

# CREATING SAFE SPACES

Community Resilience: Being Trauma Informed



Here are some questions you can use with your team to discuss and evaluate if safe spaces are being created to maximize felt-safety for community resilience.

**Does the child have their physical needs met?**

Hydration  
every 2 hours

Nutrition  
every 2 hours

Exercise  
every 2 hours

From TBRI\*

**Does the child feel safe?**

**Know Fear Indicators**  
physical symptoms

**Body Positioning**  
towering over child  
getting too close  
ask before touch  
soft eyes

**Voice**  
soft voice  
use least authority possible

## Have I created a safe space?

### *Transitions*

let them know how it works and about changes when possible

### *Rituals*

use rhythm, routine and relationship

### *Sensory*

use tools for over-responsive, avoid sensory overload

From TBRI\*

## Am I Connected?

### *What do I bring to this?*

Do we come from a hard place? Are we stressed?

### *Connected Responses*

More than being friendly. Creating trust. Voice tone and cadence, and soft eye contact

## Look for the meaning behind behaviors

### *What could parents be feeling?*

Have there been any big changes in the family?

### *What is their story?*

Are the children from a hard place?

### *Correct behaviors at their root*

for true healing