

**METHODS OF PLANNING AND CONTROLLING THE PROVISION OF A
PSYCHOLOGICALLY SAFE LEARNING ENVIRONMENT**

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Annotation: this article provides detailed information on the methods of planning and monitoring the provision of a psychologically safe educational environment in educational organizations, the main characteristics of a psychologically safe environment, and the stages of creating a safe educational environment, which has been a relevant issue in each period and is now even more important.

Key words: psychologically safe environment, planning a safe learning environment, stages of creating a safe learning environment, practicing psychologist, aggression, aggressive behavior, upbringing, environmental influences, family

Current on the day globalization accelerated, social networks As students develop, attention attraction to do from the teacher big skill, psychological knowledge is required. In education development and effectiveness for of course there Both the teacher and the student themselves to feel safe, comfortable very important. Well, psychologically safe environment how environment said to the question answer found if we take.

Psychological safe environment is people themselves free, comfortable, respectful Respect what is being done and others as well doing, accepting made and feels safe environment. In such an environment people own thoughts open can express his / her feelings to hide forced will not happen, and to them relatively violence or discrimination will not be. Vygotsky wrote so was : “ The impact of the environment on child development impact other effects with one in line in the environment happened happening things understand, comprehend and comprehend level is also measured with ”.

Psychological safe of the environment main features in the following manifestation will be :

1. Respect and appreciation - every one person's thoughts and feelings respect will be done, no who from criticism or from discrimination is not afraid.
2. Participation and openness - every who own his/her opinion easily can express, questions to give and suggestions to inform free.
- 3.Support-problems encountered when it arrives help show, friendly and kind in a relationship will be.
4. Conflict and violence absence-psychological pressure, insult or violence will not be, and they prevent to take for measures is seen.
5. Protection and security feeling - teacher and students themselves physical and mental in terms of feels protected.

For example, psychological safe in the environment student own mistake He admits without fear that he is a teacher. help I ask. gets, teacher students various thoughts listens and respects does. None who not discriminated against, not insulted or threat not done.

Safe education environment students success and prosperity for very important, physical security, emotional support and positivity education environment own inside Psychological safe education environment provide according to of course every one organization own from the opportunity come out work runs. So although to everyone suitable coming one how much planning There are ways.

1. Students and teachers with open communication on the road to put become in this : -Every week or per month one times " Open" doors " clock organization to do (students) own problems, feelings about their speech for).

- "Feelings " " Keep a journal " : students their own their moods writing they go, teacher them analysis help shows.

- Confidential justice boxes (complaints and suggestions) for) placement.

2. Stress and tension reduce exercises in this :

- Lesson 3-5 minutes at the beginning deep breath to take or light physical exercises input

- Weekly one times " Psychological rest " " days " organized to do is time during students stress reducing games, group exercises they do.

3. Conflicts solution to do for clear mechanisms

- School " mediation " service create — students between come came out conflicts mutual quiet road with solution to do to teach

- Conflicts identify and early in stages eliminate to grow for psychologist and teachers by regular observation take to go

- Conflict solution to do according to special training and role games transfer

4. Inclusive and respectful based culture formation

Each student and teacher personal characteristics, religion, culture, social status respect to do aimed at manuals, instructions, plans working exit and them regular education to the process input

- To be discriminated against against clear rules current to do and these to the violators relatively relevant measures see.

5. Students to the needs customized training programs - individual learning of students styles determination for tests to conduct, in lessons visual, audio, movement and practical to teach methods application. To difficulties face arrived students for additional individual advice and support to give

6. Psychological support services - at school permanent activity driving psychologist or psychological consultant organization to do, necessary in cases external experts with cooperation to do, parents psychological for advice and training organization to be

7. Security rules clear designation and control to do - in school rules to violence relatively zero-tolerance policy mark, this the rules to students and staff clear explanation, harmful behaviors determination monitoring and rapid response for answer to give system current to be

From this outside from parents from teachers and students psychological questionnaires transfer, online platforms through psychological trainings or consultations organization to do effective result gives.

At school psychological safe education environment to provide definitely a school intern psychologists is responsible. Psychological in terms of each other support empowering just the environment both the teacher and the student personally to grow knowledge to take conscious to develop encourages. On this path, the school is a practitioner psychologists following events

done increases warmth to the surface arrival one how much It gets easier. Stress management - for teachers and students stress management methods training and relaxation and stress relief free to be for opportunities create. Of course, the school management with consult and take advantage of the school's opportunities come out work take to go necessary.

Spiritual health support-in- school practitioner psychologists spiritual health in support guide Psychologist does not cure. If the student to a psychotherapist necessity if born psychologist to their parents right concept giving direct to receive need.

Morning meetings or morning events-students emotional needs satisfy for every school day or class on a scale morning psychological events or motivational meeting with start. Because, in the morning good mood human day during trigger walk provides. Morning at events involve educators as well if he does to the goal according to.

Wellness places-of-school from the opportunity come came out without students and staff for rest, relaxation and reflection to conduct for quiet corners or prosperity rooms designation education to the effectiveness noticeable impact shows.

Open communication - organizing open communication between students, teachers and parents. This can be done using justice boxes, anonymous questionnaires or telegram bots. Choosing a democratic style of management for employees leads to the formation of creative and critical thinking.

Building a sense of belonging - fostering a sense of community and belonging among students, staff, and families. That is, every student or employee of the organization should be able to see themselves as a member of this organization. Only then will they not neglect every corner of the school and will take care of every piece of equipment as if it were their own. At the same time, they will not be indifferent to any decision made. As a result, everyone will not forget that a teacher is a teacher and a student is a student.

Our people have a saying that "A bird does what it sees in its nest" for a reason. Every parent is a mirror for their child. Their behavior, attitude, and behavior are of particular importance. Our great thinker and poet Alisher Navoi says the following about raising a child: "The most important thing for a young child is to take care of him from a young age. He was honored by people for raising a drop of pearl. Another part of upbringing is to call a teacher to teach a child knowledge and manners. If your son remains ignorant, it will be a great loss. Your compassion for him is beneficial, but too much of it is harmful." Through these thoughts, it will be possible to know the balance between severity and compassion.

Our General Dictionary – Constitution also places special emphasis on the issue of family. Our Constitution states: "The family is the basic unit of society and has the right to be protected by society and the state." The family is a small homeland within the homeland. As our esteemed President Shavkat Mirziyoyev emphasized, "The family is the spiritual stronghold that ensures the continuity of generations."

When everyone fulfills their social roles correctly, this organization becomes a psychologically safe, growth-oriented, ideal environment.

In conclusion, it can be said that the psychological safety of the educational environment, the relationship between teachers and students, between students and students, and even between employees, cannot but affect the education system. Therefore, the head of the organization should approach this issue more seriously.

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