



YCARE

## DECLARATION OF “SAFE SPACE”

### Summary

Security is one of the basic foundations for the development of a healthy personality. Being safe means not only that no one threatens us physically, but also that we as individuals are safe from expressing our opinions, critical thinking, and from violence of all kinds. To declare a safe space and live in a safe space is significantly important for a young, evolving personality. To be safe, means to create a safe space for others as well. Safe Communities (School, Work place, etc.) allow integration and encourage human potentials.

| Module       | Group size         | Group age                           | Duration |
|--------------|--------------------|-------------------------------------|----------|
| • Prevention | • small<br>• large | • 12 - 15<br>• 16 - 19<br>• 20 - 24 | • 1 hour |

### Purpose

- Empowerment
- Right up to the creation of the safe space
- Awareness raising of Human Rights and Democracy
- Strengthening integration and inclusion

### Description

Teacher, trainer or counselor engenders individuals to think about the creation of the “Safe space Declaration” in school, or community center, sports club, public institutions, etc. The stimulus can invite and lead a discussion on the importance of a safe space for the individual, the basics of human rights. Trainer expose the UN Declaration of Human rights.

Further on he encourages participants to active participation with “Safe Space declaration” design. The document should bind all who are in that same environment. Based on the ideas and findings, the Group establishes declaration. The coach encourages them in shaping the final product. Declaration is solemnly posted in the “special” area, participant prepare in advance the signature sheets for those who will be committed to the paper. In In ceremonial way representative of the group reads the Declaration.

### Materials needed

paper, pens, flipchart and computer for finalization of the product.

### Methodology

discussion, poster design

### Advice for Trainer

It is suggested that trainer reads the activity and handouts in advance so he is able to prepare the

ground of activity implementation.

## Handouts

[Universal Declaration of Human Rights \(UN\)](#)

[“Declaration of Safe Space” example](#)



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