committee can provide a unique perspective on the way you live your life and build upon the important insights psychology and philosophy have made in recent times. And remember, when in doubt, go for chaos!

'Take her to the moon for me. Okay?' (Bing Bong, from Inside Out)

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CHARLES LIU (ANY PRONOUNS)  
DIRECTOR, INSIDE OUT

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# DEFINITIONS

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## Riley/Headquarters

This is where all of you work and reside! Headquarters, or you can call it Riley, is where actions must be taken and where you should assume to start. Any venture outward must be confirmed. In headquarters, you have limited access to personality islands and distant memories but have full access to core memories.

## The 11 Crisis

This is the crisis often referred to when discussing the specific bout of difficulty that Riley experienced at the age of 11. Much was learned from that experience and deeply affects all the decision-making of headquarters today. It was even filmed in a documentary called Inside Out!

## Memory Orbs

Memory orbs have two distinct characteristics: they follow some type of loose event and are dominated by certain emotions. The event can be really anything that you could understand occurring to Riley. It is usually stored in the mass storage system outside of Headquarters after any amount of time, which is often deemed by the other workers to keep Riley's brain moving. Memory orbs can be recalled and swapped out with others, while other core memories might stay in headquarters longer or shorter depending on the effect and usage by Riley. These unique memories will be brought to the attention of everyone and can be manipulated if wanted. The emotions that fill up these memories also can vary from one singular emotion to many.

## Core Memories

Core memories are very special memories that affect Riley very directly and are important to Riley's overall well-being. These memories are memory orbs themselves and are thus

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subject to the same properties as any memory orb. They have a unique effect on Riley though, and can be important in changing Riley's personality. They are found in the center of Headquarters and are readily accessible by any emotion in Headquarters.

## Personality Islands

Personality islands are directly connected to core memories and created by core memories. Some personality islands are older than others and light up when being used, thus making it known what personality islands are used and how developed these personalities are. Personality islands are destroyed when a core memory is altered or removed and a new one is created by replacing core memory.

## Yields

Yields are the resulting response that is created after experiencing a certain memory that is filled with emotion. For example, if Riley were to just experience a memory of going to the grocery store and recognizing the cashier and were that memory to be fulfilling and anxious, she might experience a rewardful Yield. Yields are the indicator by which the team in Headquarters can judge whether or not they are on track and whether their decisions resulted in the desired result. Achieving different yields is important for Riley, but make sure not to harm Riley in the process.

## Memory Dump

This is the place where memory orbs go to disappear – permanently. The brain systematically removes memories but headquarters can intervene and personally throw certain memories into memory dumps.

# INTRODUCTION

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*Disclaimer: This is not scientifically accurate.*

While it is a myth that the human can only use 10% of the brain at once, it performs many functions, all to be managed by you. Already going through a new city and house at the age of 11, Riley faces new challenges at the age of 17. This senior year makes Riley face these challenges head-on, something headquarters must manage. New romances, exciting opportunities, and struggles are at an all-time high for Riley as she ventures on into adulthood.

The mind ultimately determines Riley's actions and character, making it clear that this committee holds great responsibility and must use its power wisely. While previously Joy was the main leader of the mind and Sadness was systemically limited from touching anything, things have changed after the 11 Crisis. The 11 Crisis consisted of Riley having a difficult time transitioning to a move from Minnesota to San Francisco and subsequently trying to run away from home. Headquarters was in disarray without Joy's leadership and it was saved by Sadness. As Riley enters a difficult and ever-changing part of her life at 17, headquarters is getting ready for another load of difficult tasks. It will remain the utmost priority to ensure that Riley's well-being and character are maintained in good shape while there are moments of hardship strategically implemented in order to ensure Riley's growth. Too much hardship and Riley might shut down again, but too much easygoingness and Riley might remain stagnant and suffer long-term.

