

CATHOLIC TEACHERS' SAFER SPACES SERIES
Additional Resources

RESOURCE	EXPERT/SUMMARY
OECTA Resources	
<p>Catholic Teachers' Mental Health and Wellness Series</p>	<ul style="list-style-type: none"> • Distinguishing Mental Health from Mental Illness • Strategies to Promote Mental Health • Summary of OECTA Mental Health Resources • Understanding Anxiety and Depression • Understanding Mental Illness • Understanding Stress
<p>Catholic Teachers' Safer Spaces Series</p>	<ul style="list-style-type: none"> • Understanding Trauma • Being a Trauma-informed Release Officer • Understanding Psychological Safety in Classrooms and Beyond • Defining Psychological Safety in the Teaching Profession • Intent vs. Impact • Are you an Ally? Accomplice? Co-conspirator? • Moral Elements of Care • Reflection Tool: Checklist for Safer Spaces • Reflection Tool: Identity and Allyship • Reflection Tool: Moral Elements of Care and Allyship
<p>Catholic Teachers AIDE Resources</p> <p>This list of resources is updated frequently. Please review the website for new and revised resources on a regular basis.</p>	<p>The AIDE section of the Members' Area at catholicteachers.ca features a growing list of resources created by the Association to be responsive to accessibility, inclusion, diversity, and equity (AIDE).</p> <p>Some examples include:</p> <ul style="list-style-type: none"> • Inclusive Language • Inclusive Events Checklist • Glossary of Terms • Gender Pronouns • AIDE Framework • Facilitating Effective Member Discussions • AIDE and Catholicism: A Backgrounder • 2SLGBTQIA+ and Coming Out: A Guide for Catholic Teacher Leaders

RESOURCE	EXPERT/SUMMARY
<p>Safer Space Resources from Mental Health Institutions</p>	
<p>Faith and Wellness: A Daily Mental Health Resource from SMHO and OECTA</p>	<p>Faith and Wellness: A Daily Mental Health Resource – Secondary Edition offers a collection of high-quality, everyday mental health practices to enhance students’ social and emotional skills. These practices are rooted in the Catholic Faith and align with the Ontario Catholic School Graduation Expectations (OCSGE).</p> <p>The resource was produced by School Mental Health Ontario (SMHO) and the Association. The practices are evidence-informed, co-created with teachers and school mental health professionals, and have been vetted by youth.</p>
<p>School Mental Health Ontario (SMHO) Resources</p>	<p>SMHO has a variety of resources related to creating safe spaces, alongside student testimonials, including:</p> <p>The Importance of Affirming Spaces: Saede’s Story Caring Adults: Supporting 2S/LGBTQIA+ Youth During Difficult Times Understanding Mental Health Stigma and Discrimination Mentally Healthy Schools and Learning Environments Tools for Student Groups: Developing Accountable and Healthy Group Norms</p>
<p>Safer Space Guidelines from the Mental Health Commission of Canada</p>	<p>“In an ideal world all spaces would be safer spaces, and all people would consider others and protect each other’s sense of safety. But, despite our best intentions, sometimes we are either unaware of certain issues or have inconsiderate moments. Having clear guidelines encourages mindfulness about these possibilities. While slip-ups may occur, they keep us on the same page.” (from “Safer Spaces Guidelines”)</p>
<p>Building Safer Spaces Toolkit – York University</p>	<p>“The Building Safer Spaces Toolkit was created to support our student community in organizing online events. It serves as a tool in ensuring all mechanisms of support are considered. The Centre for Sexual Violence Response, Support & Education has been approached by multiple student groups in the past to assist in thinking of innovative ways of getting the message across about consent, understanding navigating boundaries, and ensuring support resources are available.” (from “Building Safer Spaces Toolkit”)</p>
<p>Long-term Disability Plan</p>	<p>If you have used all your sick days and short-term disability days, you may be eligible for long-term disability. This is a lengthy application process done through OTIP.</p>

RESOURCE	EXPERT/SUMMARY
Ontario-specific Resources	
<p>Ontario College of Teachers (OCT)</p>	<p>The OCT has many publications outlining the standards of care for teachers. These include:</p> <ul style="list-style-type: none"> Ethical Standards Standards of Practice Professional Advisory on Anti-Black Racism Our Commitment to Anti-Oppression, Equity, Diversity, and Inclusion
<p>Ontario Ministry of Education</p>	<p>In an inclusive education system, students must see themselves reflected in the curriculum, their physical surroundings, and the broader environment, so that they can feel engaged in, and empowered by, their learning experiences. Students need to experience teaching and learning that reflect their needs and who they are. The Ontario Ministry of Education has provided guidance to educators on how create inclusive and accepting schools where students can thrive.</p> <ul style="list-style-type: none"> Considerations for Program Planning – Human Rights, Equity, and Inclusive Education Creating Safe and Accepting Schools

RESOURCE	EXPERT/SUMMARY
Presentations and Videos	
The Difference Between an Ally and a Co-Conspirator: Bettina Love	This seven-minute video features author and researcher Dr. Bettina Love discussing the difference between allies and co-conspirators. She describes co-conspirators as those who “take a risk” for others.
Creating Safe Spaces for Discussion	This PowerPoint presentation reviews the differences between brave and safe spaces, giving some considerations for each. It can be a useful reflection point for educators. Grade level adaptation using professional judgement is encouraged.
Creating an Inclusive Classroom: Brave Space vs. Safe Space	This resource from Take Action Manitoba features an interview with Saskatchewan-based, anti-racist educator Jacklyn Roach, who shares helpful tips that can be used in the classroom related to pronouns and how she introduces the concept of brave space. The article also includes graphics, poems, and other classroom resources.
Video: Safe Spaces Are Not Enough to Change the World	Jama Shelton offers a few compelling reasons why we might need to reconsider what we mean by “safe space” and that we should push back against the idea that safe spaces are solutions in and of themselves.
Video: Get Comfortable With Being Uncomfortable	Luvvie Ajayi Jones “shares three questions to ask yourself if you are teetering on the edge of speaking up or quieting down -- and encourages all of us to get a little more comfortable with being uncomfortable.”
Video: What They Won't Tell You About Creating a Brave Space	In this interview, award-winning principal, Craig Martin, defines his vision of a brave space. Martin suggests that brave spaces are everyone's responsibility: students, teachers, parents, support staff – everyone.