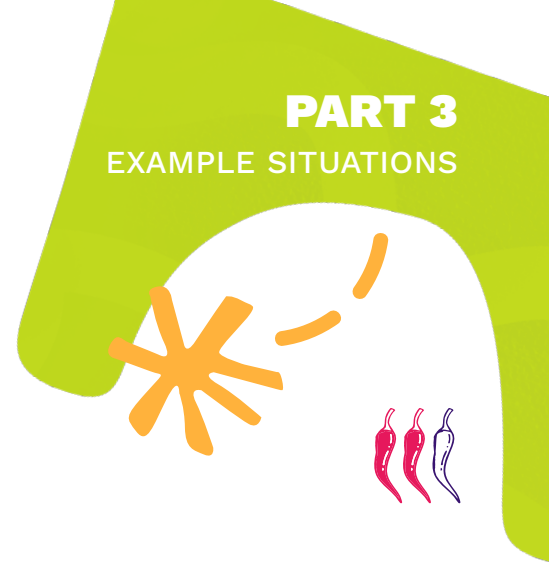


# Exercise 1C

## TRAFFIC LIGHTS



### SITUATION

Communication: talking about feelings, expressing frustrations, sadness, anger, etc.



### PARTICIPANTS

Variable



### MATERIAL

- **Appendix 1:** Example situations per topic
- **Appendix 2:** What can I do?
- **Appendix 3:** Traffic lights in each colour + stop sign – printed for each participant
- Social map Vorm DC  
<https://vorm-dc.be/tools/provinciale-sociale-kaart>



### TIME

30 minutes

### OBJECTIVES

- Share what a given situation feels like to you
- Identify your own feelings
- Dare/be able to express your own feelings
- Experience equality between colleagues through exchange

When a group doesn't feel **safe enough** we use a traffic light system

## Exercise 1C



### SEQUENCE

#### The trainer

1. Gives every participant 3 colour cards (**Appendix 3**) referring to the colours of a traffic light, and an optional stop sign.
  - Green
  - Orange
  - Red
  - Optional: stop sign (if the trainer wants to talk about extremely inappropriate situations).
2. Reads random example situations about inappropriate conduct (**Appendix 1**) out loud to the group.
3. Asks the participants to assess the situations by holding the colour cards up in the air.
 

**Green** = this situation is not a big deal for me, I do what's asked of me without reacting.

**Orange** = I don't feel good about this, I don't like what's being asked and will talk about it with the client.

**Red** = This is absolutely not okay. I'm going to stop working for this client and I'm going to go to the office. I want to talk to my boss.

**(optional) STOP sign** = I am taking this to the police/public advocate/etc.
4. Asks the participants to share a personal story if they want to.
5. After each situation, you can opt to have (short) reflection conversations with the participants either in the group or individually and go into it in greater depth.
6. Can share additional tips (see Vorm DC's social map) or gives the group an extra explanation ("What can I do?", see **Appendix 2**).