



Safe Space Strategy Tool Kit



AFCS

Aboriginal Friendship
Centres of Saskatchewan

What is a Safety Plan?

Your safety and well-being matter deeply. In many Indigenous teachings, the concept of safety can be understood as part of a balance ensuring harmony in your physical, emotional, mental, and spiritual life. If you find yourself in a harmful or unsafe situation, creating a safety plan can help you take steps to protect yourself and seek support. This is a way to honor your strength and the teachings of self-care and community care.

A safety plan is a personal tool that helps you prepare for situations where you might feel unsafe. It encourages you to reflect on your unique needs and the paths available to ensure your well-being. This might include identifying the signs of danger, places that feel safe, people you trust to ask for help, and how to connect with emergency or community resources, including culturally grounded supports that align with your identity.

You can approach this Tool Kit on your own or with someone you trust. In Indigenous traditions, connection to family, Elders, or community members can often provide wisdom and strength. Use this as a guide, knowing that you hold the agency to decide what feels right for you. Each person and each situation is different, so this tool is not meant to dictate what you should do, nor do you need to complete every section. It's here to support you in creating a plan that reflects your life, culture, and values.

Remember, safety plans are dynamic what works in one moment might not work in another. If part of your plan doesn't feel helpful during a time of need, explore other strategies or reach out to someone you trust, whether it's a loved one, a community member, or a helper in your circle. Listening to your intuition and drawing on your cultural teachings can help guide your steps toward safety and balance.

Safety planning with a friend or family member doesn't have to be an awkward, one-time conversation. Safety planning is a tool we can all use to have conversations about how to care better for ourselves and others.

What is Cultural Safety?

Cultural Safety is a practice that acknowledges the profound influence of historical and social contexts, particularly the impact of colonization, systemic inequalities, and discrimination on interactions, experiences and access to services. It recognizes that power imbalances shape relationships and institutions, often disadvantaging marginalized communities, including Indigenous Peoples.

Foundational Principles of Cultural Safety

- 1. Understanding Power Dynamics:** Cultural safety calls for actively addressing and mitigating power imbalances at both interpersonal and structural levels, ensuring that marginalized voices are centered in decision making processes.
- 2. Self-Reflection and Awareness:** Committing to cultural safety demands continuous self-reflection. It involves examining biases, assumptions, and privileges, particularly those shaped by dominant narratives. You must critically assess how your actions, words, and perspectives influence individuals and communities, ensuring you do not reinforce harmful stereotypes or exclusion.
- 3. Respect and Recognition:** Cultural safety is built on the recognition of diverse cultures, traditions, and worldviews as distinct and valuable. It requires listening with humility, rejecting stereotypes, and honoring different ways of knowing and being. Respect is demonstrated through meaningful engagement, not tokenism, and by ensuring that all people feel seen and heard.
- 4. Prioritizing the Voices of Those Affected:** Cultural safety is determined by the individuals who receive a service or experience an interaction, not by those providing it. This principle ensures that people feel seen, heard, and empowered to define what safety means for them.
- 5. Addressing Systemic Inequities:** Cultural safety is not just about individual interactions it requires dismantling structures that perpetuate discrimination and exclusion. This means challenging policies, practices, and institutions that reinforce inequity and advocating for systemic change that supports the rights and well-being of all communities.
- 6. Commitment to Continuous Learning:** Cultural safety is an ongoing journey, not a destination. It involves actively seeking knowledge, engaging with diverse perspectives, and adapting approaches to ensure meaningful inclusion and respect. It requires humility, a willingness to listen, and a dedication to lifelong learning.

By embracing these principles, individuals and organizations can create spaces where all people feel safe, respected and empowered.

Personal Safety

In a world where unpredictability is part of life, the importance of personal safety and security resonates deeply within our communities. Whether you're navigating the energy of a busy city or embracing the peaceful rhythms of rural landscapes, being prepared and aware contributes not only to individual safety but also to the collective well-being of those around you.

A key principle rooted in safety is situational awareness an idea that aligns closely with many Indigenous teachings about mindfulness, observation, and connection.

What is Situational Awareness?

