



- Post date: July 22, 2020

### [Contact](#) [1]

Currently this office and website are not staffed and there is no way to respond to your question, idea, or concern. We apologize. However, books or materials can be accessed and downloaded through links on this website. For the book, used copies can often be found via [amazon.com](https://www.amazon.com).

[Read more](#) [1]

- Post date: January 6, 2017

### [What's New?](#) [2]

Website Updated 2020Links updated, Various content updated.Newsletter LibraryCheck out our final newsletter from December 2016!Also, check out our favorite new resources:

[Read more](#) [2]

- Post date: April 13, 2016

### [Disclaimer](#) [3]

As Personal Safety Nets (PSN) has been transitioning we've attempted to compile all we've learned onto this website, in a way that is useful to as many as possible.

[Read more](#) [3]

- Post date: December 31, 2015

### [Read Aloud Book: "There's NO Such Thing as a Dragon"](#) [4]



[Read more](#) [4]

- Post date: December 30, 2015

### [Certified Teachers](#) [5]

[Read more](#) [5]

- Post date: December 30, 2015

### [Session Ice Breakers](#) [6]

PSN Scavenger Hunt

[Read more](#) [6]

- Post date: December 30, 2015

### [Asking Exercise](#) [7]

First, ways to respond: Yes, no, explanation, none, curt, alternative, apology...

[Read more](#) [7]

- Post date: December 30, 2015

### [Problem-Solving Scenarios](#) [8]

Group Action ExerciseNote: These scenarios can be used in a class situation (assign individuals and/or groups to do one or more) and follow up with a discussion for the entire class, or simply considered by the classroom in an open discussion. They can also be given as homework or research assignments.



[Read more \[8\]](#)

- Post date: December 23, 2015

### [Agenda Sample - Three Hours \[9\]](#)

Agenda Overview  
What is a personal safety net (PSN)? Why is a PSN vital to our well-being and our ability to navigate life and PSN its challenges and changes with resiliency and support?  
8 Pillars of Resilience  
What Research Says About Working in Groups

[Read more \[9\]](#)

- Post date: December 23, 2015

### [Agenda Sample - 90 Minutes \[10\]](#)

Agenda Overview  
What is a personal safety net (PSN)? Why is a PSN vital to our well-being and our ability to navigate life and PSN its challenges and changes with resiliency and support?  
8 Pillars of Resilience  
Asking for Help  
Using a Wallet Card  
HANDOUTS/ACTIVITIES

[Read more \[10\]](#)

- Post date: December 23, 2015

### [Agenda Sample - 45-60 minutes \[11\]](#)

Agenda Overview  
What is a personal safety net (PSN)? Why is a PSN vital to our well-being and our ability to navigate life and PSN its challenges and changes with resiliency and support?  
8 Pillars of Resilience  
Using a Wallet Cards  
HANDOUTS/ACTIVITIES

[Read more \[11\]](#)

- Post date: December 23, 2015

### [Agenda Sample - 2-part - Two Hours \[12\]](#)

Agenda Overview



## Recent Posts

Published on Personal Safety Nets (<https://personalsafetynets.com>)

---

[Read more](#) [12]

## [CONTACT US](#)

Unless otherwise indicated, all content on this site is licensed under a [Creative Commons 3.0 US License](#).

**Source URL:** [https://personalsafetynets.com/recent\\_posts](https://personalsafetynets.com/recent_posts)

### Links

- [1] <https://personalsafetynets.com/contact>
- [2] <https://personalsafetynets.com/content/whats-new>
- [3] <https://personalsafetynets.com/content/disclaimer>
- [4] <https://personalsafetynets.com/content/read-aloud-book-theres-no-such-thing-dragon>
- [5] <https://personalsafetynets.com/certified-teachers>
- [6] <https://personalsafetynets.com/content/session-ice-breakers>
- [7] <https://personalsafetynets.com/content/asking-exercise>
- [8] <https://personalsafetynets.com/content/problem-solving-scenarios>
- [9] <https://personalsafetynets.com/content/agenda-sample-three-hours>
- [10] <https://personalsafetynets.com/content/agenda-sample-90-minutes>
- [11] <https://personalsafetynets.com/content/agenda-sample-45-60-minutes>
- [12] <https://personalsafetynets.com/content/agenda-sample-2-part-two-hours>