Safety Tips

➢ Remember:
  • Remain calm, bring a soothing presence to the situation
  • Stay in good communication
  • It’s OK to ask for help, not have the answers
  • It’s OK to ask people to step out
  • Facilitators and volunteers – decide together what your signal will be in case one of you needs support during the event

➢ If emotional stuff is coming up for someone:
  • Provide privacy (i.e. do you want to chat for a minute outside?)
  • Practice active listening, (i.e. how are you feeling? I hear that you’re feeling ________.)
  • Being present is supportive in itself (i.e. be present with their silence or overwhelm; no need to fill the space with words or suggestions)
  • Acknowledge impact (i.e. this is heavy stuff, and it makes sense that stuff is coming up for you.)
  • Ask what they need (i.e. is there anything you need?)
  • Help create options if they want (i.e. would you like some help figuring out what to do? Brainstorm possibilities: take a walk, get a drink of water, call a friend, head home, go back inside, etc.)
  • Remind participants about the Healing Justice Practice Space as a place to go to relax and retreat

➢ If someone is disrupting the event or acting oppressively
  • Remind people of agreements (i.e. one of our agreements is to respect each other, everyone gets to have their perspective)
  • Set limits (i.e. I want to make sure we respect everyone’s time and keep the focus on the topic—it would be great to talk more about that after the workshop/event)
  • If necessary, ask to talk outside (i.e. can we chat outside for a minute? Make sure to let someone know)
  • If necessary, ask them to step-out the event (i.e. I’m gonna ask you to step out so we can continue with the event.) Ask for support from planners if you need it!
  • If threatening, ask for help from facilitator/volunteer/attendee (i.e. do you mind coming with me?)
  • Offer follow-up with CUAV (i.e. we definitely want to hear your feedback— if you’d like, I can get your info so CUAV can follow up or give you CUAV’s info so you can follow-up.)

➢ Sample group agreements:
  • Respect the space
  • Respect the facilitation
  • Respect each other
  • Take care of your needs (bathroom, take a break, ask for help, etc.)