At its heart, situational awareness involves attentiveness to your surroundings and an understanding of what is unfolding around you. Many Indigenous communities emphasize learning from nature and being in tune with the environment values that naturally extend to staying safe.

When you're in public, being able to recognize potential risks and irregularities before they affect you is essential. These practices also help foster a sense of calm and awareness. Here are some ways to enhance situational awareness, informed by Indigenous perspectives:

- **Limit distractions and stay present:** Spending less time on your phone or other devices allows you to truly see, hear, and feel the environment around you. This practice mirrors the importance of mindfulness and respect for the present moment, a teaching often shared across many Indigenous cultures.
- **Notice what doesn't belong:** Pay attention to things that feel out of place. For example, if someone's behavior seems unusual like being overly quiet in a lively setting, or visibly agitated in a calm one trust your instincts. Similarly, observe patterns, like a vehicle circling a parking lot repeatedly. Much like tracking in nature, this skill involves keen observation without judgment.
- **Balance alertness with respect:** In Indigenous teachings, there's a strong emphasis on seeing the world through a lens of respect rather than suspicion. While it's crucial to stay aware of potential threats, it's equally important to avoid jumping to conclusions or making assumptions. Approach awareness as a way to strengthen your connection to the world and protect the shared space we inhabit.

Ultimately, situational awareness is not just about safeguarding yourself; it's also about fostering respect, care, and responsibility for the people and places that surround you.

Physical Safety

Physical safety is more than just the absence of harm or injury it encompasses both tangible and relational aspects of well being. In many Indigenous worldviews, physical safety is deeply interconnected with the balance of mind, body, spirit, and community. It is shaped by the environment we inhabit, including the physical space such as rooms, furnishings, tools, and artwork but also the energies and relationships within that space.

True physical safety cannot exist without also fostering psychological and emotional safety for both those providing care and those receiving it. This holistic approach aligns with Indigenous teachings, where all elements must work together to create harmony and well-being.

Psychological & Emotional Safety

Psychological safety allows individuals to express thoughts and emotions without fear of judgment or retaliation. It is essential in workplaces, relationships, and educational settings, ensuring that individuals can speak openly and be heard with respect. Emotional safety ensures feelings are acknowledged and respected, free from manipulation or dismissal. It is foundational to healthy relationships and interactions, allowing individuals to be vulnerable and authentic without experiencing harm.

Social & Environmental Safety

Social safety is the sense of belonging within a community, free from exclusion or discrimination. It ensures that individuals feel valued and supported, fostering strong connections and mutual respect. Environmental safety ensures clean air, water, and secure surroundings, recognizing the deep connection between people and the land.

Honoring Indigenous Knowledge for Holistic Safety

Indigenous ways of knowing, cultural practices, and traditional teachings offer pathways to resilience, healing, and balance. Prioritizing physical safety means creating environments free from harm, addressing the impacts of historical and intergenerational trauma, and ensuring the well-being of individuals and communities.

By integrating cultural traditions with safety practices, we nurture strong, healthy generations. A holistic approach to safety one that honors Indigenous perspectives ensures that mind, body, spirit, and community remain in balance, fostering environments where all people can thrive.

Description	Physical Safety Guidelines	Action Taken
<p>Physical Safety</p> <p>What do you need to feel physically safe?</p>	<ul style="list-style-type: none"> • Explore what you need to not only be safer, but to feel safe as well. • Keep your keys, phone and purse in the same spot wherever you go. • Keep a list of contacts with names, phone numbers and addresses. • Keep a list of medications, personal documents and other information. • Meet people in public places. • Learn about Fire Escapes wherever you go. • If you Travel: <ul style="list-style-type: none"> ◦ Tell someone where you are going and how you can be reached. ◦ Research hospitals and police stations where you are going. ◦ Travel with another person, ◦ Check in when you leave and arrive. ◦ Always have some cash on hand. • Teach Children how to call for help and other safety measures. • Identify who has permission to pick up children. • Create a code word with family and friends to use when help is needed. • Establish a check point place to go in case you need to leave your home. Have one on your property and another away from home. • Install smoke, CO2 detectors, additional locks, fire extinguishers, lighting, and additional security systems in and around your home. 	

