Safe Spaces Policy

The ground rules that help everyone feel safe, welcome and able to take part in our sessions, training, research and communities.

Our Commitment

Amplify Yourself Ltd is inclusive and committed to providing and facilitating safe spaces. These ground rules help everyone feel safe and able to engage. If you feel unwelcome, uncomfortable or unsafe at any point, or see behaviour that may be problematic, please speak to the facilitator or email hello@amplifyourself.com.

1. Photos and recordings

No one records or takes pictures during our sessions without explicit consent.

2. Oppressive behaviour

We have zero tolerance for racism, sexism, classism, homophobia, transphobia, biphobia, fatphobia, ableism, ageism, or discrimination based on immigration status, ethnicity, religion, cultural or spiritual beliefs, or any other oppressive language or behaviour. Give people the choice whether to interact, don't pressure anyone to speak, and let people move or take a break at their own pace.

3. Language

Avoid complicated language, acronyms and in-jokes. Explain people, events and ideas briefly — don't assume others share your knowledge.

4. Safeguarding

Be mindful of the people sharing the space with you. If you are concerned about anyone, tell a facilitator straight away so they can take action.

5. Pronouns

Ask people their pronouns when you meet them, respect anyone who prefers not to share, and use the pronouns people give you. If you make a mistake, apologise and move on.

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6. Assumptions

Don't make assumptions about anyone's identity. Be aware of the position and privileges you bring — such as class, race, gender identity, ability or age — and avoid generalising statements.

7. Taking up space

Members of marginalised groups can find it harder to take part in discussions. Don't talk over people, think about whether it is your place to speak on a topic, and give everyone a chance to contribute.

8. Confidentiality

What people share in reflective or research spaces stays confidential, except where there is a safeguarding concern.