

The Safety Triangle

Positions of Power

- Set off the fear centers in the brain.
- As teachers, you are in a position of power in your classroom.
- When you are calm and regulated, you can then help to co-regulate your students.

We can relate & create, when we feel connected & safe.

Safety Triangle

Dr. Stephen Porges' Polyvagal Theory

- Safe face = calm not a blank face.
 - Blank faces can be increase fear.
- Safe posture = relaxed, welcoming, leaning in.
 - When someone is anxious, it can be important for them to see the door.
 - Sitting side by side can help students open up and talk
- Safe voice = tone and loudness.
 - Each student has a different sense of what is safe based on their past experiences. Example, someone raising their voice to be heard over noise might sound like anger to some students.

Gabor Mate in the documentary "The Wisdom of Trauma" states the following:

"trauma is not what happens to you, it's what happens inside you as a result of what happens to you."

"the fundamental trauma was that loss of connection to yourself"

Reflection:

1. Think of a time when you felt anxious or nervous when around someone in authority. This could be a boss, seeing a police car when you're going over the speed limit, going to the doctors, etc. How did your body feel? What were you thinking? This could be the same for students in your classroom.
2. Take a moment to reflect on you body language throughout the day. How do you use your voice in different situations? Do you reflect being a "safe" person?

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Resources

Videos:

- [The Safety Triangle by Mary Vicario](#)
- [Stephen W. Porges explains the Polyvagal Theory](#)

Handouts:

- [The Safety Script Guidebook- Free Download](#)
- [The Wisdom of Trauma Website](#)
- [Regulate before you Educate](#)

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