

How To... **Create a Safe Space Room**

Who Is It For?

Pupils

Impact:

Allowing a safe space for pupils to talk about their mental health helps to reduce the stigma around it and also creates a space for peer-to-peer support.

Ideas to Consider:

- Pick a dedicated space in your school (eg. an empty classroom at lunch)
- Remember that safe spaces are different for different people
- Have a rota allocating Ambassadors to the room each lunchtime
- Mindfulness activities and signposting to services and resources
- Work with a supportive member of staff who can be available to speak to

HELPFUL RESOURCES:

What's On Your Mind Card