

MY SAFE SPACES MAP

A guide to identifying and creating safe spaces. Take a moment to think about how you feel in different environments.

Write 1-5 places in each section.

SPACES WHERE I FEEL THE SAFEST

For example, my local library, my bedroom, the park.

- 1.
- 2.
- 3.
- 4.
- 5.

SPACES THAT INCREASE STRESS

For example, crowded space, areas with loud noise.

- 1.
- 2.
- 3.
- 4.
- 5.

ONE SPACE THAT I CAN MAKE MORE SUPPORTIVE

For example, my workspace, living room.

- 1.
- 2.
- 3.
- 4.
- 5.

WHERE I CAN GO IF MY CURRENT SPACE FEELS UNSAFE

For example, my friend's house, community centre.

- 1.
- 2.
- 3.
- 4.
- 5.

