

How to use our safe yarning cards

PRACTICAL TIPS

- **Introduce the cards simply:** Explain that each card has a word, artwork and story, and that they can be used to guide discussion or reflection. Let people know there is no pressure to talk about difficult or personal experiences.
- **Let the person choose a card:** Lay the cards out and invite the person to choose any cards that catch their eye. You might ask questions like: "What do you notice in this image?" or "Does this story mean anything to you?". You can also use the sample questions on the back of each card.
- **Share your own reflections if it feels appropriate:** Reading a story aloud or talking about why a card resonates with you can help build rapport.
- **Adapt your approach to the person and context:** Follow the person's lead. Some people might like to look at the card quietly, while others might like to talk at the same time. Younger children may focus on the artwork, while older people may want to explore the words or stories. In groups, cards can be discussed collectively or reflected on individually.

OTHER CREATIVE WAYS TO USE THE CARDS

- **Colouring or drawing:** Print a black and white copy of a card and let the person colour in or doodle around the image. Black and white copies can be printed by filling out this simple [form](#).
- **Storytelling or journalling:** Invite the person to write or tell their own story inspired by a card.
- **Group reflection:** In a classroom, therapy or community setting, cards can be discussed in pairs or small groups.
- **Icebreaker or check in:** Use a card at the start of a session to help people share how they are feeling, or at the end of a session to end on a reflective note.
- **Personal reflection:** The cards can be used as a way to reflect silently if someone does not want to talk.

CULTURAL SAFETY IS AN ONGOING JOURNEY

Remember, using the cards doesn't make a service or individual culturally safe. Being culturally safe also includes:

- Continuing to learn through cultural safety training
- Working alongside and valuing the knowledges and expertise of Aboriginal colleagues
- Being consistent and patient.

Organisations can also implement strategies to support cultural safety across the whole service. You can read our preliminary findings report on the [Embrace website](#).