



Digital Engagement

Creating a Supportive Space

TIPS AND TRICKS

Here are a few quick tips for creating your safe space online and offline:

- 1 Respect the people you are with! This means hearing others' opinions, values and feelings. Everyone's truth is different.
- 2 Listening is key to creating a safe space with another person. This means trying to understand others' points of view and empathizing, not judging.
- 3 Keep in mind that the people you are with should have the right to express their discomfort or disagreements. This doesn't have to be a negative thing, but instead allows everyone to have input.
- 4 Don't judge yourself, don't judge others! This is crucial for setting a productive safe space. Non-judgment helps participants to feel more accepted and creates a better space for your conversation.

SOURCE Derived from inspirED tips: <https://inspired.fb.com/teen-activities/create-the-safe-space/>