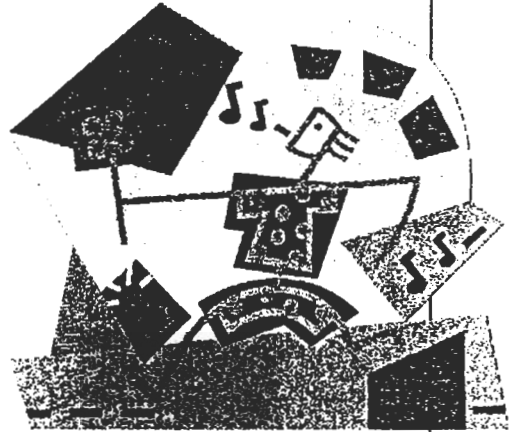


## Exploring Safety

### Emotional safety

- ✔ Free of put downs
- ✔ Free from the violence of loud voices or angry outbursts
- ✔ Able to express emotions
- ✔ Respect for emotional boundaries
- ✔ Respect for emotional processes
- ✔ Respectful handling of strong emotions



### Physical safety

- ✔ Not physically hurt
- ✔ Not fearing physical hurt
- ✔ Not threatened physically
- ✔ Physical space feeling secure eg. doors open or closed as appropriate
- ✔ Comfortable distance between tutor and student
- ✔ Negotiating touch

### Spiritual safety

- ✔ Free of judgement of religion or lack of it.
- ✔ Freedom from any behaviour which crushes the spirit
- ✔ Freedom from behaviour that contributes to feeling worthless or "less than"
- ✔ Acceptance of spiritual practices
- ✔ Respecting boundaries around beliefs
- ✔ Not imposing any religious beliefs

### Mental safety

- ✔ Free of judgement of intellectual ability
- ✔ A patient instructor
- ✔ Realistic expectations around time to perform tasks
- ✔ Respectful language around intelligence
- ✔ Discourage comparisons between educational levels
- ✔ Recognize different ways of being smart