



**Amelia Roe**  
Creating Safe Places



# Today's presentation

- Task 1
- Why are safe places important?
- What are safe places?
- How can you create safe places?
- Task 2
- Questions

# Task 1

- On a piece of paper, I would like everyone to write what makes you feel safe
- It can be a place, a person, or thing as long as it is something that makes you feel safe
- This is just for you; I won't be asking anyone to share

# Why are safe places so important?

- There are a multitude of reasons as to why people don't feel safe.
- Some people don't feel safe **walking down the street or being in public** which is very prominent within women and young girls
- Some people don't feel safe **in their own home** because of domestic violence, neglect, emotional abuse, physical abuse, mental abuse, or even sexual abuse
- Some people don't feel safe **around other people** because of past traumas. I know a lot of women who don't feel safe around men
- Some people don't feel safe **within themselves** because of struggles with their mental health

# Why are safe places so important?

- 1 in 5 young people struggle with mental health disorders
- 1 in 4 women have been sexually assaulted as an adult
- 1 in 6 children have been sexually abused
- 1 in 18 men have been sexually assaulted as an adult
- 1 in 3 women experience sexual harassment
- 1 in 9 men experience sexual harassment

# Why are safe places so important?

- In the 2023 NHS mental health report, NHS Mental Health Director Claire Murdoch said:

“NHS staff are working harder than ever to meet the increased demand and we have fast-tracked mental health support for millions of pupils in schools and colleges, as well as significantly expanding the children’s mental health workforce. Our partners, especially in the education, voluntary and social care sectors, also have a critical role to play in supporting this effort”

# What are safe places?

- Safe places can be anything
- For some people safe places include activities which helps people to focus on something, sort of like a distraction
- Some people like the comfort of others, someone to talk to
- Others like to go to places which make them feel safe
- Safe places are subjective but can be supported by everyone

# How can you create safe places?

- Everybody can create safe places
- Sporting communities launched a safe place in Derby for 6 weeks which gave young people a place to go to and people to talk to if they needed which was very successful
- Safe and Sound launched a safe place initiative where different stores across Derby put a sticker in the window which signified that that store supported the safe place initiative and provided a place where people could go to to get out of dangerous situations and call someone if they needed to.



## How can you create safe places?

- For the last 3 years, I have led workshops and assemblies which educated students at my school on sexual assault/ harassment which is a massive problem across the UK. This created a safe place for students as it showed they had people to talk to, places to go, but also educated people which helps to prevent sexual assault/harassment
- These are just a few examples of how safe places can be created

## Task 2

I would like you to think about and come up with ideas to these questions which we will share and discuss later:

How can you create safe places within your community?

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Any questions?