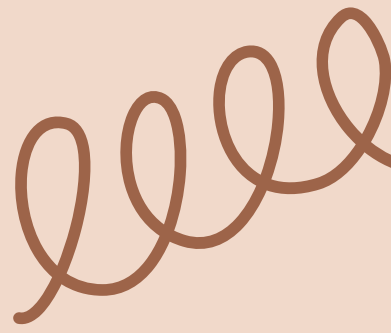


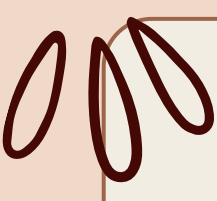


# BUILDING A SAFE AND POSITIVE PROGRAM CLIMATE WITH



## GROW, EVOLVE & THRIVE WITH SEL

### SELF AWARENESS

- 
- Be aware of your emotions, triggers, and biases.
  - Regularly reflect on your thoughts and reactions.
  - Set an example for youth and others.

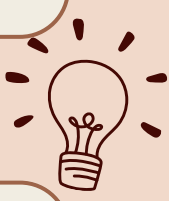
### ACTIVE LISTENING

- Give full attention to participants.
- Maintain eye contact and use verbal and non-verbal cues.
- Avoid interrupting or judging; encourage open expression.


### EMPATHY

- Put yourself in others' shoes without judgment.
- Understand their perspectives and experiences.
- Acknowledge and validate emotions.

### REGULATION

- 
- Teach youth emotion regulation techniques.
  - Deep breathing, mindfulness, or journaling.
  - Support constructive expression of feelings.

### CONFLICT RESOLUTION

- 
- Teach empathy-focused conflict resolution.
  - Encourage calm and respectful addressing of conflicts.
  - Find common ground and mutually acceptable solutions.

### POSITIVE REINFORCEMENT

- Celebrate youth successes and achievements.
- Provide positive feedback and recognition.
- Foster a supportive and motivating atmosphere.


### MINDFUL COMMUNICATION

- Encourage conscious communication.
- Choose words carefully, consider their impact.
- Teach constructive feedback techniques.

### ESTABLISH BOUNDARIES

- Set clear behavior expectations.
- Ensure understanding and respect for boundaries.
- Address issues promptly with empathy.

### CONTINUE LEARNING

- 
- Foster a culture of growth and learning.
  - Provide emotional intelligence development opportunities.
  - Encourage reflection and application of knowledge.

### ROLE MODELING

- Lead by example with emotional intelligence.
- Be open to feedback and show vulnerability.
- Create a safe space for others to do the same.