



BUILDING TRUST

and Creating a Safe Space



Hey Teachers!



We know life can be tough for students, especially when they're dealing with stuff like drug or alcohol use. You're in a unique spot to help—by simply being someone they can trust. Here's how you can make your classroom feel like a safe space:

Keep It Chill and Judgment-Free

- **Talk it out:** Let students know they can speak freely. Respect all opinions and make it clear there's no room for judgment.
- **Privacy matters:** Assure them that personal things they share stay confidential.
- **No labels:** Instead of jumping to conclusions about someone's behavior, approach with curiosity and empathy.

Be Open and Easy to Reach

- **Open-door policy:** Set up times when students can drop by to chat about anything—school stuff or personal issues.
- **No judgment zone:** Make it clear you're there to help, not to discipline.
- **Listen like you mean it:** Give your full attention and let them know you're hearing them. It makes a huge difference.

Build Real Connections

- Get to know them: Ask about their interests, goals, or even what shows they're binge-watching.
- Celebrate wins: Whether it's acing a test or just showing up, acknowledge the effort.
- Reach out: If someone seems down or distant, check in with them casually. Sometimes, that's all they need.

Spot the Signs and Step Up

- Pay attention: Changes in mood, energy, or attendance can be clues that something's up.
- Know your resources: Be ready to connect students with counselors or support programs when needed.
- Be kind but direct: If you think a student needs help, talk to them privately and with compassion. Let them know they're not alone.

Why It Matters

When students trust you, it creates a space where they feel safe to open up and get the help they need. By showing empathy and support, you're not just a teacher—you're someone who can truly make a difference. That positive vibe? It sticks, both in the classroom and beyond. ❤️

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