

Writing for Safety

Safety is a feeling we have when we feel secure and protected, and when we are near people who accept and love us for who we are.

There are many things, places, people, and more that help us feel safe: teddy bears, blankets, stop signs, sidewalks, cellphones, door locks, your own space (like a bedroom or a reading nook), an action plan for a moment of crisis, religious buildings, libraries, kind people, people who can protect us, pets, spiritual rituals or customs, and more!

Explore safety through one or more of the following prompts:

1. What helps you feel safe? What do you do when you feel unsafe? Building on the list above, make your own list. Then, pick one entry from your list and write about *how* or *why* it makes you feel safe.
2. Write about an experience you had where you felt unsafe, and where you learned later you were safe. Is there something you went through previously that triggered how you felt? What are your feelings about the experience now?
3. What's something that used to feel safe that no longer does? What do you believe changed that? What might increase your feelings of safety?
4. What are some places you feel safe sometimes but not safe at other times (for example, a place with few people versus that same place when it's crowded)? Why do you believe that is? What might help you feel safe in that place all of the time?
5. What do you feel is the difference between comfort and safety? In what ways are they similar? In what ways do they differ? What are your takeaways from considering their similarities and differences?

See ypsiwrites.com and Washtenaw.org/wishyouknew for additional information, writing prompts, workshops, and opportunities to engage!

