



# CREATING A SAFE SPACE FOR YOUTH



## GROUND RULES:

1. The right to be heard.
2. Respect.
3. Confidentiality.
4. Setting boundaries.

## Equity & Inclusion

Make sure everyone feels included and has the chance to speak.



Listening to each other instead of responding right away is often more helpful.

## Caring Culture

- Use positive, affirming words

*"I hear you."*

*"You're trying your best."*

- Express gratitude

*"Thank you for sharing."*

*"I appreciate you."*

- Be comfortable in asking for clarification

*"I'm sorry, I didn't catch that."*

*Can you please say it again?"*



## Sharing Is Caring

There is power in being vulnerable. Sharing how you feel when you feel ready can build strong connections.