

SEGMENT THREE - PSYCHOLOGICAL & EMOTIONAL SAFETY

STEP UP YOUR SAFETY

DISCUSSION - ENSURING PSYCHOLOGICAL SAFETY

Teacher Question

Protecting your emotional and psychological safety is important to lay the foundation for your physical safety and overall well-being.

What are some ways we can protect our emotional and psychological safety?

Student Answer Prompts:

- Creating a culture where everyone feels respected and included lays the foundation, some ways to do this are:
 - Respect is reciprocal - offer it to others and expect it for yourself.
 - You want to be heard when you have something to say so make sure you're listening to others. This creates a safe space for everyone to share.
 - Check in with friends and coworkers - a simple 'how are you doing' can make a difference
 - Being on the outside is no fun - if you notice someone being left out be the person who makes the effort to include them. Inclusion and safety go hand in hand.

DISCUSSION - INVISIBLE INJURIES

Teacher Question

Can you think of some examples where people may feel pain but not from a physical injury?

Student Answer Prompts:

- Anxiety (upcoming exam, nervous about having to have a difficult discussion)
- Being harassed or bullied - that can affect your self esteem
- Disagreeing with your supervisor at work
- Personal problems at home or with friends that can erode your confidence.
- Feeling unseen or unheard
- Uneasy about a task you've been asked to do that you think isn't safe
- Depression

Teacher Question

What can we do on a regular basis to check in with ourselves and others- your friends/family/people around you?

Student Answer Prompts:

- For yourself:
 - Recognize when you feel anxious, sad or uneasy
 - acknowledge that these feelings are normal and can happen from time to time.
 - Find strategies that work for you to manage stress
- For others:
 - Notice when others seem disconnected or distant and ask them how they are doing
 - Simply asking someone if they need help can show them that they are cared for