

EMOTIONAL SAFETY IN THE CLASSROOM

**“ Your Awesomeness knows NO
LIMITS”**

-David Hill

Challenges

▣ Climate Change

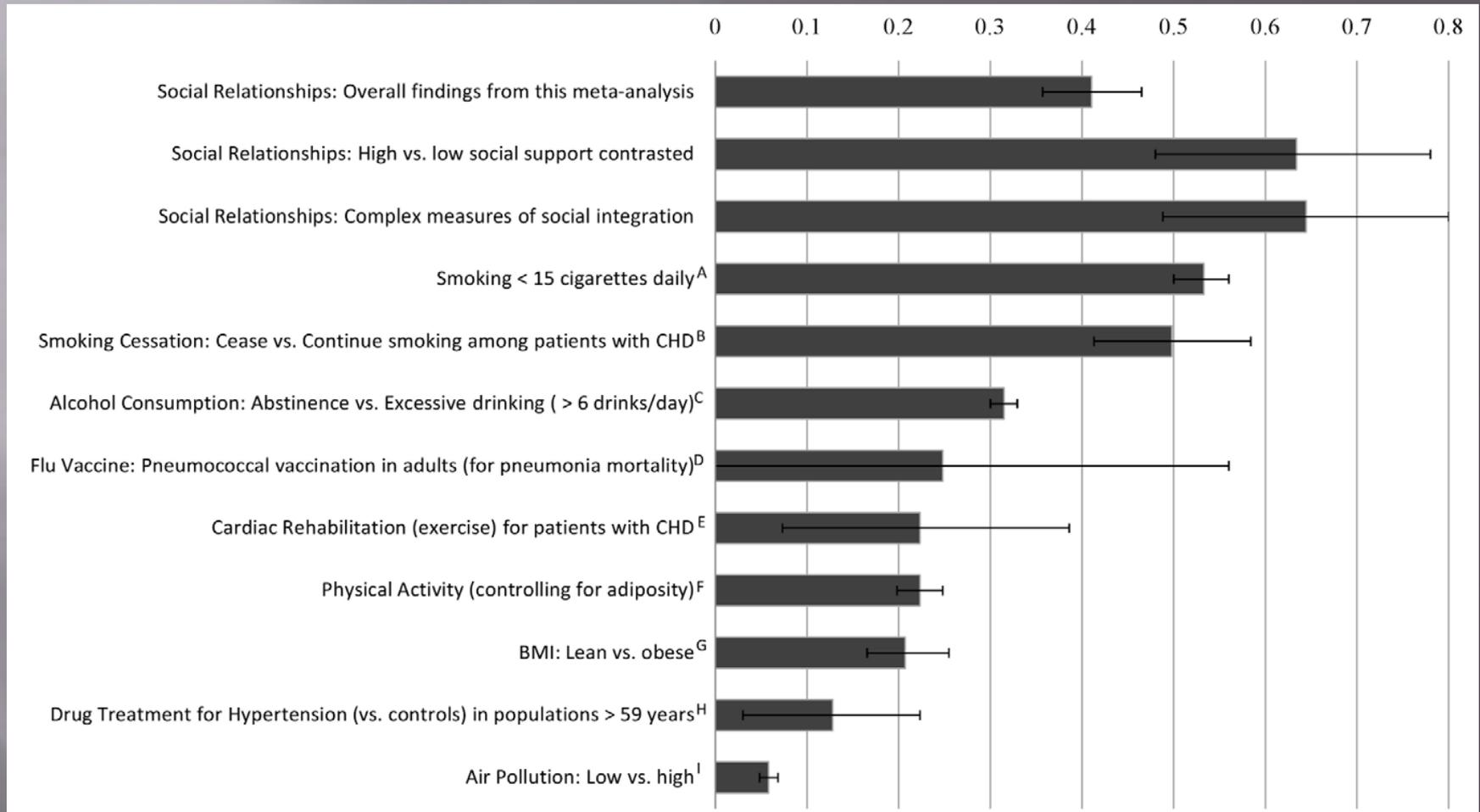


A Road Map to Thrival



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Build Community



“Empathy is really important... Only when our clever brain and our human heart work together in harmony can we achieve our true potential.”



