



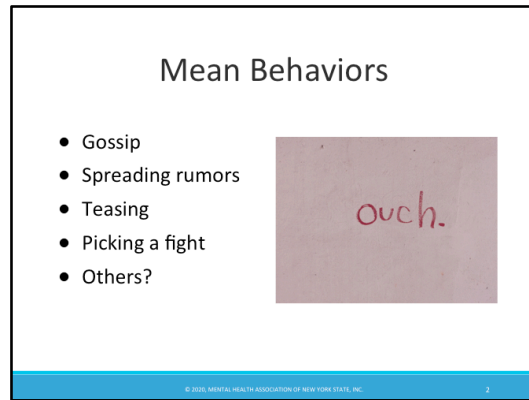
## Creating a S.A.F.E Space with SEL Lesson Plan

**Grade level:** MS/HS

**Subject area:** ELA, Health

**Objective:** This lesson plan is designed to prevent bullying in schools through the advancement of SEL skills by using the acronym '**S.A.F.E.**' Students will learn about creating a **supportive, accepting, friendly, and empathetic** space to promote a positive school culture. Throughout the presentation, each focus area is connected to Core SEL Competencies that promote mental health and safety of everyone in the school.

**Materials:** access to share PowerPoint presentation, individual paper/notebook and pen/ pencil to write (students will be asked to draw/write throughout)

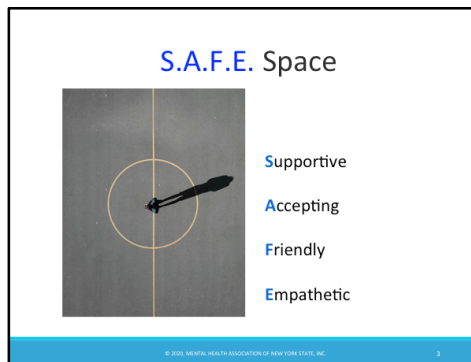


## Mean Behaviors

### Talking Points:

- Mean behaviors can include many things, like name calling or teasing (add more examples if needed), and have a range of severity
- Being mean to someone can cause them to feel sad, alone, or experience a mental health challenge
- The person being mean may be experiencing their own mental health challenges as well. This can include the need to feel superior or experiencing anger or sadness from something that happened to them
- Being mean can happen in many ways:
  - Verbally - some examples include name-calling or shouting
  - Physically - such as shoving or hitting
  - Socially - excluding others or labeling someone
  - Online - such as hurtful texts or social media comments
- Being mean can happen anywhere at anytime and doesn't create a safe space for anyone

-> **Transition:** How can we be more kind and help others not be mean? Take a moment to think about this question.



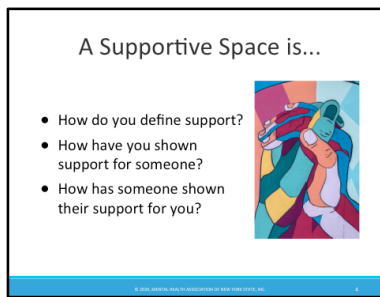
**\*Exercise throughout presentation\***

- Throughout the presentation, ask the students to write down an example of something they have done or would like to do in each SAFE category
- It can be a word, phrase, or doodle and they can share their ideas to the group at the end.

**S.A.F.E. Space**

**Talking Points:**

- A Safe Space refers to a place that is free from discrimination, bias, and potentially threatening ideas or actions
- Each person has the ability to create the tone in the space they are in
- To create a safe space, we want you to be Supportive, Accepting, Friendly, and Empathetic
- It is what we strive for to make everyone feel welcome and comfortable
- It is a place where being mean doesn't happen
- Everywhere should be a SAFE Safe:
  - The classroom
  - The bus
  - The school hallways and bathrooms
  - The gym
  - The playground
  - The athletic fields



## Supportive Space

### Talking Points:

- Supportive Definition - Providing encouragement or emotional help.
- When you are showing support for someone else, you:
  - value their ideas and viewpoints
  - speak up when someone is being mean to someone else (also called being an 'upstander')
  - genuinely care about others and their feelings
- It's good for you and others because:
  - showing support is healthy for the mind
  - the act of caring for others is known to improve your mood and those around you
  - we feel better when knowing others have our back

### \*Exercise Reminder\*

- Brainstorm ideas on what you have done or would like to do to create a supportive space
- Discuss what it feels like when someone is being a quiet 'bystander' and why people may be afraid to speak up. Create a role play for students to act like a 'bystander' and then an 'upstander.'

