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)
- Apologize when you make a mistake
- Confidentiality—when asked not to share then don’t unless it’s a mandated reporting issue.
- YPQI staff training and CSSP Thrive
- 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.
- "The Soccer Ball" trust-building activity
- Acknowledge effort
- "Therapeutic Dream Catchers" 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

“Am Poem” trust-building activity

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.