

Building Safe and Brave Communities handouts



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Defining a Safe and Brave Community

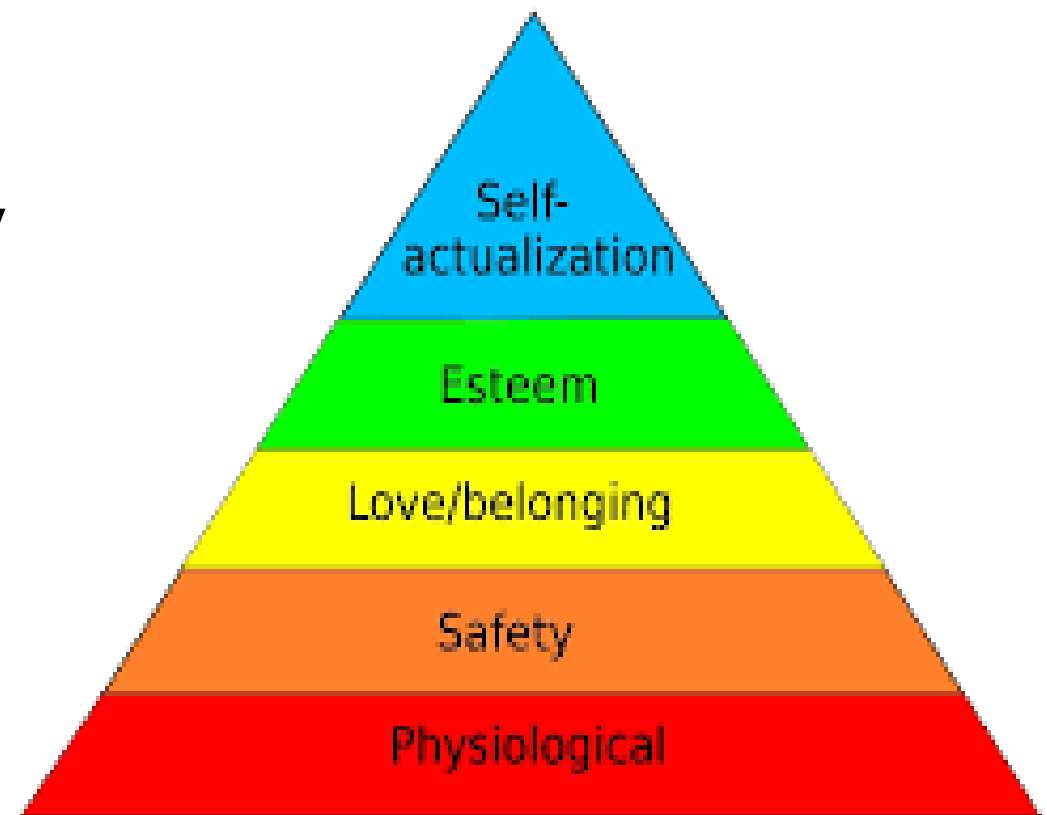
An environment where individuals (children and teachers) feel included (want to show up) and express a sense of belonging through their desire to learn.

How iChange Views Belonging

Belonging is a fundamental human need. It plays a crucial role in shaping one's identity through relationships.

Key components:

- Acceptance and validation
- Social connections
- Identity formation
- Psychological well-being
- Motivation and engagement
- Empathy and understanding



Maslow's hierarchy of needs. According to this hierarchy, after physiological and safety needs are met, individuals seek belonging and love.

