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**Erasmus+ Small-scale partnerships in vocational education and training**

# Bridge4Mothers

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

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# D. Downloadable Worksheet:

## Safe Learning Environment Reflection Worksheet

## Reflection Questions

1. What makes learners feel safe in educational environments?
2. What behaviours may discourage participation?
3. How can trainers support emotional wellbeing?
4. Why is respectful communication important?
5. How can peer support strengthen learner confidence?

## Practical Reflection

Think about a learning environment you experienced.

Reflect on:

- whether it felt supportive and inclusive,
- what behaviours encouraged participation,
- and what could improve emotional safety.

Cradle IMPACT GRID Bulgarian Digital Cluster NEXUS EDUCATION

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