Clare's Law

The Interpersonal Violence Disclosure Protocol (Clare's Law) Act provides a legislative framework for police services in Saskatchewan to disclose relevant prior criminal information to intimate partners and other limited persons for the purpose of informing and protecting individuals at risk of harm from their partners.

The Act allows for information to be disclosed in accordance with The Interpersonal Violence Disclosure Protocol (the "Protocol"), which is adopted by the regulations. The Protocol authorizes police to disclose certain risk related information through recognized and consistent procedures.

There are two methods of entry to the Protocol's disclosure process:

1. **The "right to ask"** process is initiated by a member of the public by making an application. The application can be made by the person at risk of harm by the current or former intimate partner. A third party can also make an application on behalf of the person at risk with or without their consent. A third party is someone the person at risk has a close personal relationship with, such as a parent, sibling, friend or support worker. The person at risk may also have prescribed professionals assist them with their application or make an application on their behalf with their consent, such as a lawyer, medical practitioner, a psychologist, social worker, as well as registered nurses or registered psychiatric nurses.
2. **The "right to know"** process is initiated by a member of a police service who is in receipt of information that could impact the safety of a person at risk.

Clare's Law is meant to be proactive, as opposed to reactive. It provides potential victims with important information, allowing them the opportunity to make an informed choice, before violence happens. It serves to interrupt the impact of repeat perpetrators of intimate partner violence by informing subsequent and/or potential partners of the risk posed by the individual they are becoming involved with. Therefore, Clare's Law is an evidence-based approach used to reduce incidents of intimate partner violence and decrease the risk of intimate partner homicide.

To access more information on Clare's Law contact your local RCMP or Police detachment.

Developing an Exit Safety Plan is a crucial measure for anyone considering leaving an abusive partner. Whether it's finding a way to temporarily escape a violent incident or preparing to leave the abuser permanently, having a well thought out strategy can provide clarity and protection in high risk situations. Leaving an abusive partner is notoriously the most dangerous time for a survivor. This plan enables survivors to carefully outline steps to ensure their safety, as well as the safety of their children and pets, during periods of abuse. Below, are three steps to follow when you're ready to create your own Exit Safety Plan.

Step 1: Abate Your Fears

Some survivors of domestic violence are rightly fearful that implementing the steps in a safety plan will place them more at risk with their abuser. As such, consider an Order of Protection as part of your safety planning. When you're ready to leave, your abuser can be served with this order simultaneously, creating a legal disincentive for him or her from making contact with you while you find safety. A domestic violence advocate in your area can help you secure an order of protection.

Step 2: Find Your Advocate

A trained domestic violence advocate can help you sort through everything you need to do and plan for in order to create a safety plan that makes the most sense. You can find an advocate near you at <https://www.domesticshelters.org>.

Step 3: Plan for All Possibilities

Safety plans need take into consideration all aspects a survivor is dealing with. Below, are some different variations of Exit Safety planning to consider:

- **Children:** If there are children in the home, safety plan with them. Teach them to never intervene during a violent incident and make up a code word you can use when they need to leave the home because of violence.
- **Pets:** establish custody of your pets (register them in your name).
- **Pre-Packing:** Finally, when packing a bag, consider keeping this bag in a place where your abuser wouldn't look for it, such as at a friend or neighbor's home, or at your place of work.

An Exit Safety Plan is more than just a set of instructions; it's a personalized roadmap designed to keep you safe at every stage of your journey from preparing to leave to starting your new life.

Remember, you are not alone, and help is available.

Description	Planning on Leaving Guidelines	Action Taken
<p>Planning on Leaving</p> <p>If you are planning on leaving an abusive relationship and you need to leave right away.</p>	<ul style="list-style-type: none"> • Document situations where your safety is at risk. • Leave money, an extra set of keys, extra clothes, and a copy of important documents with a trusted family member or friend. • Open a private bank account. • Develop and rehearse an escape plan. • Teach your children and friends a CODE WORD to let them know when to call for help. • If you need a caregiver for health concerns, develop an emergency care plan. • Make arrangements for animals. • Inform neighbours that you are leaving the residence and call police if anyone is around. • Set up a mail deferral. • Ensure you have updated photos, personal information on yourself and children. • Register your children with Child Find or similar services. • Inform supervisors, schools, family and friends of the situation. • Screen calls at work, home or school. • Ask for security or other person to walk you to your car/bus. • Use different stores or hours of shopping. • Change passwords to your accounts. <p>Provincial Association of Transition Houses and Services of Saskatchewan (PATHS) is the member association for agencies that provide intimate partner violence services across Saskatchewan. Phone: (306)522-3515.</p>	