We Need a Paradigm Shift! - Human Potential



Isolation
Competition
White
Male
Materialistic
Winning
Capitalist

Paradigm Shift

- ▣ Collaboration vs. Competition
- ▣ Sharing/Valuing vs. Hyper-Consumerism/Hoarding/Wasting
- ▣ Divergent Thinking vs. Linear Thinking
- ▣ Caring vs. Apathy
- ▣ Fluidity vs. Rigidity
- ▣ Coming Together vs. Being Isolated
- ▣ Mutual Trust/Consensus Building vs. Authoritarianism
- ▣ Critical Thinking/Open Mindedness vs. Dogmatism
- ▣ Relationships vs. Technology
- ▣ Symbioses vs. Hierarchies
- ▣ Embracing Difference vs. Tolerating Difference
- ▣ Courageousness vs. Fear
- ▣ = RESILIENCE

Hypothesis:

- ▣ In order to reach our true potential we need to learn to empathize with one another. With effective mentoring and modelling, the internalization of this value and the practice and development of this skill, we can create emotionally safe environments, which, will in turn, be extended to other plants, animals and things.
- ▣ - Project Oasis

Reality Check

How many of you or your friends/colleagues know someone who is suffering quietly? Have they:

- ▣ - attempted or committed suicide.
- ▣ - **been suffering from depression, anxiety, panic attacks.**
- ▣ - been raped, molested or physically abused.
- ▣ - engaged in cutting/self mutilation.
- ▣ - been suffering from mental/emotional health issues.
- ▣ - been bullied and/or sexually harassed.
- ▣ - been hurt by violence or crimes against society.

Other indicators: eating disorders, addictions, etc...

STATS

- ▣ 25% of children in grades 4 to 6 have been bullied
- ▣ 11% of Canadians aged 15-24 met criteria for depression: Statistics Canada
- ▣ Suicide is the second leading cause of death (after accidents), accounting for nearly a quarter of deaths in the 15-24 category: Statistics Canada
- ▣ 1 in 5 girls, 1 in 10 boys report having been sexually abused before the age of 18. (Marie-Vincent Foundation)

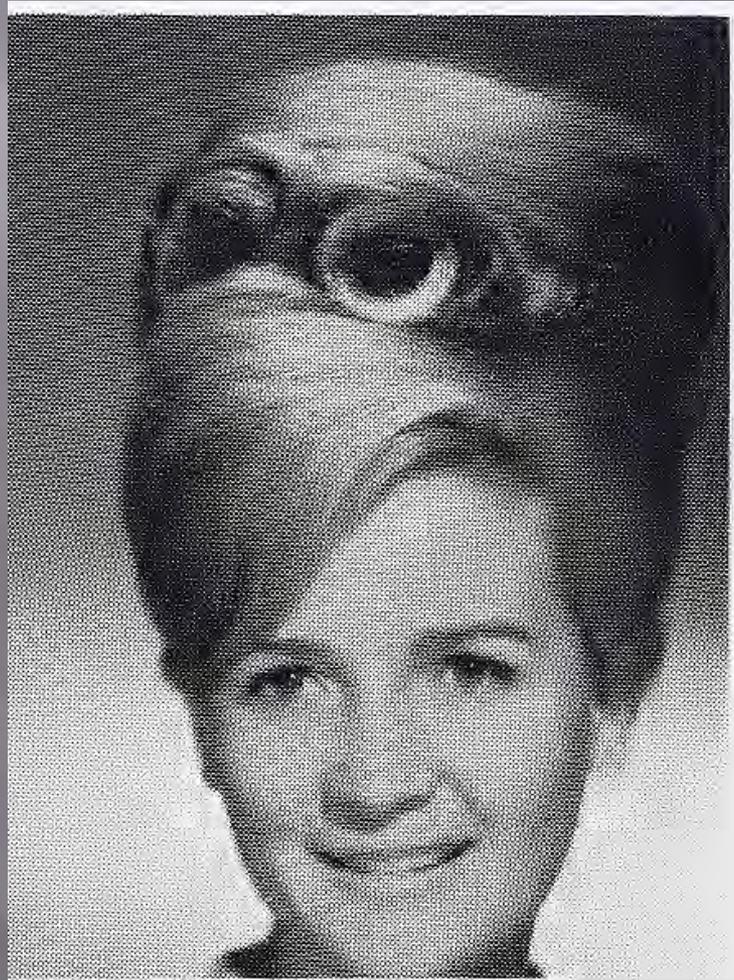
What would the world look like if
those who are hurting others,
themselves, or the planet, had a
place where they felt
unconditionally loved and
accepted?

