



# CREATE A SAFER SPACE!

**WE WILL BE SHARING A SPACE THAT WE CREATE TOGETHER, AND THAT EACH OF US CAN AFFECT. WE INVITE YOU TO TAKE CARE OF IT AND TO CREATE A SAFER SPACE FOR EVERYONE IN THE GROUP.**

## THIS SPACE IS:

- a **learning space**.
- a **non-judgemental space** (let's keep checking this internally, as it is so difficult to control).
- a **sharing space**, BUT how much you want to share is up to you!
- a **space of respect** for each other and your different stories and experiences.
- a **space for re-viewing** what we already know, and challenging our beliefs.
- an invitation to **open and experiment** and **to be playful** when appropriate.



**FOR THIS JOURNEY, IT IS KEY TO CREATE A SAFER SPACE. IN ORDER TO SHARE PERSONAL FEELINGS AND EXPERIENCES IN A TRUSTING WAY:**

- Promote **ACTIVE LISTENING**.
- Be **EMPATHETIC** (put yourself in someone else's shoes).
- Welcome **DIVERSITY** of voices and experiences.
- Promote **SELF CARE**: encourage yourself and others to listen to their limits, pay attention and take care of each other.
- **RESPECT SILENCE** when someone doesn't want to participate.
- **DON'T BE ASHAMED!** It is ok if you don't know everything or work on certain topics for the first time.
- We can all make mistakes... **ADMIT A MISTAKE** and **APOLOGIZE** if needed.
- **RESPECT LIMITS!** We are working with sensitive content and people might react differently (aggressiveness/nervous laughter etc). When someone seems uncomfortable, give some space, slow down, do not push!

