





METHOD SHEET

SAFETY RULES

Venturing into cultural awareness and culture shock is a risky business: it can make us aware of norms and values that were unknown for us, it can even threaten these values. But it can also be a wonderful discovery. The difference between the two experiences is to what extent we manage to create a safe positive learning environment. So we start with this.



ACTIVITY STEP BY STEP

	30 minutes
	Adaptable for any number of participants
	Flipchart paper Markers Post-it or a piece of paper and pen for everybody Red paper, scissor
	As a preparation write the title of the exercise on a flipchart paper ready to work on the paper with a group right after the individual work. Stick it on the wall.

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SAFETY RULES



1. Invite participants to take a pen and paper and silently think about and answer a short question for themselves: 'What do I need to feel safe in social situations?' Imagine any kind of situation of yours when you were not alone but with someone. It can be a private one – with a friend, lover or public – on a train, at work, family event, etc. Try to focus on body sensations, emotions, and mention all kind of needs, even the 'silliest' ones. (examples: 'to feel safe I always need my phone around' / or I need no violence around me / or to know the rules, common understanding, etc.) Invite participants to write down as many as comes to their mind. Do not think too much, let it come fast.

2. After 2/3 max 5 minutes come back to plenary and invite participants to read out their words. Start with the first one on your list. One by one, everybody in the group beginning with their first words. The facilitator is writing the words on the flipchart paper. Continue till all the words are listed on the flipchart paper.

3. Invite participants to look at the flipchart paper and add more words if needed. Ask them what they think is the aim of this exercise. Explain that these rules would work in two ways. The list contains our individual needs. During the day we are responsible for our own safety and so for the others.

4. Invite participants to cut out a red heart from the red paper. Keep the heart with you the whole day. Use it when you feel it is necessary. That can happen that we would talk or work with sensitive topics, or touch anything that is sensitive personally for you. Please use the heart to protect yourself. You can just feel it in your pocket when your body gives a message, or you can show it to the others and stop participating in a particular exercise. The whole list is going to hang on the wall during the day reminding us for our common rules of safety.



To debrief you can explain how important is to respect our basic needs for safety (physical, emotional, regarding identity, basis human rights, etc.) literally in every social interaction. To keep or break these rules can be crucial in any kind of social situation. The aim of the exercise is to remind us how easily we tend to forget about our own safety and suppress body signs which tells us: 'Watch out, you are crossing your boundary!' The exercise helps to sensitize us about the importance and complexity of the concept of safety and become more conscious how to protect ourselves, notice own boundaries and respect of those of others.

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