



# Did you know?

## SAFE SPACES AT SCHOOL

For several years now, we have been hearing more and more about “safe spaces”, spaces where people can go to feel safe and listened to, without fear of criticism, judgment, or discrimination.

### HOW TO CREATE A “SAFE SPACE” AT SCHOOL

At school, these spaces enable students to have private discussions, to regulate their emotions, to feel better and, in turn, to learn better.

- Show affection toward the students.
- Incorporate music into your teaching.
- Smile often.
- Demonstrate empathy.
- Respect differences.

(\*References: Thebestschools.ca, Teachmint.com)



A safe space can be abstract, for example, in a discussion in an unspecified location, or it can be physical, such as a designated space in the school. Here are some ideas for making your classroom a “safe space”\*:

- Host icebreaker activities so the students can get to know each other.
- Encourage the students to share their ideas.
- Cultivate healthy relationships with students.
- Incorporate humour into your teaching.
- Encourage creativity in the classroom.
- Establish structure and a routine.
- Be a good example, a model for students.
- Stay positive in your interventions.
- Be consistent in what you say and do.

### AT HOME

A “safe space” at home is a place your child can go when they feel overwhelmed or when they need a time and space to self-regulate. Here is how to create a “safe space” at home\*:

- Choose a quiet space.
- Make it cosy.
- Keep it clean.
- Provide books.
- Decorate it according to the child’s tastes.
- Allow for privacy.
- Add boxes for organizing.
- Provide weighted items (blankets, pillows, stuffed animals, etc.) and “fidget toys”.
- Allow the child to experience their emotions freely.
- Be present for your child.
- Let them know that if they feel overwhelmed, they can come talk to you or go to their safe space.

(\*References: Fosterplus, Eva de Gosztanyi, UNICEF)

## I’M INVOLVED!

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