



# 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.

The term “SAFER SPACES” is used to acknowledge the ongoing effort to create environments that are more inclusive and respectful, understanding that achieving absolute safety for all individuals may be challenging and not realistic.

## THIS SPACE IS:

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

## FOR THIS JOURNEY, IT IS CRUCIAL TO ESTABLISH A SAFER SPACE.

To facilitate sharing personal feelings and experiences in a trusting way, consider the following guidelines:



- ✓ Promote **ACTIVE LISTENING**.
- ✓ Practice **EMPATHY** (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 LIMITS!** We are working with sensitive content and people might react differently (e.g: aggressiveness/nervous laughter). When someone seems uncomfortable, give some space, slow down and avoid pushing.
- ✓ **RESPECT SILENCE** when someone chooses not to participate.
- ✓ **BE MINDFUL** to avoid reinforcing stereotypes by not making assumptions based on someone's appearance, background, or identity
- ✓ Avoid **LANGUAGE** that may be offensive.
- ✓ **DON'T BE ASHAMED!** It is ok if you don't know everything or if this is the first time addressing certain topics.
- ✓ We can all make mistakes...**ADMIT your MISTAKE** and **APOLOGIZE**. Be open to receiving feedback and corrections.