Either way, the way things operate has drastically changed between the ages of 11 and 17. Headquarters heavily expanded to make room for more brainpower, rationality, and memorization, giving emotions many more actions and options available to Headquarters. Unfortunately, this does not mean that they have access to everything. It is important to consider what a 17-year-old might consider in their thinking and what they might do;

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anything that might be too unrealistic for a 17-year-old might not be available for the committee to select!

Your role as an emotion is to ensure that Riley's well-being is kept up. What this looks like is up to the entire crew. The crew is composed of de facto teams instead of individual emotions to compensate for the more complex emotions Riley has developed as she has grown. The 5 original emotions remain in the form of the team emotion with one additional team as an exception – Tenderness. Each team is composed of a new range of emotions, each with its extremities. Some make up more extreme compositions while others remain more neutral and common. Especially in light of the lessons learned from the 11 Crises, teams are more aware than ever of ensuring diversity amongst the core memories and affecting even passersby memories as well. But each team still wants to ensure that their voice is heard, and might be less focused on diversity and more focused on their own team's representations for memory orbs. This attitude can often be correlated with their extremity to their own team.



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# PRESENT ISSUES

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As a response to the 11 Crisis, teams now take up equal footing and equal votes. They all have equal say in the matter and measures can be invoked to hold accountable unfair attempts to silence other teams. There are also specific mechanisms in place to ensure equal voices and processes that can be implemented in the case of an unjustified sidelining. Please refer to “Democratic Measures” in the mechanics guide about specific guidelines in maintaining equal standings among the teams.

There are 6 teams in headquarters right now, each team is made up of 3 emotions. The details on each emotion can be found in the character guide. Each team is made up of an original emotion from the 11 Crisis, with one new addition. Tenderness was developed separately as Riley built deeper relationships with others and has become something Riley is more aware of and feeling more clearly, making the creation of this team a no-brainer for Headquarters.

It is helpful to go through this list looking at whether or not the teams elicit high or low levels of energy, and whether their Yields are typically positive or negative. Too much negativity or positivity might adversely affect Riley’s outlook on life and might affect her decision-making; similarly, too much or too little energy can cause Riley to have similar issues of non-action or mania. Looking at the Yields can give a sense of the ways the teams operate and their goals, but this is not a set-in-stone list or description of each team. Ultimately, it is up to each team to define themselves and their desired results by using specific emotions and by choosing how they tackle memories!

## Teams

### Team #1: Joy

Hey Hey! Team Joy is usually beaming with positivity and optimism, often resulting in high-energy Yields for Riley. Yields like happiness, reward, and pleasure are expected from Team



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Joy. Team Joy boasts strong leadership skills and usually likes to take charge of collective decisions in order to ensure Riley's well-being.

### **Team #2: Sadness**

Sigh, Team Sadness mopes around overwhelmed by the weight of the world, producing low-energy Yields for Riley. Yields like pain, displeasure, and depression are common with Team Sadness' negative Yields. Team Sadness knows how important their role is, but sometimes it can be difficult.

### **Team #3: Disgust**

UGH! AS IF! Team Disgust is averse to everything, especially broccoli and clowns, and can be very vocal and high-energy about it. With their contentions on the record, they have specific types of negative Yields that have distinct effects on Riley, often taking the form of hatred, nausea, or apathy to name a few. Be careful not to get on Team Disgust's wrong side – you won't hear the end of it.

### **Team #4: Fear**

Uh Oh! Team Fear is here and giving just 30% of their energy. They constantly feel pulled in many directions and often feel overwhelmed and skeptical, too exhausted to do anything crazy for Riley. Expect worry, suspicion, or anxiety whenever Fear takes over a memory orb. Whether it's rightfully justified or not, fear will always take things slow.

### **Team #5: Anger**

It's getting hot in here because Team Anger is taking charge. Negative Yields like distress, contempt, or jealousy are common with Team Anger. Always pointing out the problems (and maybe not coming up with enough solutions), you can count on Team Anger to be there and square with their full attention and care.