Mental Health Safety

One of the most crucial, yet frequently overlooked, aspects of safety and safety planning is taking care of yourself. This includes your physical, emotional and spiritual well being. For many Indigenous people, good mental health is indicated by feeling a sense of belonging, having strong cultural identity, maintaining positive interpersonal relationships, and feeling that life has purpose and value.

Trusted relationships with family members, Elders, Knowledge Keepers, or community members can play an important role in developing this plan, ensuring it aligns with the individual's unique needs and cultural values.

Key elements of the mental health safety plan include:

- **Recognizing warning signs**, such as emotional, physical, spiritual, or mental cues that signal the need for additional support and grounding.
- **Identifying coping strategies**, such as mindfulness practices, connecting with nature, engaging in cultural traditions, or other activities that promote calm and balance.
- **Acknowledging sources of support**, like friends, family, Elders, Knowledge Keepers, professionals, and community members, who can provide encouragement and help navigate challenges.
- **Creating a safe environment**, by reducing exposure to triggers or harmful influences, and fostering spaces that feel supportive and healing.
- **Discovering personal sources of strength**, including values, teachings, connections to land or community, and aspirations that inspire resilience and hope.

By weaving together these components, the mental health safety plan becomes a meaningful resource for navigating difficulties, strengthening mental wellness, and fostering healing and balance.

Description	Mental Health Safety Guidelines	Action Taken
<p>Mental Health Safety</p> <p>What do you need to feel mentally safe?</p>	<ul style="list-style-type: none"> • Check in with yourself, how are you feeling? • Have someone that you can go to when you are feeling down? Create a list • Talk to an Elder or Knowledge Keeper • Talk to your doctor if you feel down more than 3 days a week. • Create positive affirmations about yourself and post them in places where you will see them all the time. • Attend workshops to help you learn new things • Ensure you have a balanced diet, drink plenty of water and exercise regularly. • Attend support circles to gain access to more resources for supports • Carry sacred items, such as medicines (sage, sweetgrass, cedar) or small tokens gifted by Elders, for strength and grounding during this difficult time. • Practice grounding techniques rooted in traditional teachings, like smudging or focusing on the elements of the Medicine Wheel. • Reconnect with cultural practices, such as ceremonies, talking circles, or drumming, to begin the process of emotional and spiritual healing. • Do things you like to do and try new things everyday. Have fun! 	

Medical and Health Safety ensures you have access to safe healthcare, proper medical treatment, and protection from health risks. A personal safety kit for medical and health safety is about preparedness, empowerment, and advocacy.

Building Safety Through Preparedness & Knowledge

1. Essential Medical Supplies

- First Aid Kit and Medications
- Emergency Contacts
- Health Records; Copies of medical history, allergies, and insurance information.

2. Access to Healthcare Services

- Identify local clinics, hospitals, and Indigenous health centers that provide culturally safe care.
- Know your rights when accessing healthcare, including informed consent and patient advocacy.
- Understand how to navigate healthcare systems, including insurance, referrals, and emergency care.

3. Disease Prevention & Health Maintenance

- Stay up to date with vaccinations and routine health screenings.
- Maintain hygiene essentials such as hand sanitizer, masks, and clean water.
- Learn about nutrition, exercise, and holistic wellness practices.

4. Mental Health & Emotional Well-Being

- Include stress management tools such as grounding techniques, breathing exercises, or mindfulness practices.
- Access culturally relevant healing practices, including traditional medicines, ceremonies, or community support.

5. Advocacy & Health Rights Protection

- Know how to advocate for yourself in medical settings, ensuring respectful and informed care.
- Understand Indigenous health rights, including access to traditional healing and land-based wellness practices.
- Support policies that improve healthcare access and challenge systemic barriers to medical equity.

