

Spring Up Teacher / Facilitator Safety & Care Plan

This resource is to help you be proactive and prepare to care for yourself. It is best to fill out when you are in a positive space and feel cared for and safe. Filling this out can be triggering, it is ok not to know who you have to support you, or where you can go. This can also be a tool to identify spaces for growth and strategy to build more of a support system.

Envisioning Your Liberatory Learning Space

Brainstorm: What is a liberatory learning space to you? Feel free to generate ideas in whatever way works best for you (e.g., collage, draw, write bullet points or poems, etc.). If specific questions are helpful for you:

- Who are you accountable to and what are you accountable to them for?

- What would you see/hear/feel in your liberatory space? What would those you are accountable to see/hear/feel?

Preparing to Care for Yourself Before and After Facilitating

Consider reflecting on the following prompts to make a plan for how you will set yourself up before, and make space for reflection and decompression after you facilitate.

Pre-Care: *How can you set yourself up to feel supported while you facilitate / teach?*

Prior to joining your teaching space, give some thought to what environment allows you to feel safest and most comfortable while you facilitate. Do you like to have natural light in the space, artwork around you, pillows on the ground, fidget toys in the space? If so, make sure the space has any and all of those set up before you get started. Is it supportive to have tea or a snack nearby? Try to get as specific as possible about the environment that you can set prior to joining your teaching space. Make sure to check in with participants about smell or lighting sensitivity before you bring scents like essential oils, or specialty lights into the space.

After-care: *What are resources you can rely on after you facilitate?*

After-care is a way in which you can feel closure after a vulnerable or activating experience. In planning for the time you take to facilitate, you may want to consider additional time for after-care. Everyone has their own personal resources to pull on to close an emotional space. You could plan to watch a favorite movie, call a friend or loved one, have a therapy session (this could include any practitioner you have a supportive relationship with), take a long bath, spend time in nature, go for a drive, dance to a good playlist, eat a delicious meal, or engage in expressive arts. You could have smaller tasks like doing brief journaling, listening to your favorite song, checking in with your body through a body scan, or taking 5 deep breaths after your day of teaching or between sessions. Thinking about your after-care in advance will give you space to process whatever comes up in the process of participating in this group space. Instead of crunching this in before you head off to other meetings or go out for the evening, having buffer time is valuable to fully integrate any emotions that come up for you.

Identifying Boundaries and Preparing for Facilitator Care

Facilitator Care: What rituals, practices or actions do you want to commit to before the session to prepare? What about after to reflect and move forward? What habits, actions or thoughts do you want to leave behind?

YES	MAYBE	NO

Harm Response: What types of harm can you respond to in your learning spaces and what can you not?

YES	MAYBE	NO
What do you personally want to be true about what harm you intervene in and/or how you prevent and respond to harm? Why do you respond to these instances of harm?	What is situationally dependent and does not fit neatly into a do/don't do framework?	What harm will you not be able to? What do you think must be true about your boundaries in order to effectively and sustainably practice what you think should be prioritized?

What additional resources will be available to support overall harm reduction and response—even if (and especially if) the response does not come from you?

Access Strategies: What access needs can you meet? What are you unable to provide, and how will you communicate that with those involved? What are the needs that vary based on the situation?

YES	MAYBE	NO

Self-Disclosure and Storytelling: What stories or parts of yourself do you and do you not want to share in the space?

YES	MAYBE	NO