### **Team #6: Tenderness**

Take a chill pill and ride with Team Tenderness, who just got added to Headquarters. With nothing too intense but with lots of positivity, Yields like relaxation, romance, or empathy



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are typical with Team Tenderness. They are really here for a good time even if short, and take everything easy.

## Personality Development

For Riley's age, personality development is crucial and is a top agenda item for Headquarters. The personality and character Riley has will directly impact her future pathway and the decisions she makes. Entering adulthood means a lot of her choices will have a much more direct consequence on herself and those around her. She will also begin to develop an approach to the world and develop a pattern of her actions. With less room for unchecked curiosity and exploration, Riley will develop a philosophy. This all means to point at the significance of Yields that Headquarters creates for Riley as they might be much more permanent. A crisis might be harder to revert to and might permanently change Riley's demeanor and approach to the world. But this also means that the changes, if positive for Riley, can be more permanent and useful for Riley. Strategically manipulating Yields so that Riley is a better person means that this is much more permanent. The more permanent effects of Headquarters are a double-edged sword that must be wielded carefully but can yield amazing results.

## New Developments for Headquarters

When the 11 Crisis hit, much of headquarters was still in good condition and in the process of development. While Riley's brain is still very much developing, there are more challenges that were not faced during that time period. For one, Riley has been developing migraines a lot more frequently from the stress of studying hard and dealing with lots of anxiety-inducing events from the outside world. Whenever Riley gets a migraine, expect challenges to make decisions and for some funky stuff to happen. Riley also has suffered head injuries and has to memorize a lot for school, making the brain overall a delicate space. Some options that the committee might expect they have access to might be off-limits due to how fragile her brain can be in some areas. Especially when venturing outwards of Headquarters, old memories can resurface and Riley can forget things that might be bad to forget. Always consider the possibility of negative results whenever making decisions; they aren't always going to result in what you want since the mind is such a weird place. Finally,

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a Riley-specific issue is the lack of staff. It has resulted in an overflow in memory work and caused a backlog of tasks to be done. Specific requests that involve people outside of Headquarters might be delayed significantly. Headquarters can either handle the matter themselves and venture out of Headquarters to do the task themselves or they could wait and hope the request gets fulfilled in time.



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# STATE OF AFFAIRS

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## Riley's Personality, Character, and Hobbies

Riley has remained the goofball she was as a child, being the family comedienne and an outgoing extrovert. Friends and family have also remained a crucial part of her own life as well, making her a complex character with the capacity for humour and seriousness. After quitting hockey and sports in general from too many head injuries and concussions, she found science to be her way to connect with the environment and the outdoors. As she has grown older, she has gained a passion for the subject and sees herself possibly doing this in the future as a career, in line with her Minnesotan roots. Science has become her primary intellectual subject in high school.

## Core Memories and Personality Islands

There are 6 Core Memories that all link to 6 different Personality Islands. Remember that these are not permanent, but can be replaced by Headquarters if wished. Personality Islands can be destroyed and replaced with a Core Memory. Personality Islands cannot be chosen but Core Memories can be selected.

Each Core Memory has a memory and a brief description with an age to give a time period of when it occurred. More in-depth descriptions can be requested and a replaying of memory can also be shown at leisure in Headquarters. Each memory has at least 2 emotions and is listed from strongest to weakest in terms of how much the emotion is present in the memory orb. One can assume that the older the memory, the more developed the personality island is. The one exception is Family Island; it is around the same size as Friendship Island.

### Core Memory #1: Riley hugging her mom and dad

- Emotions: Sadness, Fear, Joy.

