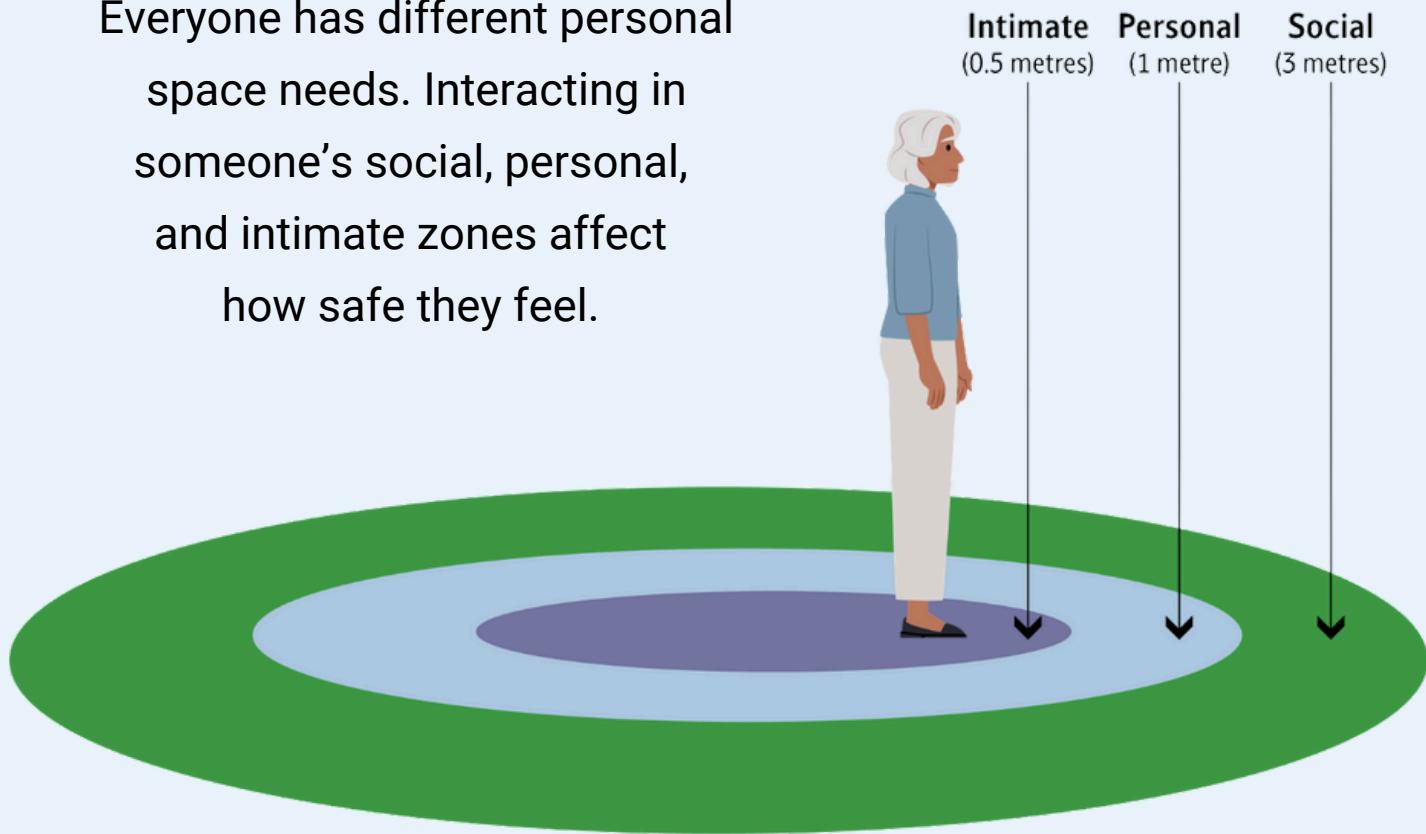


# De-Escalation Strategies

## *Understanding personal space needs*

Everyone has different personal space needs. Interacting in someone's social, personal, and intimate zones affect how safe they feel.



## ***Respecting people's personal space:***

- **Supports** a person's autonomy and dignity.
- **Reduces** the likelihood of reactive behaviours.
- **Increases** the perceived safety of the person receiving care.

This microlearning is part of the Provincial Violence Prevention Curriculum eLearning course developed by SWITCH BC, with union and employer partners.

Learn more at [switchbc.ca/programs/violence-prevention](http://switchbc.ca/programs/violence-prevention)

