



What it Means to Feel Safe, Seen and Heard...

“Safe, seen and heard” is the frame developed by Political Healers to articulate the experience of a trauma-informed environment for all people.

SAFE – feels protected physically, intellectually, emotionally and spiritually and feels able to express themselves authentically;

SEEN - experiences being seen and known in a space; feels acknowledged for their work/contribution to the collective – for better or worse, but with balance.

HEARD – has a voice in shaping their own work/contribution and the work/contribution of the collective; ideas and plans are supported and acted upon by the collective; receives the investment and support that they ASK FOR, not just having to settle for whatever is given.