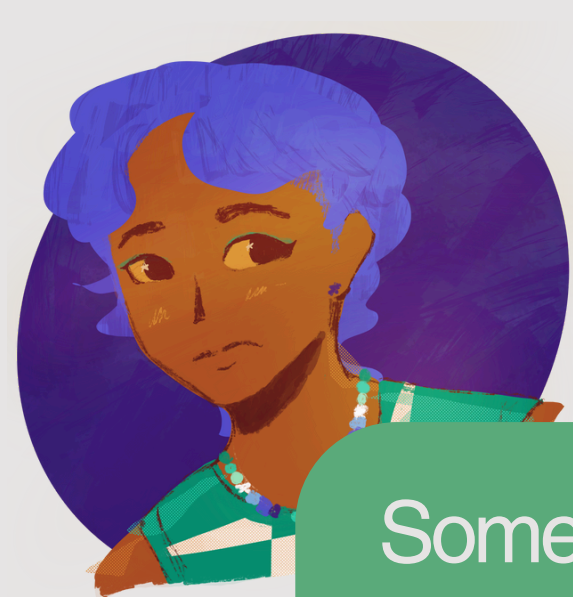


Identifying



UNSAFE SPACES



• Bret

Sometimes, it is difficult to assess if we are comfortable or uncomfortable in a situation or interaction. It is also possible that there are parts of a situation we are comfortable with while being uncomfortable with its other parts.

• Kevin



Here are some of the questions that we can reflect on to check if there are things in a situation or interaction that make us feel safe or unsafe.

Do I feel...

- heard by them?
- pressured into doing things?
- comfortable around them?

Does my body...

- feel relaxed?
- feel at ease?

Do they...

- respect my physical boundaries?
- accept me as I am?
- acknowledge my consent?

Am I...

- included?
- respected?
- valued?

REMEMBER!

There are interactions, places, or situations where we notice that our sense of safety and unsafety get mixed up. These are some questions we can reflect on to assess if we are already feeling more unsafe than safe.

RAINBOW FUND

THE PROJECT

