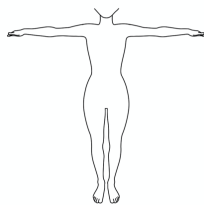


Safety planning exercise: Body scan

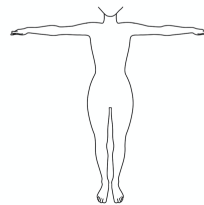
Aims:

- To explore the young women's somatic reactions (physical responses) to trauma.
- Enable the young woman to locate and reinforce what safety feels like and increase awareness of the associated physical sensations.
- Enable the young women and practitioner to facilitate a conversation and plan around internal safety.

When I feel unsafe...



When I feel safe...



- Ask the young woman to draw two body outlines, marking the first one 'when I feel unsafe' and the second 'when I feel safe' (i.e. as above).
- Starting with unsafe ask the young woman to recall a time she felt unsafe. Using the outline ask the young woman to scan the body head to toe recalling the signs and indicators of the body feeling unsafe. You can ask questions to help the young woman explore the feelings and physical indicators such as – What is your breathing like? How do your muscles feel? What was your body temperature like?
- Next ask the young woman to recall a time she felt safe and again complete the body scan.
- Identifying and locating feelings of safety and unsafety provide a foundation for facilitating further discussions and planning around internal safety.

NOTE: Ensure that you allow time at the end of this session for grounding exercises as asking the young woman to recall times of danger may induce a traumatic response for her. This need to be carefully factored into your planning around this activity.