What's Trending?



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From Beehive to Benevolence



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ALL I REALLY NEED TO KNOW I LEARNED IN KINDERGARTEN - Robert Fulghum

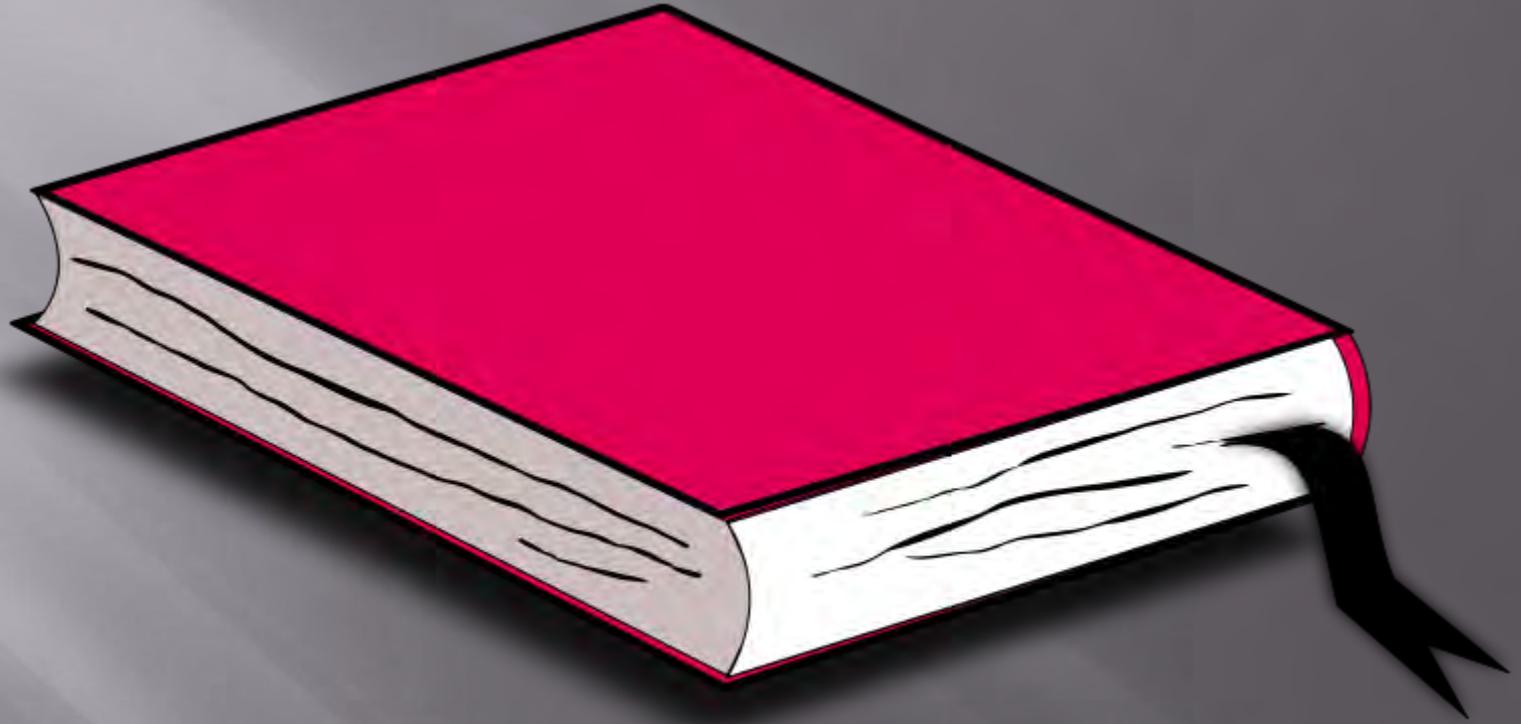
- ▣ Share everything.
- ▣ Play fair.
- ▣ Don't hit people.
- ▣ Don't take things that aren't yours.
- ▣ Say you're sorry when you hurt somebody.
- ▣ Live a balanced life - learn some and think some and draw and paint and sing and dance and play and work every day some.
- ▣ When you go out in the world, watch out for traffic, hold hands and stick together.

