

How do you ensure youth feel safe?

Consistency

Be present and available.

Permission to opt out. Giving them the choice.

giving them a sense of Belonging

Consistent meetings and being there when we say we will be there.

following through with what you say you'll do

Empathetic listener

try not to cancel

Connection

How do you ensure youth feel safe?

have inclusive signage throughout the building that we are a safe space

Be patient

Don't be so scripted.

Have a trained volunteer advocate or 3rd co-facilitator available who can step out with students who are reacting emotionally to topics or wanting to disclose

Creating a safe space for learning that is inclusive and where everyone is affirmed.

follow through

Belonging is about making them feel a part of what we are doing & that their voice matters because this is their Reservation.

Being positive, consistency, practice interpersonal skills.

Icebreaker games and then Trust-building activities

How do you ensure youth feel safe?

use statements from community elders more community based (not just coming from facilitator)

YPQI staff training and CSSP Thrive

acknowledge effort

apologize when you make a mistake

Listening to learn and learn to listen when working with you. Being aware and practice trauma informed learning. Some youth may be quiet but having patience -- building trust and safe spaces -- they will open up and thrive.

"Therapeutic Dream Catchers" trust-building activity

Confidentiality-when asked not to share then don't unless it's a mandated reporting issue.

"The Soccer Ball" trust-building activity

"My Life Soundtrack" trust-building activity

How do you ensure youth feel safe?

Thrive, 9 and 26 years old The heart of the Framework is five Protective and Promotive Factors that mitigate risk and promote well-being. <https://cssp.org/our-work/project/youth-thrive/#framework>

Make them feel welcomed and have them feel like they are a part of something bigger than just themselves. Not only saying it but showing it. Consistently showing them you mean what you say and being a real and positive person.

storytelling, sharing about mistakes made and the lesson

After Icebreaker and trust-building, then move on to healing activities. This phase is usually after "some time" has passed and the trust has been established.

"I am Poem" trust-building activity