



Create the Conditions

Module 3:

Creating Safe Spaces.

Theme: How to cultivate psychological safety and trust in group settings.

01

(1 min)

Introduction and Learning Objectives

Safe spaces are not just about physical environments but also about emotional security and well being. They are created when those facilitating these spaces can attune to those present and create the conditions that encourage safety. People open up when they feel safe, respected, and valued. For those of us who work with young people in discussions around gendered violence, our presence and energy set the tone for trust and belonging which are the best conditions to have courageous conversations. Creating safety is an ongoing practice and discipline, not a one-time action. It always begins with us and what is happening internally for us.

By the end of this module, you will:

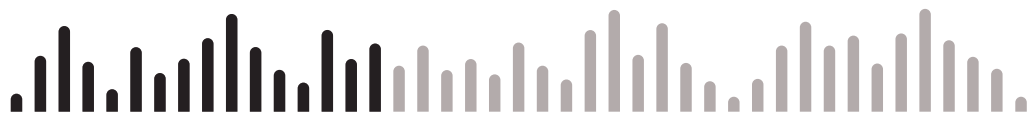
- 1. Understand** the key elements that contribute to a psychologically safe space.
- 2. Recognise** the impact of body language, tone, and energy on group dynamics.
- 3. Explore** strategies to create trust and belonging for young people.
- 4. Develop** personal commitments to ensure your spaces are truly safe.

02

(5 min audio recording)

Guided Visualisation

This visualisation will invite you to reflect on what makes a space feel truly safe. As you engage with this exercise, notice what elements stand out to you, these will give you clues about how to create safety for others.



03

(20 min)

Reflective Journaling & Self-Inquiry

Continuing on from the visualisation, take 20 minutes to journal your thoughts. There are no right or wrong answers, this is your personal reflection space to engage with the prompts as deeply as you are able.

Journal Prompts:

When have I felt completely safe in a space?

- a. What made that space feel safe?
- b. Was it the people, the atmosphere, the rules, or something else?

What makes me feel unsafe or guarded in a space?

- a. Are there specific words, behaviours, or dynamics that make me hesitant to open up?

How do I unintentionally contribute to or disrupt safety in spaces I facilitate?

What can I do to create more trust, safety, and inclusion in my work?

Trauma-Informed Reminder

Remember that everyone experiences safety differently. Reflecting on our own experiences helps us become more intentional and mindful about the spaces we create for others.

04

(20 min)

Interactive Activity: Designing a Safe Space

This creative activity helps participants visualise what a safe space looks and feels like so they can implement these elements in their work. Use whatever artistic medium you desire but the number one rule is that there is no rules. Take your time and enjoy the process!

Instructions:

- Imagine the ideal safe space for the young people you work with.
- Draw or describe what this space looks like to you.
- Consider the physical elements (lighting, seating, accessibility, etc.).
- Consider the emotional elements (tone, respect, inclusion, boundaries).
- Consider the social elements (who is in the space, how people interact).
- Write 3-5 guidelines that would ensure this space remains safe for everyone.

Reflection Questions After the Activity:

- What elements surprised you when designing your space?
- How can we intentionally create safety, beyond just physical settings?
- What's one thing you can change in your approach today to make your spaces feel safer?

05

(10 min)

Personal Reflection

Take time to reflect (or write if you prefer) on the following:

- What were common themes in how we define safety?
- What challenges do we face when trying to create a safe space for young people?
- How can we balance openness with structure and boundaries?
- How can I model safety in the way I communicate and interact?
- What are small, daily actions I can take to make others feel safer around me?

06

(5 min)

Closing Takeaway & Action Step

Key Insight:

Safety is not created by accident, it is built through intention, presence, and ongoing trust. Every interaction is an opportunity to reinforce a sense of belonging.

Actions for the week ahead:

Observe your spaces: Each day, ask yourself, Does this feel like a safe space? If not, what could improve it? Try one new strategy to enhance emotional or psychological safety in your work.



Thank you

Thank you for dedicating this time to understanding what it truly means to create a safe space. As someone who facilitates these spaces and conversations, you are not just offering support, you are building environments where young people feel valued, heard, and free to be themselves. Every interaction you have, every word you choose, and every moment you hold space for someone contributes to a culture of safety and trust. The more intentional we are about the environments we create, the more young people will feel empowered to speak, heal, and grow. Your role in their journey is powerful. By consciously creating safe spaces, you are offering something that many young people may never have experienced before, a place where they can truly be themselves. Thank you for making that possible.