



Life-skills, Leadership and Limitless Potential (LLLP)

Worksheet

Creating a safe space



Programme designed by Abi Billingham

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Worksheet

Creating a safe space

Aim

- For young people and facilitators to begin to get to know each other and feel comfortable in the group setting
- To create a safe space for all participants
- Explain the project and share hopes and fears together

Resources

- Toothpaste
- Flip chart paper and pens
- Post its

Worksheet

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Process

Group agreement:

Explain you will create a group agreement together based on: how they want the group to run, how they want people to behave towards each other and share information and any other challenges. You can either

- Ask the group to shout out ideas and write them on a flipchart
- Ask people to talk in pairs, then write ideas on post-it's and stick on flipchart paper

The list should cover:

Confidentiality, sharing personal information, respecting difference, non-discrimination, create space for other to talk and listen, recognise and reflect on power dynamics, language, making sure everyone understands each other and can communicate.

Confidentiality:

Do the toothpaste exercise to explain confidentiality, how once we share information we cannot take it back and that they are in control of what they decide to share in the group setting.

Project mapping:

Explain the LEAP project using 4 large pieces of paper with pictures on (from your own training on the 3-day programme) Ask the group if they have any questions. Make sure you explain that they will be developing their own project over the next 12-24 sessions.

Hopes and fears

Ask the group to work in pairs and discuss their hopes for the project, and their fears (these might include things like: they cannot make each session, or they don't know anyone else in the group) . Then ask the group to share what they have discussed or write on post-its. Go through the responses and reassure the group, providing answers and solutions where you can. Make it clear they are not alone with worries about new experiences. Explain they can share concerns and hopes or ideas anytime and this might be easier in later sessions.



Co-funded by the Rights,
Equality and Citizenship (REC)
Programme of the European Union



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