

## Lesson 7: Psychological Safety

💡 **Opening Thought:** Psychological safety is the belief that you won't be punished or humiliated for speaking up with ideas, questions, or concerns.

### Quick Reflection

📝 Think about your current team or workplace:

- Do people freely share ideas?
- Do mistakes get treated as learning opportunities?
- Do you feel safe speaking up when something doesn't feel right?

### 📌 **Activity: Safety Check Scale**

On a scale of 1–10, rate how psychologically safe you feel at work.

- 1 = I usually keep my thoughts to myself
- 10 = I feel free to share openly without fear

1 🙄 2 😞 3 😟 4 😐 5 😊 6 😄 7 😁 8 😂 9 😃 10 🌟😄

### Now, answer:

- What makes you feel safer to speak up?
- What makes you hold back?

📖 **Case Example:** A crew member notices a safety hazard but doesn't speak up because they're afraid of being seen as "complaining."

- What risks does this create?
- What could a leader do to encourage speaking up?

### Action Step

🌟 One way I can help create psychological safety on my team is: