**Safety Plan**

**If content within this session triggers you in any way, shape or form, please do not hesitate to**

* Leave the room (face to face session)
* Exit the online platform, or leave the space you are located
* Privately speak or message the facilitator and let them know you must take some time away from triggering content
* Speak with the facilitator about content you may have missed during a period of absence

***We are dedicated in supporting our participants through this learning process and are sensitive to the trauma these triggers may cause***