



# SAFE SPACES

young people need to be involved in identifying the needs, preparing, designing, setting up and evaluating your safe spaces.

## what are they?

- ✓ a space to unwind
- ✓ a space to relax
- ✓ a space for support
- ✓ a space to feel safe
- ✓ a space to chat
- ✓ a space for wellbeing
- ✓ a time-out zone
- ✓ a space to be mindful
- ✓ access to information
- ✓ a place to signpost to services
- ✓ a place to see a peer mentor

- what is it?
- who is it for?
- what does it need? what would be in it?
- why/how would it help?
- how will it be looked after?
- what/where makes you feel safe?
- what should it be called?



## where?

- ✓ accessible for all
- ✓ comfortable area
- ✓ confidential
- ✓ flexible space
- ✓ in or outdoors
- ✓ welcoming
- ✓ positive environment

## some ideas...

- soft pastel calming colours.
- posters/cards with relaxation breathing exercises.
- motivational quotes and happy thoughts cards.
- soothing music, comfortable furniture, calming lights, blankets, cushions, books.
- stress balls, calm jars, colouring books, activity books, art materials, bubbles, mindfulness practices, bubble wrap, fidget toys, lavender, herbs, puzzles.

