

Safe Space Commitment

What is safe space?

A space in which everyone feels welcome, respected and comfortable with being who they are. This includes people who access our services, volunteers, community group leaders and staff.

To create this we are all expected to:

- ★ Listen to each other
- ★ Allow everyone to have a chance to speak
- ★ Only share information that we are comfortable sharing
- ★ Respect other people's limits and boundaries and confidentiality
- ★ Ask someone if we are not sure of their limits and boundaries
- ★ Think about the impact of our words, assumptions and actions upon others
- ★ Speak respectfully about others whether they are present or not

If I feel the safe space commitment has been broken, how can I respond?

- ★ If you feel able to, respectfully tell the person or people involved that you feel that they are breaking safe space, explaining to the person why
- ★ Tell staff, volunteers or community group leaders about how you are feeling (either at the time or when you feel able to e.g. by email or phone)

What happens if I find it difficult to uphold the safe space?

- ★ Listen respectfully if someone tells you that you are making them uncomfortable and try to change your behaviour
- ★ Ask staff, volunteers or community group leaders if you don't understand expectations
- ★ If you feel unable to speak about your difficulties in the moment then you can leave the room
- ★ Ask staff or volunteers for support

Staff, volunteers and community group leaders at LGBT Health and Wellbeing will always work actively to create a safe space.

