



**EFNEP Youth
Education
Call
May 6th
2019**



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources

Topic Team: Creating an Emotionally Safe Space for Students to Thrive

Presenters:

Jenn – Alameda County

Eli – Contra Costa County



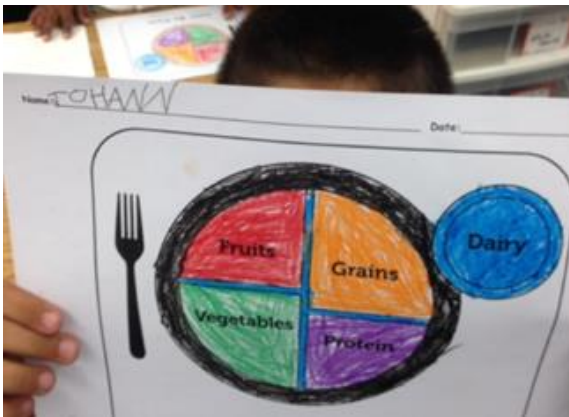
UNIVERSITY OF CALIFORNIA
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Creating an Emotionally Safe Space for Students to Thrive



Creating the “*Container for the lesson delivery*”

- Creating a **supportive** and emotionally **safe** environment
- Social and Emotional Learning
- Maslow’s Hierarchy of Needs



Maslow's Hierarchy of Needs



Core Social Emotional Learning (SEL) Competencies



Incorporating Core SEL Competencies into lesson delivery

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<https://casel.org/core-competencies/>

Creating an Emotionally Safe Space for Students to Thrive

Techniques/Strategies

- Words, tone of voice (positive/neutral), response to behaviors, routines
- Creating a predictable, secure environment
- Respect is given vs earned
- Classroom norms/agreements
 - reinforce already existing rules, codes of conduct or school value statements

Creating an Emotionally Safe Space for Students to Thrive

Techniques/Strategies

- Use tastings to reinforce norms and positive behavior
- Address students as “friends”, “Ms. Johnson’s class”
 - inclusive/positive, gender neutral
- Non-verbal communication
 - allows students to modify their own behavior

Creating an Emotionally Safe Space for Students to Thrive

Techniques/Strategies

- use “yes” “and” statements
 - If a student provides an incorrect answer to a question, say something that validates their response and offer a way to build upon their response

Creating an Emotionally Safe Space for Students to Thrive

Success Younger Youth

Jenn served baked teriyaki tofu bites at Longwood Elementary. Most students are Latino and had never tried tofu. Many, including Janeth (pictured), tried it and loved it. Creating safe spaces helps students feel confident about trying something unfamiliar.



Creating an Emotionally Safe Space for Students to Thrive

Recommendations for working with Older Youth

1. Prepare

- a. know your audience
- b. know your curriculum

2. Persuade

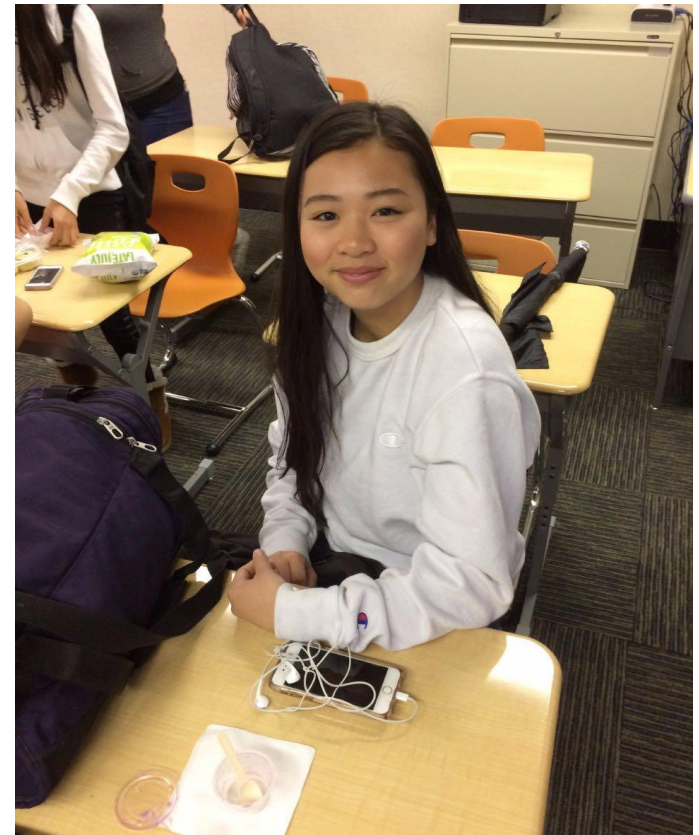
3. Relate

- a. use relevant examples
- b. share stories

4. Engage

5. Share

- a. snack tasting
- b. simple, healthy & attainable



Creating an Emotionally Safe Space for Students to Thrive

Tips for working with Older Youth

1. Group Agreements/Mutual **Respect**
2. **Opportunities** to build relationships and interpersonal skills.
3. **Empathy & Patience**
 - a. Students may have special needs
 - b. “**How can I help?**”, “How can we work together?”
4. Practice **self-care** and know when to **ask for help**.
5. It can be tough, but it’s **rewarding**



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Success Older Youth

1. Eli delivered Hunger Attack at Pittsburg High School. The lessons helped one particular student become more active and build the confidence to eat more fruits and vegetables. Creating safe spaces encourages students to share, ask questions and inspires them to apply what they learn in class to their daily lives.



Discussion: How do you create an emotionally safe space?