### SEL Connection for Educators:

-> Self-awareness and Self-management

- The supportive quality develops abilities within ourselves that:
  - helps to identify emotions, have the self-confidence to talk to others, and manage stress
  - with the support of others, we gain an accurate self-perception which improves self-motivation, self-discipline, goal-setting and organizational skills

-> Social Awareness, Relationship Skills and Responsible Decision-Making Competencies

- The supportive quality develops abilities with others that:
  - identifies and communicates problems you or others are having
  - builds relationships and establishes an ethical responsibility with each other
  - engages in teamwork to analyze, solve, evaluate, and reflect on the problems



## Accepting Space

### Talking Points:

- When you are accepting you are:
  - appreciating the unique qualities we all have
  - embracing positive relationships with everyone
  - allowing others to be who they are without fear of judgment or shame
- It's good for you and others because:
  - when we are accepted, we are happy
  - we can freely express ourselves and be our best selves
  - we can increase our social circles and have more people to go to when we feel down

### \*Exercise Reminder\*

- Brainstorm ideas on what you have done or would like to do to create an accepting space

### SEL Connection for Educators:

-> Self-awareness and Self-management

- The accepting quality develops abilities within ourselves that:
  - recognizes how our response to others impacts our own feelings
  - regulating our emotions, thoughts, and behaviors will help us to be more accepting

-> Social Awareness, Relationship Skills and Responsible Decision-Making Competencies

- The accepting quality develops abilities with others that:
  - respects and appreciates others' diversity and wants to socially engage and build relationships with them
  - creates open communication where perspectives can be shared and there is an understanding between each other



## Friendly Space

### Talking Points:

- When you are friendly, you are:
  - communicating positively with each other
  - seeking connections from others and wanting to be with them
  - learning and growing with each other
- It's good for you and others because:
  - we feel better when we are wanted
  - we can better balance our emotions when others are kind

### \*Exercise Reminder\*

- Brainstorm ideas on what you have done or would like to do to create a friendly space

### SEL Connection for Educators:

-> Self-awareness and Self-management

- The friendly quality develops abilities within ourselves that:
  - puts a focus on positive feelings we have with others
  - helps to manage our impulses and stress

-> Social Awareness, Relationship Skills and Responsible Decision-Making Competencies

- The friendly quality develops abilities with others that:
  - positively impacts our social engagement
  - to realize how our connections are stronger when we understand each other
  - influences how our decisions are made

An Empathetic Space is...



- How do you define empathetic?
- How have you been empathetic?
- How has someone been empathetic to you?

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## Empathetic Space

### Talking Points:

- When you are empathetic you are:
  - understanding of the feelings of others (this is different than sympathy, which is when we feel sorrow for someone else's misfortune)
  - putting yourself in other people's shoes and seeing the situation from their perspective
  - understanding how each person is different and is complex in their own ways
- It's good for you and others because:
  - we feel better when we are understood
  - we are stronger and more connected because we know more about each other

### \*Exercise Reminder\*

- Brainstorm ideas on what you have done or would like to do to create an empathetic space

### SEL Connection for Educators:

-> Self-awareness and Self-management

- The 'empathetic' quality develops abilities within ourselves that:
  - puts a focus on our ideas and feelings of others
  - strives to gain other perspectives which can help us self-manage

-> Social Awareness, Relationship Skills and Responsible Decision-Making Competencies

- The empathetic quality develops abilities with others that:
  - realizes how our connections are stronger when we understand each other
  - influences how our decisions are made

## Be SAFE and Be Well



*Wellness is important for all of us*

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### **Talking Points:**

- When creating a SAFE Space, you:
  - allow for everyone to feel worthy which makes everyone feel good
  - create an environment in which everyone can thrive
  - do not single out yourself or others for your own gain, and therefore focus on the success of everyone
  - care, appreciate, are kind to, and understand yourself and each other which creates a culture valuing support, acceptance, friendliness, and empathy, improving the wellness of everyone

### **\*Exercise\***

- Share what everyone has created for their examples!
- Make a list of student ideas and post on a classroom bulletin board
- Develop a plan with the class for how you can all create a S.A.F.E. space



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*THANK YOU!*



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If you or your students have any questions, please reach out to us!  
We'd love to hear from you!