

# Personal Space Mat® - Be Safe in your own Personal Space

## A tool for DOING

- We created the Personal Space Mat® for courses about relationships and safety.
- It helps people and their supporters to identify their own needs around personal space, and to learn and practice socially accepted rules about personal space.
- Each year we teach over 150 learners with a range of needs and disabilities. We have learnt that visual tools help people achieve and retain learning, and that many of us learn best when doing.

*"We found the resource was highly interactive and everyone was able to engage"*  
advocacy service worker

*"I liked the acting because it was fun and helped us to understand"* learner

*"We were impressed by teaching methods and approaches to managing behaviour"*  
day service staff

## It's always about Communication and Understanding

Learning about personal space can be hard - you can't see, hear or touch it.

The better we can 'see' how other people experience personal space and touch, the better we can understand and support them to lead healthier and safer lives.



*"On that personal space mat I like people to be nice and close, but it showed me that people should be further away"* learner

## It gets staff thinking....

The Personal Space Mat® encourages staff reflection on peoples sensory needs and the impact of their own presence.

*Where was I, where were they, how might that have felt?*

*How does he experience touch?*

*How do I trigger or alleviate stress for the person I support?*

*Are we meeting her personal space needs?*



*"It has also taught me how to deal with certain relationship situations better as a staff member. All that we have learned will help me in my job role"* day service staff

## What next?

**We are a small local social enterprise. We will work with partners to :**

- 1) **Explore applications** in
  - sensory assessments and support planning
  - staff training and reflections to learn from incidents
- 2) **Build a portfolio of activities** and uses with children, adults, families and professionals



**Personal Space Mat®** and other learning resources for personal development

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proud to be a social enterprise