

CREATING SAFE SPACES FOR ADOLESCENTS

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Schools are institutions designed to help each individual fully learn about himself and prepare them to life. However, it is not only limited to sharing knowledge, but, it is also a shared space between individuals to develop their social, emotional, and physical skills. As adolescents spent most of their time in school, they create a special bond among their classmates, peers, and teachers which contributes to their overall development as a human being (Toraman and Aycicek, 2018).

Their peers are an important factor in helping them change and mold their attitudes, beliefs, and values in life which they may carry later on (Korir and Kipkemboi, 2014). Through this, everyone surrounding them as they transition from a child to teenager creates a big impact into their lives. It will help them shape as an individual as they grow older-- this will challenge educators to create safe spaces for teenage learners in order to fully express themselves without judgment and lowering their self-esteem.

In order to help them achieve their full potential and develop oneself, teachers and students must work together to create a harmonious relationship inside and outside the classroom where respect, trust, and loyalty is present. As peer-interaction is an everyday instance in each adolescent life, teachers, parents, and students should know what kind of environments young ones face every day in order to improve their self-confidence and mold them as a promising individual in the future (Song, 2020).

Establishing a safe space for each student, particularly adolescents, help them fully accept and express themselves (Fuss and Daniel 2020). It provides a place where they can grow and develop their talents and skills in becoming a better version of themselves. As

they transition from a child to a young adult, it is important that they know that they are being seen and validated in one of the most crucial part of their lives. Creating safe spaces for all learners provides an opportunity to unleash their full potential, improve self-esteem, build trust, and gain their confidence.

References:

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