

# SAFETY PLANNING

For LGBTQ+ youth using motivational interviewing techniques

*The person-centered and collaborative approach of motivational Interviewing makes it an exceptional tool to use for safety planning.*

*Safety planning involves addressing sensitive topics and helping individuals navigate potential risks, which requires a supportive and empowering environment.*

*By integrating motivational interviewing into safety planning, we can establish a collaborative partnership with youth, enhancing their resilience, and enabling them to navigate their environments in relation to their SOGIE with greater confidence and security.*

## Ask Open Ended Questions



*Questions that begin with "what", "why", "how", and "tell me about" elicit detail and expansive responses and encourage youth to share their thoughts, feelings, and perspectives more fully.*

## Give Affirmations



*Affirmations recognize a youth's efforts, validate their experiences, and boost their self-esteem.*

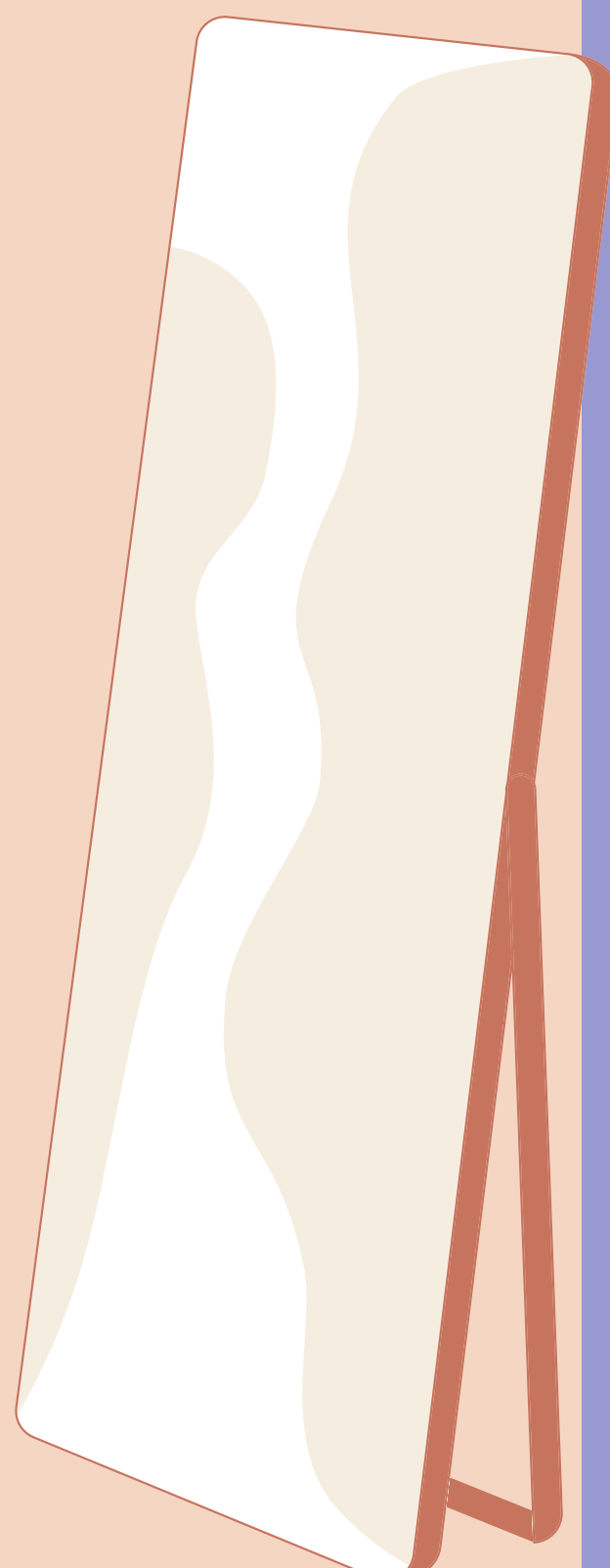
## Reflect

*Reflect what a youth has shared back to them throughout a conversation to help the youth feel heard and validated.*

*Use phrases like these to start your reflections:*

- "So, you are feeling..."
- "It sounds like you..."
- "You want to..."

*Effective reflections repeat words or phrases that the youth said, paraphrase to identify the main point/s, emphasize the emotional component of what the youth shares.*



## Summarize

*Start with phrases like:*

*"What I'm hearing from you is..."  
"Let me make sure I understand."*



*Highlight if the youth indicated any willingness to change by recognizing an issue, sharing concern, showing desire to change, and/or optimism for a future when the issue is resolved.*

*Add in your own professional knowledge of the issue to supplement your summary, but keep it concise.*

*End the summary by inviting the youth to make corrections or add more context.*



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