



Chapter 14: Safety Planning – Facilitator Guide

Room Set-Up: A circle, semi-circle, or U-shape would be ideal for discussions and sharing.

Number of Participants: Up to 20.

Approximate Time: 35-45 minutes

Materials

- Flip chart or white board; markers; Embracing Life Youth Voice Toolkit

Learning Objectives

- Understand what a safety plan is
- Understand why safety plans are so important to mental health and suicide prevention
- Learn how to create a safety plan

Check-In Questions and Discussion

- How are you arriving today?
- Rose/Thorn/Bud Exercise
 - Rose: One good thing going on in your life right now
 - Thorn: One thing you'd like to work on or improve
 - Bud: One thing you are looking forward to
- What are some examples of safety plans that we see every day? (not mental health-related)

Toolkit Chapter Review and Story (pp. 51-53)

Questions and Discussion (Popcorn Style) – Keep track of responses on flip chart/white board

- How can a safety plan help someone who is struggling with mental health issues?
- How can a safety plan help someone who is having thoughts of suicide?
- Why is it helpful to work on a safety plan with somebody else?
- Why is it useful to create a safety plan even when you're feeling well mentally?

Toolkit Worksheet Activity (Work in small groups or individually – facilitator's discretion)

Checkout Questions

- How are you leaving today?
- Rose/Thorn/Bud Exercise
 - Rose: What are your favourite takeaways from this chapter?
 - Thorn: Was there anything you didn't like about this chapter?
 - Bud: How will you use what you learned in this chapter to improve your life or the lives of others?