

Option 1 – Video reflection questions for staff

What did you think?

- What stood out for you when watching the video?
- What did you think was good about the video?
- What would you like to see happen differently in this situation?

Everyday steps to prevent and address everyday harm

There are small steps that we can take in our work to address everyday harm before it builds up. Let's unpack how the everyday steps were used by the people in the video and consider how you could use the everyday steps in your work.

Noticing everyday harm:

- What signs did you see in the video that everyday harm had happened?
- What are some ways that people you work with express that they have experienced everyday harm?
- How might everyday harm show up in your support relationship?
- What are some things in your support relationship that could be harmful?
- What are some ways that people you know/work with show they have experienced everyday harm? (e.g. people laughing to go along with the joke, but they seem uncomfortable, or people go quiet)

Acknowledging everyday harm:

- How can you check if everyday harm has happened in your work together?
- What support might people need to communicate about everyday harm?
- How do you get feedback about your work from the people you support?

Responding to everyday harm:

- How do you problem solve **with** the people you support?
- Who else might you contact to help you in responding to everyday harm?

Repairing everyday harm:

- What do you think helps people repair harm that has happened between them?
- Describe a time when you have worked with someone to repair everyday harm in your support relationship?

Making things better for the future:

- How could we stop this from happening in the future? (make things better)