

Personal Safety Nets Agenda Sample – 45-60 minutes
Understanding & Using Personal Safety Nets



(Times for each section are approximate)

1. Introductions / book / workbook (on line) (10+ minutes)

2. Personal Survey (use: [A Personal Survey](#)) – teacher can use some or all of the questions with students, asking them to stand up or raise hands if in agreement. (8 minutes)

3. What is a personal safety net? ([handout: A PSN Diagram](#)) (30-40 minutes)

a. *Why a PSN is relevant in your life:*

i. *Replacing fear and isolation with security, connection and community.*

ii. *Knowing how you are interconnected helps you work with others - to help them connect!*

iii. *We all have basic needs: 1) to be seen 2) to be heard 3) to matter to someone else -
(We need to get others involved – which means asking for help. We need to get others involved (they need us too))*

iv. *You matter to you, as leader in your own life, in others' lives, in work, in community – (You will need to get good at asking!)*

Independence, then interdependence.

Our goal: independence through interdependence – on individual, family, community and business/organizational levels

v. *Change from “Sitting/Reacting” versus “Acting/Planning” (Planning – Avoid Denial)*

vi. A balanced life is healthier, more resilient, and stronger than one in which some “corners” or aspects are better developed than others

b. How do we define a PSN:

People,
Plans and
Resources (Other inner and outer resources (can be people or organizations or affiliations: helps w/response.

4. Making PSN Personal to You: *Filling out a PSN circle* Demonstrate a PSN – ([handout: Columns of a PSN](#))

Your first small foray into this world is to complete a “Wallet Card” – required you to do some thinking, planning, and asking – here’s how ([handout: Wallet Cards](#))

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** BETWEEN knowing what supports your PSN – having a team to help is an ASK! - - Usually No Time with this time-frame