By equipping yourself with essential tools, knowledge, and support systems, you can protect your health and ensure access to safe, respectful, and effective care.

Home Safety

Home is meant to be a safe haven, but it's constantly at risk of disaster from indoor and outdoor hazards. Some risks are minimized with proper precautions taken, while others are completely out of your control. How you respond to each hazard is the only strategy to mitigate harm and damage when disaster strikes. Here are some things to consider when creating your plan.

1. Identify Natural Disasters in Your Area

What natural disasters affect your area? Is it prone to tornadoes, hurricanes, earthquakes, or wildfires? Determine whether it's better to shelter in place or evacuate for each possible disaster.

2. Stock Your Home With Safety Equipment

Natural disasters aren't the only hazards to plan for. House fires, carbon monoxide leaks, break-ins, and power outages also put your home and household in danger. Once you're aware of a hazard, how you respond is vital. Keep fire extinguishers, flashlights, and first aid kits around your home to respond quickly and prevent escalation.

3. Build an Emergency Bag

Building an emergency bag sets you up to save time and anxiety in an emergency situation by keeping all the necessities for your household in one place and ready to go.

4. Plan for Your Household Members

Does your household include children, babies, or elders? Consider the capabilities of the members of your household and what method would be quickest and safest to evacuate them. This may require reassigning bedrooms, but it's worth the hassle if it ensures a safer evacuation.

If some household members need specific aids in their daily life – a cane, hearing aid, glasses, or a wheelchair – plan to take these with you and how it will affect your evacuation plan.

5. Post Emergency Phone Numbers

Listing all local emergency phone numbers in an accessible location, the kitchen fridge is a common location. Ensure all children in the home know to call 911. Emergency phone numbers to have on your list include the local hospital, local police station, poison control, and your primary care physician.

6. Go Over Plans With Household Members

These steps aren't too useful if you're the only one who knows about them. Hold a meeting to inform your household of the safety plans for every situation that may arise, who to call, and what to grab when evacuating. Refresh everyone on the home safety procedures every year and adjust your plans as your household changes.

Description	Home Safety Guidelines	Action Taken
<p>Home Safety</p> <p>What to do in case of a fire, flood or other safety situation in your home.</p>	<ul style="list-style-type: none"> • Create an Evacuation plan of your home with your family and practice it. • Make a gathering spot outside your home and ensure everyone knows where it is. • Test your smoke alarms and CO2 detectors every six months. • Consider becoming trained in First Aid and CPR. • Have family members information written down including phone numbers, health card numbers, driver's license numbers, medical information, etc. Don't forget to include pets! • Have emergency contacts written down, including names, phone numbers and addresses. • Create an Emergency Kit. • Utility shut off procedure: everyone should know how to turn off main utilities; water, electricity, gas. Write down instructions and display them. <p>Do you have children in the home, if yes:</p> <ul style="list-style-type: none"> • Teach children how and when to dial 911. • Look at your home from a child's perspective. Get down on the floor and look up. <ul style="list-style-type: none"> ◦ Are there drawers that small children can open? ◦ Things within reach that they could choke on? ◦ Things they could pull down on top of themselves? <p>Toy Safety Tips:</p> <ul style="list-style-type: none"> • Read and follow the age labels, warnings, safety messages and other instructions that come with a toy. • Supervise children at play and teach them to use their new toy safely. 	

Workplace Safety

Personal safety and awareness encompass the practices and knowledge that individuals need to protect themselves in various environments, particularly in workplaces.

Understanding Hazards and Risks in Personal Safety

To effectively practice personal safety and awareness, it's crucial to identify the various hazards and risks that individuals may encounter in their environments. Hazards can be categorized into several types:

1. Physical Hazards

Physical hazards are the most apparent and can include machinery, tools, or any equipment that can cause injury. Additionally, slips, trips, and falls are common physical hazards in many workplaces.

2. Chemical Hazards

Exposure to hazardous chemicals can occur in various industries, from manufacturing to healthcare. Chemicals like solvents, acids, and other toxic substances can lead to respiratory issues or skin burns. Understanding Material Safety Data Sheets (MSDS) is essential for recognizing the risks associated with these chemicals.