Critical Thinking!

“Some *people* see things as they are, and ask why. I dream of things that never were, and ask why **not**. ”

-paraphrased from Robert Kennedy

Dress for Success!



The First Days of School: How to Be an Effective Teacher

Never Judge a Book by its Tie!



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Win at any and all costs!

Volkswagen: in 2008 with ~ \$9.6 Billion (CAN) in Operating Profits, they began cheating emissions testing.



▣ Lance Armstrong:



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I THINK IT'S JUST TERRIBLE AND DISGUSTING HOW EVERYONE HAS TREATED LANCE ARMSTRONG, ESPECIALLY AFTER WHAT HE ACHIEVED, WINNING SEVEN TOUR DE FRANCE RACES WHILE COMPETING ON DRUGS. WHEN I WAS ON DRUGS, I COULDN'T EVEN FIND MY BIKE. Attributed to Willie Nelson

Schools - A Great Opportunity

- ▣ Most of the most accomplished people in our society have attended schools – David Suzuki, Albert Einstein, Murray Sinclair...
- ▣ But so have many of those who go on to perpetrate acts of violence and persecution against others, themselves and the planet.
- ▣ How hard would it be to instill in all of our students, a deep sense of belonging, empathy, and critical thinking?
- ▣ What would it take?

Collaboration vs. Competition



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PE Example – Picking Teams



SNAFU

We are 'twice hypnotized' – 'firstly into accepting pseudo reality as reality, and secondly into believing we were not hypnotised' (Laing 1971)

Consider this: Is the world that surrounds you a reflection of a deep and profound harmony between people and the planet or is it an extension of a pervasive dysfunction between people and a disconnect with the natural world?

ryanhillofficial “Wearing a tutu or a knight helmet doesn’t make you any more or less, boy or girl! Express yourself and be free. Clothes are for everyone and I love wearing all kinds of costumes. I think it’s so silly that there’s “girl” costumes and “boy” costumes. Be confident, love yourself and be yourself!”



Modelling Authenticity and Risk Taking



Engagement!



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Top Reasons Students Don't Ask Questions*

- ▣ Fear of asking a dumb question and being negatively judged – 67%
- ▣ Self Consciousness – 5%
- ▣ The student is an introvert who doesn't naturally engage in dialogue – SHY – 5%.
- ▣ Anxiety – 5%
- ▣ “Good” questions don't occur to students while they are in class – 8%
- ▣ No Interest – 10%

* 40 JAC students surveyed.

Critical Thinking – Being Mindful of the Power of our Words

- ▣ Let's go Ladies!
- ▣ No Homo!
- ▣ Guys! vs. B__ches!

STATS

- ▣ A new survey from Kids Help Phone found 22 per cent Canadian teens considered attempting suicide in the last 12 months.
- ▣ - Girls (67 percent) were twice as likely as boys (33 per cent) to consider taking their own lives.

Stop being a special snowflake!

- ▣ It is a far more brave and courageous act to treat others with respect and speak out against bigotry, than it is to denigrate others, even in jest.
- ▣ When in doubt think about which choice makes your heart rate increase, makes you shake with fear, choke up and break into a sweat. And if it's not a dangerous or hurtful act, that's probably the **RIGHT** choice!

