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| Title | **Safe Group** |
| Objective | * To create trust and confidentiality in a group, and between partners |
| Target audience | Mixed groups or groups of men and women only |
| Group size | 10–15 participants. If you have more participants, create more groups. |
| Estimated time | 20 minutes |
| Materials | None |
| Printouts/downloadable resources |  |
| Source | [Journeys of transformation](https://docs.google.com/viewerng/viewer?url=http://promundoglobal.org/wp-content/uploads/2014/12/Journeys-of-Transformation.pdf) |

1. **Steps:**

Introduction (5 minutes)

* The group stands in a circle, including the facilitator.
* Participants hold hands to close the circle, then rest their hands back by their sides.
* Explain that the goal of the exercise is to create a safe space, symbolised by the circle of protection.

Whole group work (15 minutes)

* Invite each participant, one at a time, to walk freely within the circle with their eyes closed. In this vulnerable state, they must rely on the other group members to keep them safe and guide them. Explain it like this:

“*You will walk across the circle with your eyes closed until you reach one of the group members. That group member will receive you gently and guide you to turn and go to the next person. If you reach a gap between two people, they will ensure that you do not walk out of the circle and that you are protected by the nearest person*.”

* Explain that the job of the other participants is to ensure that the volunteer feels safe. Don’t laugh or make jokes, just concentrate on the task. Tell them:

“*When the person reaches you, hold them by the shoulders and turn them gently towards the centre of the circle. Pat them on the shoulder to start walking again.*”

* Allow each participant to do this for around two minutes and then swap.
* Afterwards, ask the group to answer some questions.

1. **Questions to help guide discussion:**

* How did the exercise make you feel?
* Were there moments where you felt anxious or unsafe?
* How did it feel for the rest of the group to be responsible for another person and to guide their direction?

**3. Key message**:

The circle symbolises a wall of protection and we have to make sure that the person inside it feels safe and protected at all times. That person has to trust the others and not be afraid.

**4. Notes for facilitators:**

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| The facilitator has to be strict about following the rules. If participants break the rules, remind them politely of the risks of breaking the safety of the circle.  To create a positive atmosphere in the group, participants need to feel safe. It is the facilitator’s responsibility to maintain the wellbeing of the group. Every participant should be treated with respect, and each participant should respect the others. |