3. Biological Hazards

In sectors like healthcare, personal safety and awareness also involve recognizing biological hazards such as bacteria, viruses, and other pathogens. For instance, nurses and doctors must be vigilant in using personal protective equipment (PPE) when dealing with infectious materials to prevent contamination.

4. Ergonomic Hazards

Improper lifting techniques or inadequate workstation design can lead to musculoskeletal disorders. Awareness of ergonomic principles can greatly reduce these risks, leading to a healthier workplace.

5. Psychological Hazards

Psychological hazards, such as workplace stress and bullying, can affect mental well-being. Promoting a positive work environment and being aware of mental health resources is crucial for personal safety.

Description	Workplace Safety Guidelines	Action Taken
<p>Workplace Safety</p> <p>What do you need to feel safe at work?</p>	<ul style="list-style-type: none"> • Know your rights as an employee and the duties of your employer. • Learn about safety policies and procedures including emergency plans, evacuation plans, etc. • Wear appropriate Personal Protective Equipment (PPE). • Keep workspaces clean and organized. • Take regular breaks • Stay hydrated • Use ergonomics at your workspace. Be sure to stretch and move around as much as possible. • Report Hazards immediately. • Stay alert and aware. • Keep Emergency Exits clear. • Request additional training such as Mental Health First Aid, First Aid and CPR, WHMIS or other personal development to increase your safety and the safety of others. <p>As a worker in SK you have 3 fundamental rights:</p> <ul style="list-style-type: none"> • The right to know about dangers at work and how to control them. • The right to participate in finding and controlling workplace hazards. • The right to refuse unusually dangerous work. <p>Saskatchewan Occupational Health and Safety Toll free: 1-800-567-7233</p>	

Cyber Safety

Cyber Safety is the safe and responsible use of information and communication technologies. It is all about staying safe online and protecting yourself against potential risks on the internet. Any device capable of connecting with the internet requires that we take safety measures. An understanding of the harms on the internet means you are less likely to jeopardize your own personal information and well-being.

Here is a list of just some of the biggest internet dangers you need to watch out for:

- Identity theft.
- Data breaches.
- Malware and viruses.
- Phishing and scam emails.
- Fake websites / news.
- Online scams.
- Romance scams.
- Inappropriate content.
- Cyberbullying.
- Faulty privacy settings.

Cyber Safety for children is especially important, because they are increasingly using the internet to study, socialize and more. Teach your children about Cyber Safety as soon as they begin using digital gadgets. Discuss the potential dangers of oversharing on social media. Encourage children to think before posting and to take an active role in their cyber security education. Set up Parental Controls and review privacy settings to control who can see your child's information.

The 3 C's of Cyber Safety are:

1. **Content:** any kind of content can be accessed, so children can upload and download anything from any site. It can be aggressive, abusive, adult content.
2. **Contact:** through technology, the world has become a global village. Free communication does not necessarily bring good to people. Online interaction with unknown people can be harmful, bullying and abuse can happen.
3. **Conduct:** is all about how you behave online. Most of the time, children don't know or understand how to behave and trace risk simultaneously.

Description	Cyber Safety Guidelines	Action Taken
<p>Cyber Safety</p> <p>What do you need to be safe online?</p>	<ul style="list-style-type: none"> • Keep your passwords in a secure location. • Don't share personal information. • Double check links before clicking. • Use secure public Wi-Fi networks. • Use a VPN with your Wi-Fi connection. • Only log into sites that start with https://. • Be cautious about who you and your children talk to. • Be careful what you download • Turn off Bluetooth. • Use antivirus and antimalware software. • Avoid opening mail from strangers. • Keep your devices up to date. • Use strong passwords. • Close unused accounts. • Enable multi-factor authentication where you can. • Back up your data regularly. • Review privacy settings and understand privacy policies. <p>Guidelines for Keeping Your Children Safe</p> <ul style="list-style-type: none"> • Establish Internet Rules: Set clear guidelines on appropriate websites, screen time, and online behaviour. • Teach Password Safety: Encourage the usage of strong, unique passwords while emphasising the significance of keeping them confidential. • Promote Cautious Clicking: Beware of the dangers of clicking on unexpected links or downloading files from untrustworthy websites. • Model Respectful Behavior: Encourage your child to be respectful online and avoid engaging in or tolerating cyberbullying. • Stay Informed and Involved: Keep up-to-date with digital trends and regularly discuss online safety. 	

