

GROUP SAFETY GUIDELINES DEVELOPMENT

Creating Our Safe Space Together

WHY SAFETY GUIDELINES MATTER NO BOUNDARY

Safety guidelines help everyone feel comfortable sharing thoughts and feelings in a group. When we all know what to expect and how to treat each other, we can:

- Build trust with each other
 - Share more honestly
 - Learn from different perspectives
 - Feel respected and valued
 - Handle disagreements better
 - Create a place where everyone belongs
-

NO BOUNDARY PART 1: UNDERSTANDING SAFETY

WHAT MAKES A GROUP FEEL SAFE?

Think about a time when you felt really comfortable and safe in a group. What made it feel that way?

PHYSICAL SAFETY: (How the space and activities keep our bodies safe)

I

EMOTIONAL SAFETY: (How people's words and actions keep our feelings safe)

I

MENTAL SAFETY: (How we respect different ideas and ways of thinking)

I

WHAT MAKES A GROUP FEEL UNSAFE?

Think about times when you didn't feel safe or comfortable in a group. What happened?

I

NOISE

PART 2: BRAINSTORMING OUR GUIDELINES

DIRECTIONS:

1. Everyone writes down 2-3 ideas for guidelines that would help our group feel safe
2. We'll share our ideas and combine similar ones
3. We'll discuss why each guideline matters
4. We'll decide together which guidelines to include

MY IDEAS FOR GROUP GUIDELINES:

- 1.
 - 2.
 - 3.
-

PART 3: OUR GROUP SAFETY AGREEMENT

After our discussion, these are the guidelines our group has agreed to follow:

RESPECT GUIDELINES:

-
-
-
-

COMMUNICATION GUIDELINES:

-
-
-
-

CONFIDENTIALITY GUIDELINES:

-
-
-
-

BOUNDARY GUIDELINES:

-
-
-
-

PART 4: VISUAL REMINDER CREATION

DIRECTIONS:

Create a visual reminder of our group safety guidelines that we can display during meetings.

STEP 1: Choose a symbol that represents safety to you. Draw it in the box below:

[Empty box for drawing]

STEP 2: Pick the 3 most important guidelines from our list. Write each one next to your symbol:

- 1.

- 2.
- 3.

STEP 3: Add colors, designs, or small pictures that represent these guidelines.

NOTES PART 5: WHAT IF...? SCENARIOS

DIRECTIONS:

Discuss how we would handle these situations using our safety guidelines.

SCENARIO 1: Someone in the group shares something personal, and later you hear another group member telling someone outside the group about it.

How our guidelines apply:

I

NOTES What we could do:

I

SCENARIO 2: During a discussion, two group members start arguing and one person makes a hurtful comment about the other's idea.

How our guidelines apply:

I

NOTES What we could do:

I

SCENARIO 3: A group member hasn't spoken much during meetings. When they finally share something, another member interrupts them.

How our guidelines apply:

I

What we could do:

I

SCENARIO 4: You notice that one group member seems uncomfortable with an activity but isn't saying anything.

How our guidelines apply:

I

What we could do:

I

I

PART 6: GUIDELINE CHECK-INS

HOW WILL WE KNOW IF OUR GUIDELINES ARE WORKING?

Check all that you think would help:

Regular group check-ins at the beginning/end of meetings Anonymous feedback box Guideline review every few weeks "Time out" signal anyone can use if guidelines aren't being followed Rotating "safety monitor" role Other ideas:

PART 7: MY COMMITMENT

I, _____, commit to following our group safety guidelines and helping create a safe space for everyone.

ONE WAY I'LL CONTRIBUTE TO GROUP SAFETY:

I

IF I NOTICE GUIDELINES AREN'T BEING FOLLOWED, I'LL:

I

MY SIGNATURE: _____

DATE: _____

REMEMBER:

- Group safety is everyone's responsibility
 - Guidelines can be updated if they're not working
 - The goal is for everyone to feel respected and included
 - Following guidelines helps us learn and grow together
-

© *Aspire Impact Network - Youth Development Series*