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Training of Trainers (ToT) Digital Literacy & Gender-Informed Digital Upskilling

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C. Reading Material:

Emotional Safety & Inclusive Participation in Education

A safe learning environment is one where learners feel:

- respected,
- supported,
- valued,
- and able to participate without fear of judgement or exclusion.

For vulnerable learners, emotional safety is especially important because some participants may experience:

- anxiety,
- low confidence,
- social isolation,
- stress,
- or previous negative educational experiences.

Trainers can support emotional safety by:

- communicating respectfully,
- encouraging participation,
- listening actively,
- recognising learner strengths,
- and responding empathetically.

Trauma-sensitive facilitation recognises that:

- learners may carry emotional stress,

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- participation levels may vary,
- and flexibility and compassion are essential.

Supportive educational environments help strengthen:

- confidence,
- participation,
- motivation,
- and long-term engagement in learning.

Inclusive learning spaces encourage:

- collaboration,
- mutual respect,
- peer support,

- and positive communication.

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