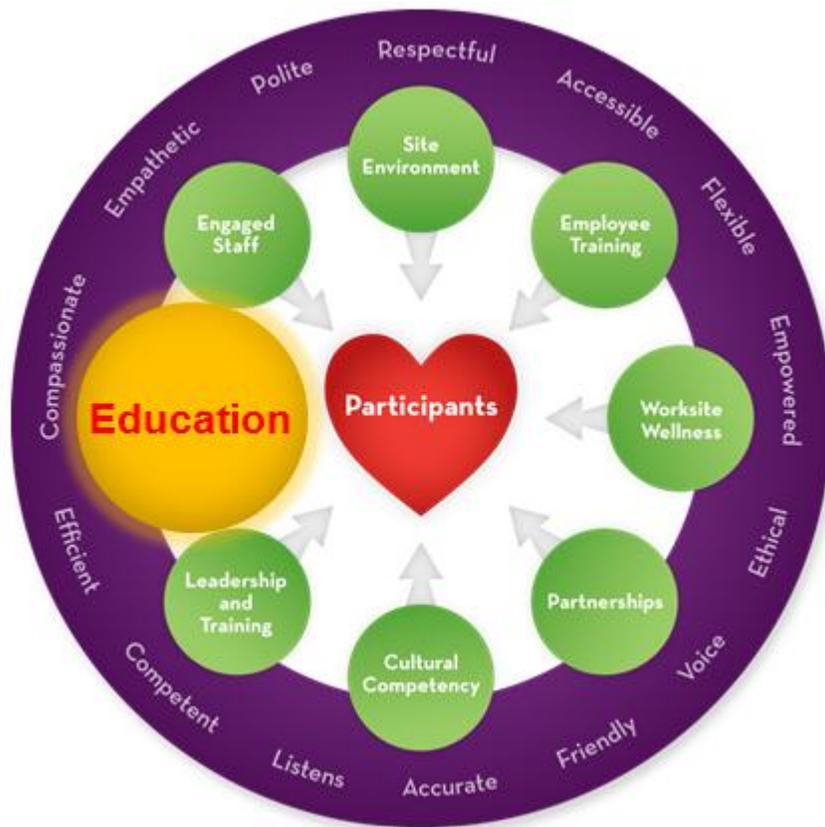


# Safety

## Participant Centered Education

### Trainee Workbook



# Safety

**Safety:** In order for participants to learn and to change, they need to feel they are in a safe environment.

**Activity 1:** Think of a learning environment that did NOT feel safe.

- What made the situation unsafe?
- What effect did it have on the person?

**Activity 2:** Now think about a time when a WIC participant felt unsafe or uncomfortable in an education session:

- What happened?

## Activity 3

### SAFETY STRATEGIES for Education

Circle or highlight items in the chart that speak to you:

<b>The Educator should try to:</b>	<b>So the Participant can:</b>
Listen	Sort out her thoughts
Not judge	Feel safe and respected
Pay attention	Know you care
Understand the participant's world and feelings, and put yourself in her shoes	Know you are with her

<b>The Educator may:</b>	<b>So the Participant can:</b>
Ask Open Questions	Think about the situation
Affirm	Feel appreciated
Use Reflection	Hear what she is saying
Summarize	Hear her thoughts and know she is understood

<b>The Educator should not:</b>	<b>As this will make the Participant:</b>
Argue	Defensive
Dwell on the participants difficulties	Withdraw
Solve the problem for the participant	Dependent or less likely to change
Belittle the participant's concern	Withdraw
Avoid addressing painful areas	Become frustrated

## **Activity 4:**

**Write down 3 things you already do to help participants feel safe when conducting a 1:1 education session.**

**Write down 2 additional things you will work on to help participants feel safe when conducting a 1:1 education session.**