

In The Service and Spirit of Safety



Activities:

As A Group Review: Options for Sharing and Participation and Asking for What you Want and Need

As A Group: Create a Group Participation Agreement

Discuss Expectations and Ask Questions - Is there anything you'd like to know before we continue?

Write and Share: Your Fears and Desires

Write and Share: Your Experience of Being Unsafe and Your Experience of Being Safe

Write and Share: What to Do If Feeling Unsafe or Triggered

As A Group: Create a Safety Document

Recap As A Group: Safety Commitment – In the Service and Spirit of Safety as a Group We Agree To Do the Following and Avoid the Following for the Duration of this Workshop

Some Options for Sharing and Participation and Asking for What you Want and Need

Some OPTIONS for sharing

- ✓ I want to share
- ✓ I not sure if I want to share and I want to take some time to decide if (or what) I want to share
- ✓ I don't know if I want to share and I don't want to know - I'm willing to share that
- ✓ I know I don't want to share and I choose to not share – I pass
- ✓ I need to leave

Some OPTIONS for participating

- ✓ I want to participate
- ✓ I want to watch first and only participate a little after I get more comfortable
- ✓ I just want to be in proximity (just watch and not participate)
- ✓ I want to participate but leave the room and come back when I feel more comfortable
- ✓ I don't want to participate and want to leave the room for the duration of the activity
- ✓ I'm done, I'm leaving and won't be back

Some OPTIONS for Asking for What you Want and Need

- ✓ You are responsible for asking for what you want and need
- ✓ You commit to be respectful and gentle when asking
- ✓ You commit to being gentle and respectful when saying no
- ✓ You commit to respecting another's no
 - ✓ You have the right to say no or pass if you feel uncomfortable
 - ✓ You have the right to stay in the room and just watch
 - ✓ You have the right to leave for the duration of an activity
 - ✓ You have the right to ask for what you want and need
 - more or less physical space
 - specific types of feedback (validation only, praise, acknowledgement of being heard only, mirroring)
- ✓ You have the right to moderate the intensity of your experience (by moving closer or further away, by covering your ears)
- ✓ You have the right to ask for more (another turn, to try something again)

Other options that are very important to you – not covered above

OPTIONS for sharing

OPTIONS for participating

OPTIONS for Asking for What you Want and Need

SHARE (READ ALOUD) YOUR LIST IF YOU ARE WILLING TO

Create a Group Participation Agreement:

Go through each section above and take a group consensus to agree on options for sharing, participating and asking for wants and needs to be met – write down the agreed upon below.

When Sharing It is OK to	When Participating It is OK to	When Asking for Wants and Needs it is OK to
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Discuss Expectations and Ask Questions - Is there anything you'd like to know before we continue?

Explore your fears and desires

Fears...

I'm afraid I will _____

I'm afraid I'll feel _____

I'm afraid I will look _____

I'm afraid the group will _____

I'm afraid someone in the group will _____

I'm afraid someone will think _____

I'm afraid I won't get _____

I'm afraid I won't feel _____

I'm afraid I won't be able to _____

Desires...

I'm here because _____

I'm hoping to get _____

I want to do (or experience) _____

I want to have _____

I'm hoping I will _____

I'm hoping the group will _____

SHARE (READ ALOUD) YOUR LIST IF YOU ARE WILLING TO

Explore your experience of being unsafe and safe

I experience the following as completely unsafe... and don't want it to happen at all

_____	_____	_____
_____	_____	_____
_____	_____	_____

I experience the following as relatively ok and safe but if _____ happens I feel unsafe

_____	but it feels unsafe if _____
_____	but it feels unsafe if _____
_____	but it feels unsafe if _____
_____	but it feels unsafe if _____
_____	but it feels unsafe if _____

I usually _____ (something you do or don't do) when I feel unsafe...

_____	_____
_____	_____
_____	_____
_____	_____

SHARE (READ ALOUD) YOUR LIST IF YOU ARE WILLING TO

Until I feel ok and relatively safe I'm going to...

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I experience the following as relatively safe - it feel unsafe at first but then it's ok when (I get, _____ happens)...

_____	but it's ok when _____
_____	but it's ok when _____
_____	but it's ok when _____
_____	but it's ok when _____

The group can help me to feel safer by...

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SHARE (READ ALOUD) YOUR LIST IF YOU ARE WILLING TO

What To Do If Feeling Unsafe Or Triggered

When I feel Completely Unsafe and Triggered I Can (write the things that help you or you think might help you)...

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SHARE (READ ALOUD) YOUR LIST IF YOU ARE WILLING TO

Some other things that have been said that I can try when I feel unsafe or triggered

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Create a Safety Document:

Go through each section above and take a group conscious to agree on what behaviors to will avoid, what each person will try to do and how we will take care of ourselves when triggered – write down the agreed upon on the next page.

Safety Commitment – In the Service and Spirit of Safety as a Group We Agree To Do the Following and Avoid the Following for the Duration of this Workshop

To the best of my ability I will

To the best of my ability I will avoid

If I am triggered I will
