

THE SAFER MODEL

For supportive conversations about complex emotions

The SAFER Model is designed to provide a structured approach to conversations with individuals who need support. It focuses on creating a safe space where the conversation can develop naturally, with respect and validation at its core. By meeting complex emotions with humility and offering support and guidance, we can help strengthen and encourage the individual.

S

Slow down and create space

Take your time, be patient, and allow the conversation to develop naturally.

A

Acknowledge and respect

Acknowledge and validate the experiences of the person exposed to violence without judgment. Respect their ambivalence and choices, and support their autonomy.

F

Foster a humble approach to complex emotions

Be aware of your own role and avoid “taking over” the conversation. Ask questions that explore the person’s situation, but remain humble in how advice is offered.

E

Enable support and guidance

Encourage the person to share with a trusted friend, colleague, or family member. Gently guide and suggest resources such as a general practitioner or other professionals who can help.

R

Reassuring closure and a sense of safety

End the conversation with warmth and encouragement, and confirm that further help is available. Ensure that the person feels strengthened after the conversation and encouraged to take small steps toward a better situation.