Belonging Cultivates Genius

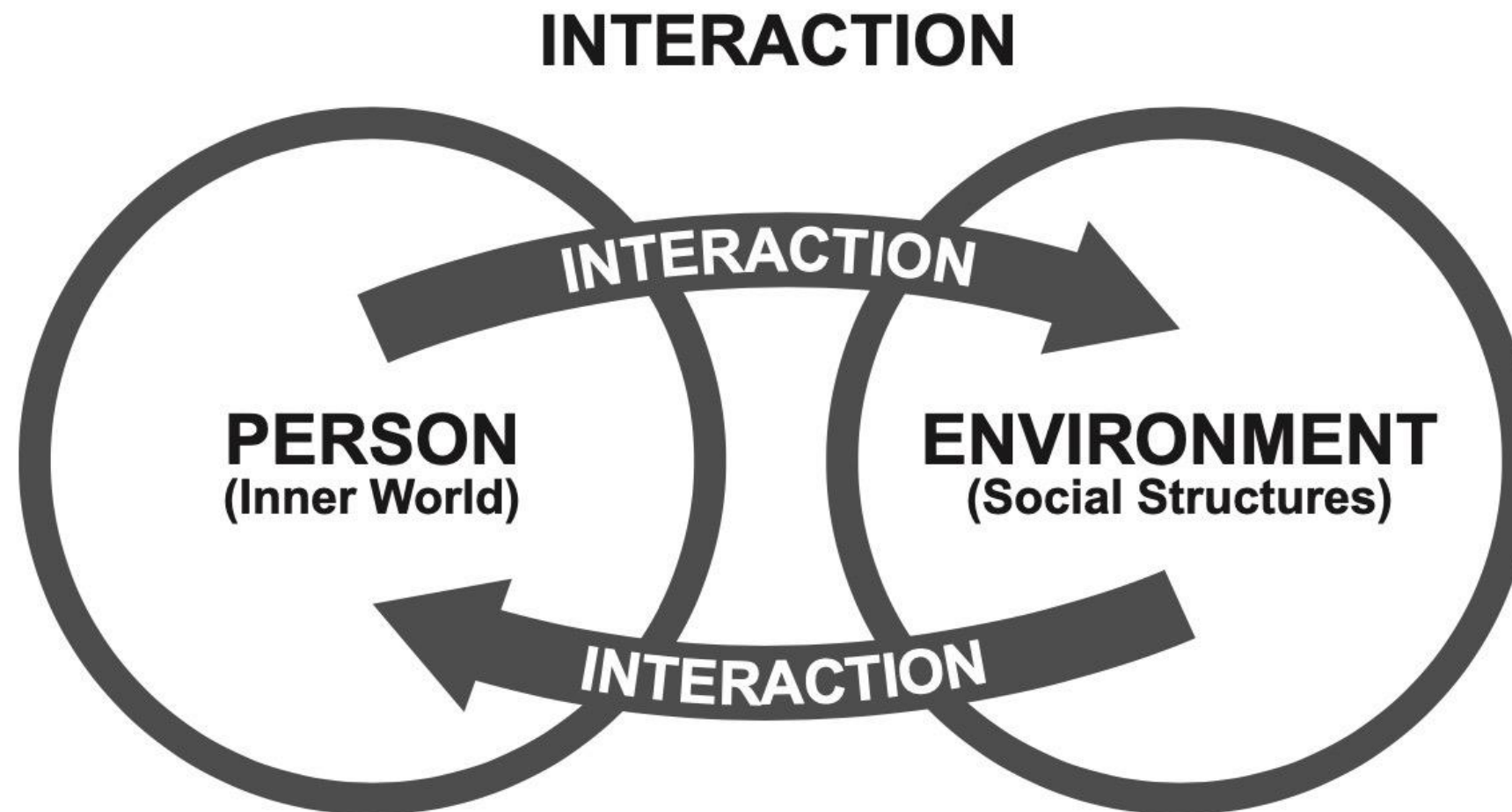
A sense of belonging results in:

- Higher self esteem
- Increased academic performance
- Higher engagement
- Stronger sense of identity

A community of belonging protects children's sense of identity and fosters integrity.



Person and Environment



- Person projects sense of self into their environment
- Environment reflects an image of the self back.
- Person adapts sense of self to fit the environment's reflection, or if identity is strong enough, uses agency to change the environment.

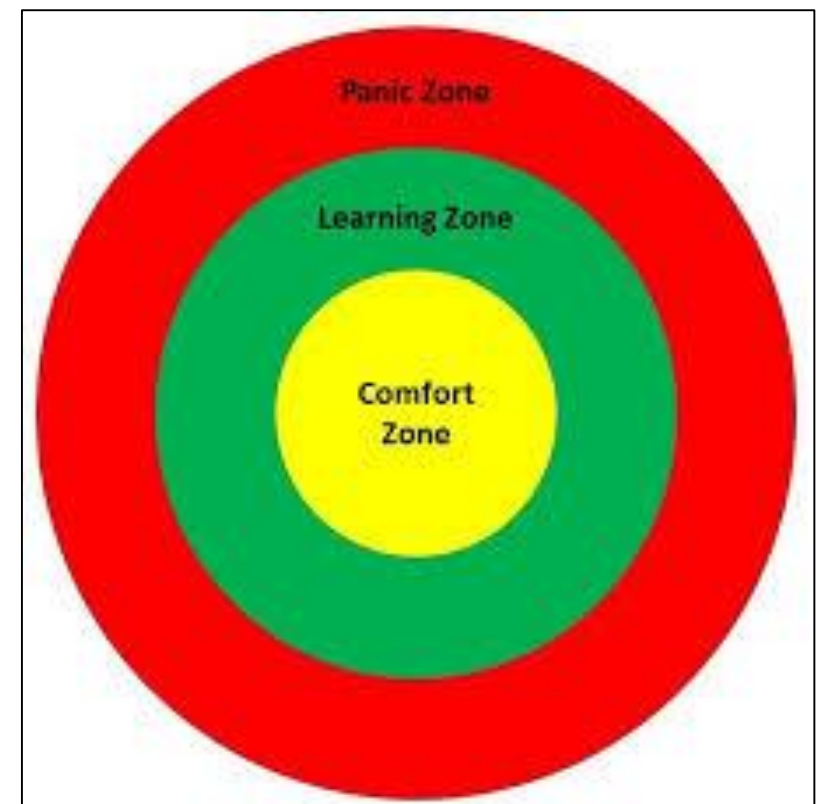
Finding Your Learning Edge



Cognitive Dissonance

LEAN INTO THE DISCOMFORT.

- comfort zone
- learning edge
- over the edge



Feeling Felt

“Feeling felt” results from attuned attention from another person. It establishes a somatic resonance that sets the stage for trusting attachment.