Legal and Human Rights Safety ensures individuals are protected under laws that uphold fairness, justice, and dignity. It involves knowing your rights, accessing legal resources, and advocating for equitable treatment. A personal safety toolkit empowers individuals to navigate systems, protect themselves from harm, and challenge injustices.

Building Safety Through Knowledge & Action

1. Understanding Your Rights

- Learn about your legal rights related to safety, discrimination, and personal freedoms.
- Know your rights in interactions with law enforcement, workplaces, healthcare systems, and public spaces.
- Understand Indigenous rights, treaty rights, and land protections.

2. Accessing Legal Support

- Identify and keep contact information for legal professionals or human rights organizations that can assist you in case of violations.
- Know how to report discrimination, harassment, or human rights violations.

3. Personal Documentation & Safety Measures

- Keep copies of important documents (ID, health records, legal papers) in a secure location.
- Learn about protective measures such as restraining orders, workplace protections, and emergency contacts.

4. Digital & Privacy Protection

- Secure personal information online to prevent identity theft or cyber threats.
- Understand privacy laws and how to protect yourself from digital surveillance or harassment.
- Use encrypted communication tools when discussing sensitive matters.

5. Advocacy & Community Support

- Engage with organizations that promote human rights, Indigenous sovereignty, and social justice.
- Participate in community safety initiatives, legal education programs, or self-defense workshops.
- Support policies that strengthen protections for marginalized communities and challenge systemic inequities.

By understanding rights, accessing resources, and fostering community support, individuals can create safer environments for themselves and others.

Description	Household Emergency Response Kit	Action Taken
Household Emergency Response Kit	<ul style="list-style-type: none"> • Drinking Water • Water for cleaning • Food (non-perishable) • Manual can opener • Flashlight and batteries • Candles • Radio and batteries • First Aid Kit • Extra Cash • Personal Hygiene items • Cell phone charger or battery pack • Paper and pens • Whistle • Copies of important documents, consider an encrypted USB (birth certificates, health cards, prescriptions, etc.) • Pet supplies (food, medication, vaccine records) • Necessities (medications, glasses, baby supplies, medical aids, etc.) <p>Additional items to consider:</p> <ul style="list-style-type: none"> • Traditional medicines • Traditional foods • Change of clothing • Plastic Sheeting / Tarp • Scissors, pocket knife or multi-tool • Hand sanitizer • Garbage bags • Toilet paper • Duct Tape • Emergency blanket • Toys, games, deck of cards, books • Map 	

Description	Personal Emergency Exit Checklist	Action Taken
<p>Planning on Leaving</p> <p>If you are planning on leaving an abusive relationship and you need to leave right away.</p>	<ul style="list-style-type: none"> • Birth Certificates • Social Insurance Card (SIN Card) • Driver's License and Registration • Health Cards • Passports • Money • Chequebook and Bankbooks • Debit and Credit Cards • Transit Pass • Keys - house/car/office • Traditional medicine, Medications and prescriptions • Court orders, protection orders and custody documentation. • Citizenship or immigration documents or Certificate of Indian Status / Treaty Cards • Work permits • Medical records • Lease/rental agreement, house deed, mortgage papers • Medical assistive devices (glasses, dentures, walkers, canes, hearing aids, etc.). • Insurance papers (car, home, health). • Address/telephone book • Divorce papers, marriage certificate • Children's favourite toys and or blanket • Pictures of abuser and children/grandchildren • Valuable or sentimental items such as jewellery. 	

