

THE LANGUAGE OF SAFETY

- Am I saying things in a way that the person/people I am talking to understands?
- Avoid jargon and slang
- **Check for meaning** – “Do you understand what you need to do?”, “Does that make sense?”

- Is my language racist, sexist, homophobic, disablist, ageist, sizeist?
- Does my language put myself or others down?
(“I/You can’t do it”, “I’m/You’re rubbish at this”, “They made me do it”)

**Shared
Meaning**

Quality

Ownership

Clarity

- “I would like you too...”
- “I need...”
- “I expect/do not expect” then “thank you”
- “I **feel**... when you **CHOOSE** to...” rather than “**you MADE** me feel”

- Is it commanding? (“Shut up!”, “Just do it!”)
- Does it label? (“The Bully”/ “Victim”/ “Naughty boy/girl”)

- Does my tone match what I am saying? (e.g. shouting “I’m fine!” in a cross voice)
- Am I expecting you to read my mind? (e.g. dropping hints) Be clear when asking for help.

- Do I assume? This can lead to a lack of shared meaning and lost opportunities (e.g. assuming someone doesn’t need support, assuming what someone would say/how they would respond)

Owning our feelings encourages responsibility rather than blaming others for how we feel or making excuses for how we **CHOOSE** to behave.