Trusting attachments stimulate growth in the prefrontal cortex.



As Siegel (2013) explains, relationships “in which you feel felt by another person— when you sense that your internal world, your mind, is taken in by another and respected—are the building blocks of health”

Studies on children eighteen months old showed that attuned attention from caregivers resulted in development of the prefrontal cortex, the center of higher order thinking in the brain.

Identify Safe and Brave Learning Community



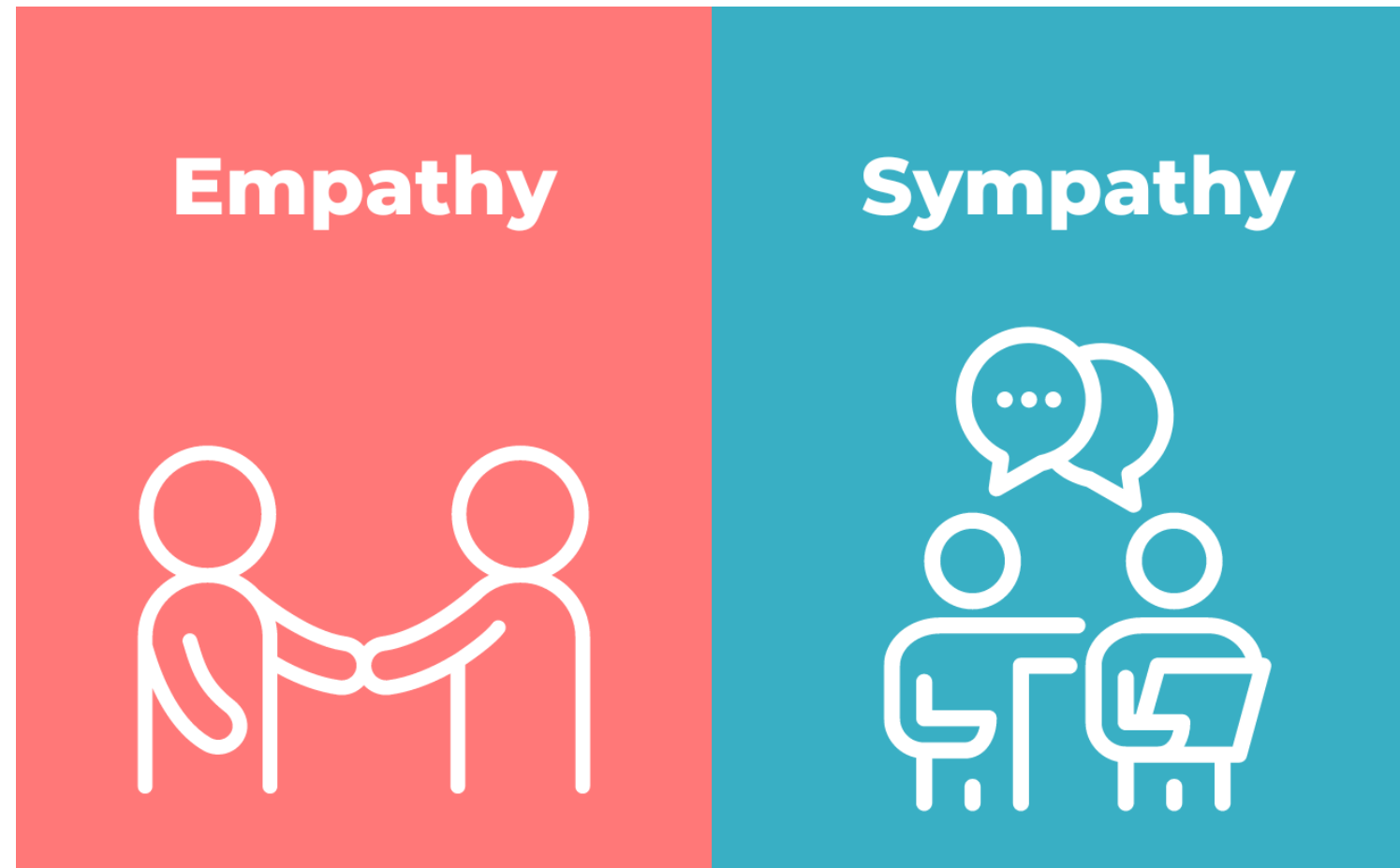
"LEARNING" takes place
only when "LISTENING"
happens....

LISTENING

The first and most important step in developing an identity-safe learning community

Empathetic Listening

- Forms healthy, reciprocal bonds.
- Restores dignity.
- Communicates worth.
- Sets the stage for higher order thinking, problem solving and productive action.
- Replaces the “we will rescue you” mindset with mutual respect and admiration.



“I feel how you feel”

“I know how you feel”

Listening: A Fundamental Communication Skill

7 Principles of Compassionate Listening

- Be fully present
- Listening is enough
- Respond with acceptance
- Ask authentic questions
- Conflict is part of learning
- Be gentle with yourself
- Treat the candidness of others as a gift



1. Which is a strength?
2. Which is a challenge?
3. Which is most important to your work? Why?