Location	Saskatchewan Emergency Crisis Helplines
GENERAL	<p> FIRE/AMBULANCE/POLICE 911 RCMP 310 Health Advice / Mental Health Support 811 211 Saskatchewan 211 Suicide Crisis and Help line (Call or Text) 988 Canadian Human Trafficking Hotline 1-833-900-1010 Residential School Survivor Support line 1-866-925-4419 MMIWG2S+ Support line 1-844-413-6649 Hope for Wellness Indigenous Support line 1-855-242-3310 Canada's Poison Centre 1-844-764-7669 Kids Help line 1-800-668-6868 or Text 686868 Trans Lifeline 1-877-330-6366 Saskatchewan Mental Health & Addiction Services 1-800-216-7689 Saskatchewan Family Law Information Centre 1-888-218-2822 Saskatchewan Elizabeth Fry Society 1-888-934-4606 Saskatchewan John Howard Society 1-888-540-7093 Saskatchewan Human Rights Commission 1-800-667-9249 Saskatchewan Marshals Service 1-833-922-8040 Legal Aid Saskatchewan 1-800-667-3764 </p>
NORTH	<p> Prince Albert Mobile Crisis (306)764-1011 Prince Albert Sexual Assault Centre (306)764-1039 Prince Albert Child Protection line 1-866-719-6164 Piwapan Women's Centre (306)425-4090 North East Outreach & Support Services 1-800-611-6349 </p>
CENTRAL	<p> Saskatoon Mobile Crisis (306)933-6200 Saskatoon Sexual Assault & Information Centre (306)244-2224 Saskatoon Interval House 1-888-338-0880 Saskatoon Child Protection line 1-800-274-8297 West Central Crisis Family Support Centre (306)463-1860 Crisis text line TEXT HOME TO 74174 </p>
SOUTH	<p> Regina Mobile Crisis (306)757-0127 Regina Sexual Assault Centre 1-844-952-0434 Regina Child Protection line 1-844-787-3760 South West Crisis Services 1-800-567-3334 Moose Jaw Transition House (306)693-6511 </p>

Saskatchewan Safe Space Online Resources

The Saskatchewan Public Safety Agency (SPSA) oversees Saskatchewan's emergency management, fire safety, wildfire management and 911 emergency dispatching services, <https://www.saskpublicsafety.ca/>

Saskatchewan Building Safer Communities programs and services, <https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/saskatchewan-health-initiatives/saskatchewan-children-and-youth-strategy/building-safer-communities>

Safety in the Workplace, Duties and Rights of Workers in Saskatchewan, <https://www.saskatchewan.ca/business/safety-in-the-workplace/rights-and-responsibilities-in-the-workplace/duties-and-rights-of-workers>

Saskatchewan Health Authority, Food Safety, <https://www.saskhealthauthority.ca/your-health/conditions-diseases-services/food-safety>

Shelters in Saskatchewan, <https://sheltersafe.ca/saskatchewan/>

STOPS to Violence Network works to prevent and reduce interpersonal and gender-based violence and abuse in Saskatchewan, <https://www.stopstoviolence.com/>

Services for people experiencing Violence and Abuse, <https://abuse.sk.211.ca/>

Trauma-Informed Renting Safe Spaces in Saskatchewan, <https://tenantrights.ca/saskatchewan/trauma-informed-renting-safe-spaces-for-tenantsello>

Saskatchewan Programming and Supports for 2SLGBTQ+, https://saskintercultural.org/cultural_resources/2slgbtq/

Handbook of Community and Government Resources in Saskatchewan [https://www.classiclaw.ca/files/Rehabilitative Alternatives to Incarceration Revised 12-19-24.pdf](https://www.classiclaw.ca/files/Rehabilitative_Alternatives_to_Incarceration_Revised_12-19-24.pdf)

Canadian Centre for Ethics in Sports, Canadian Safe Sport Program Rules, <https://cces.ca/safesport>



Safe Space Toolkit
Feedback Form
QR Code

[https://forms.office.com/Pages/ResponsePage.aspx?
id=EUBkFe_yuUm_hK4_kXPUit5sHS9AZL1DjTaFw4f1zdUQIIVNTU3NE9JVVpYNz
BIN1lyUU1CS0E3Sy4u](https://forms.office.com/Pages/ResponsePage.aspx?id=EUBkFe_yuUm_hK4_kXPUit5sHS9AZL1DjTaFw4f1zdUQIIVNTU3NE9JVVpYNzBIN1lyUU1CS0E3Sy4u)



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