Expand our Livingrooms – “Embrace the Awkward”

☐ Me:

If there is a practise on June 5, would you mind replacing me?

With Love and Courage,

Dave

☐ Firefighter:

how about just replacing you...

☐ Me:

????? I thought that's what I said? Explain.

DH

☐ Firefighter:

See belowjust going to replace you bugger the love and courage crap!!! 😊

If there is a practise on June 5, would you mind replacing me?

With Love and Courage,

Dave

Internalized Oppression

- ▣ Whale Story

Repercussions of Status Quo

- ▣ Simon Dufour
- ▣ Amanda Todd
- ▣ Rehtaeh Parsons
- ▣ Thomas Taillefer
- ▣ Hundreds of Indigenous kids who take their own lives every year.

RAINBOW CAMP



CBC NEWS – The National: <https://www.youtube.com/watch?v=pFHfpUqWjCo>

PEACE STATEMENT

Physical Education Affirming Compassionate Environments (PEACE)

In this class we wish to contribute to the health of our college community by working towards social justice and empowering its members.

We recognize the great potential to enhance our health and wellness through physical activity, sports and athletics. We strive to provide opportunities to do that in a safe and enriching learning environment. This extends beyond the expectations of sound pedagogy and a physically secure environment. It also means facilitating an emotionally safe environment, where we all experience acceptance, care, love, kindness and open-mindedness, and are free from persecution, ridicule, discrimination, marginalization, humiliation, bullying and disparaging remarks (even in jest). We do not tolerate difference, we embrace difference. We support the inclusion of ALL class members (e.g. ethnicity, ability, sex, age, nationality, socio-economic situations, religion, skin colour, body type, physical appearance, sexual orientation, beliefs and gender affiliation, etc).

We are sensitive to the fact that while Physical Education has many health benefits, for some people, it presents a challenge in maintaining and improving self-esteem. By necessity, many of our classes draw attention to body composition, physical appearance, competition, and physical performance. For some, these emphases have the potential to reinforce feelings of self-loathing and insecurity. We assume the responsibility to nurture an environment of inclusion and model it for one another. We also assume the responsibility to intervene in any interactions and behaviours, that we encounter, which can lead to a compromise of dignity and integrity. We are committed to maintaining a healthy emotional atmosphere as an integral part of sustainable health and wellness within the college.

How to Create Emotional Safety?

Review

- ▣ Setting the bar. PEACE STATEMENT
- ▣ Modelling – Critical Thinking
- ▣ Expanding our living rooms. **Taking Risks!**
“Embrace the Awkward”
- ▣ Finding Meaning and Authenticity.
- ▣ Positive Messaging.
- ▣ Challenging Stereotypes.

What would it look like if we could create a learning environment where students were not afraid of ridicule and reproach and could express their truest selves in every moment?"

- ▣ Birdie on a Perch

- ▣ <https://drive.google.com/drive/folders/1A26GfO3scgRZcfZpEFn6Cad4BPZyZpA5>

Troubleshooting

- ▣ Being non-coercive (opt out option)
- ▣ Interrupting oppression – challenging dogma
- ▣ Recognizing courage and bravery
- ▣ Is that helping to create an emotionally safe environment?
- ▣ Navigating Gender
- ▣ Gratitude

The Letter

- ▣ A Student Perspective – Jessica

Your Emotionally Safe Environment!

- ▣ Holding hands with a partner or two, Take turns telling one another about the AMAZING Emotionally Safe Environment that you created with your friends, families, co-workers... What does it look like? (2 minutes each)

Next Steps...

- ▣ How can we create emotionally safe learning environments in our schools and within our communities, where we feel unconditionally loved, valued, accepted, respected and cared for. How can we empower ourselves to assert our desire to be treated that way? How do those goals affect the choices we make?

Next Steps

- ▣ Identify one thing that you are willing to commit to doing, with your friends and/or family, to help create emotional safety in your community.

And Remember...

- ▣ **“Your Awesomeness know
NO LIMITS”**

Thank You!