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- Age: 11
  - Description: After trying to run away to Minnesota without her parent's knowledge, she confesses her hatred of San Francisco and comes to terms with the fact she is sad about the move. Her parents comfort her and hug her, making her feel better.
  - Personality Island: Family

### Core Memory #2: Riley playing with her friend on the sidewalk

- Emotions: Joy, Sadness
- Age: 5
- Description: Riley clumsily plays Hopscotch on the sidewalk. Details are scarce due to the age of this memory but the specific detail of Hopscotch has remained very lucid for Riley.
- Personality Island: Friendship

### Core Memory #3: Going to Universal Studios and experiencing everything in Harry Potter.

- Emotions: Joy, Fear
- Age: 12
- Description: Riley was a huge fan of the Harry Potter series and loved going to Universal. She has been a huge reader since. As she grew older she moved on from Young Adult fiction to more adult genres like science fiction, brewing fear into this joyful memory. Her passion is now for more science fiction like 1989, Hunger Games, or books written by Kazuo Ishiguro.
- Personality Island: Reading

### Core Memory #4: BTS Concert

- Emotions: Joy, Tenderness
- Age: 13
- Description: After begging her parents and anxiously waiting for tickets to go on sale, Riley was able to attend the BTS Concert. She has always been a fan of boybands (don't ask about One Direction) and of music in general. It was the best concert ever and still has a poster in her room.

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- Personality Island: Music

### Core Memory #5: Summer Camp

- Emotions: Disgust, Joy.
- Age: 11
- After moving to San Francisco, her parents enrolled her in the same summer camp every year after she quit hockey. This summer camp focuses on learning about the environment and exploring the outdoors. She remembers the first year very clearly and met Samantha, one of her best friends, there.
- Personality Island: Outdoor

### Core Memory #6: A rude comment

- Emotions: Anger, Fear, Disgust.
- Age: 15
- After not doing super well on a science test, a teacher suggested that Riley maybe pursue a different passion that was “more suitable for her gender”. She became determined to make it in STEM and started realizing all the cards stacked against her.
- Personality Island: Activism

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# CONCLUSION

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Balance is key for Riley. Too much positivity might result in a lack of growth while too much negativity might spiral into a depression. Maintaining the delicate balance of Riley's complex personality and character is what allows Riley to flourish. Breaking this balance could result in devastating effects. It is important to keep in mind the influence emotions can have on the personality, character, and hobbies Riley has: much of Riley is subject to change based on the actions of Headquarters. A focus on developing her fun and humorous side could cause her to lose sight of her friends and family or a change in memory might cause a shift away from science and towards something else.

Whether these are changes Headquarters wishes to see or not is up for debate. It is important to keep in mind as well that while Headquarters has primary control over the emotional response to an event and how that shapes her memory, Headquarters cannot influence effects at all. How Riley reacts to an event is purely by chance and can only be aspired and worked towards by working towards expected results. However, do not feel afraid to take risks and supposedly break the balance. There will eventually be problems and mistakes and to mend these issues requires some degree of liability. Employ your creativity and problem-solving skills to solve these issues. While the overarching mantra should be 'balance', it should not be taken as a strict rule and exceptions should be made. When those exceptions should be made is up to the discretion of every one of you.

# GUIDING QUESTIONS

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1. Try to consider your overall position in the committee and how power dynamics play out. How many memory orbs do you affect? How important are you for certain memories? Do you prefer the way it is right now?
2. Consider how the overall structure of the memory orbs and islands affects Riley. Why is Riley the way she is and what actions could change that and undermine fundamental aspects of her character or personality?
3. Is your character pro-status quo or pro-change? Why is this? What justifications are there for this?
4. Campaigning for certain memory orbs is not the only thing you can do as an emotion in Headquarters. What are some alternative plans that you could consider? How could you improve the overall mind of Riley?
5. Keep in mind what is realistic for Riley. What reactions could you try to have to certain events in her life? Is there a way to work towards certain reactions that would be beneficial for her?
6. Some teams have more overlap with one another, which could mean something for the committee. Which teams do you seem to collaborate with more? Which teams have secondary emotions that overlap with other teams?



# Inside out

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