



Assertiveness & Boundary Setting *with Queer Activist Collective at B.U.*



WELCOME! Class will start soon.

While you wait, please feel free to use the chat box to write your name, pronouns, and one thing that is bringing you joy in this time!

WHAT TO EXPECT

- We will be muting everyone to reduce background noise.
- Please respect each other and be accountable for confidentiality.
- Some lecture, some dialogue, some moving around, some roleplay.
- PowerPoint link for accessibility.



ABOUT IMPACT

IMPACT is a non-profit organization that works to prevent violence and abuse by giving people the tools to protect their safety and advocate for healthy relationships and respect in their communities and society.

For more information, visit us at:

impactboston.org



What is a boundary?

STEPS TO SETTING A BOUNDARY

1. Breathe.
2. What's going on? (*Name the behavior.*)
3. How do I feel about it?
4. What do I want/need?
5. Ask for what I want/say what I need.

Note: Setting boundaries and noticing how someone responds is a way for us to learn how trustworthy they are.

SETTING A BOUNDARY

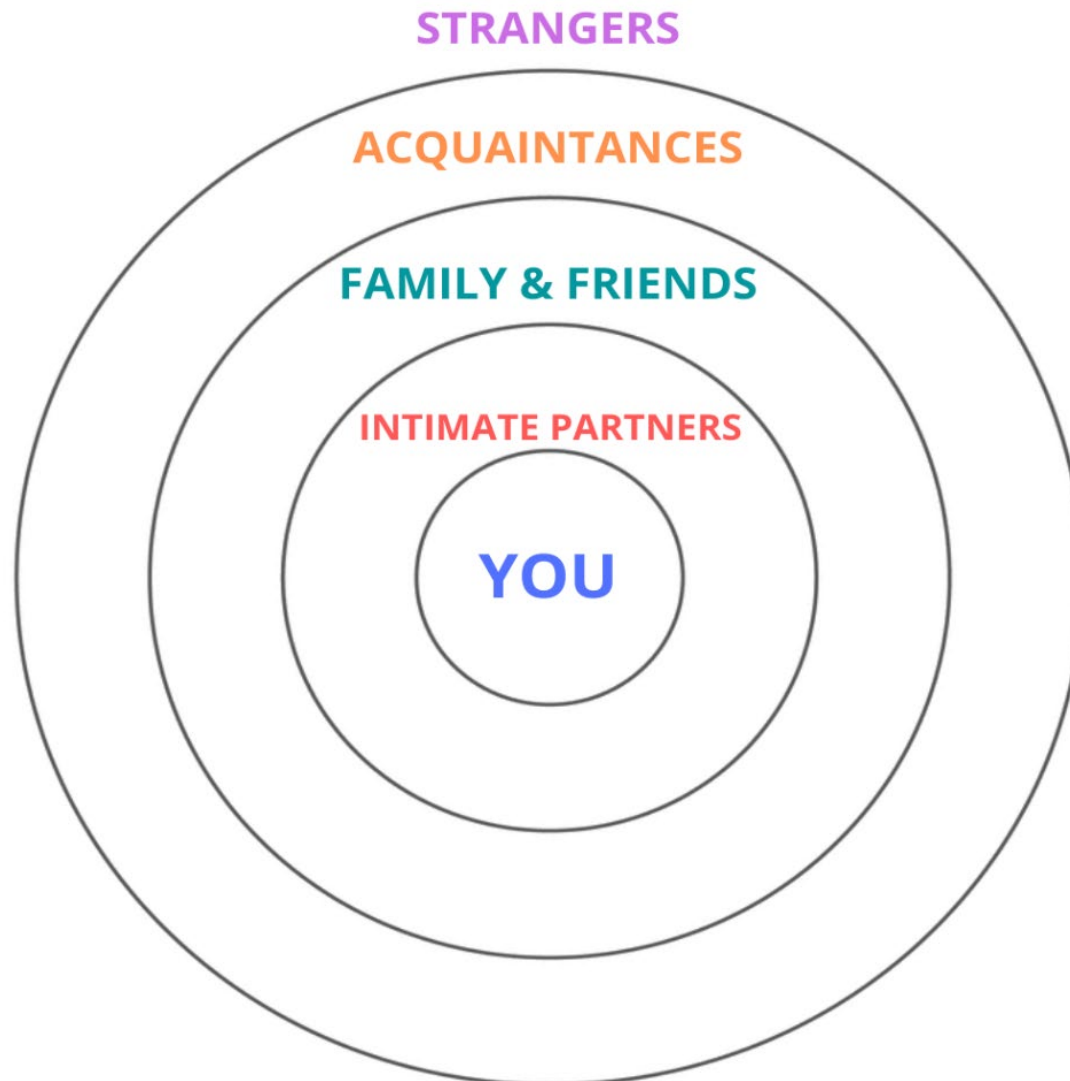
When you _____,
(Name the specific behavior)


I feel _____.
(How you feel about the behavior, not the person)

I want/need _____;
(What do you need to have happen?)

Can you agree to _____?
(Make a verbal contract)

BOUNDARIES & RELATIONSHIPS





*What are difficulties or
hesitations people have with
setting boundaries with people
that they know?*

“

**I'm not a racist,
but..**

”

Back when
you were a
man...

I'm
impressed
with how
articulate
you are...

Well, at your
age you don't
realize...

You don't
look
disabled..

Give me a
smile...

Well, I don't
see color...

*What is
a
microaggression?*






Working definition:

A statement, action or incident regarded as an instance of indirect, subtle, or unintentional discrimination against members of a marginalized group such as but not limited to race, ethnicity, religion, ability, age, gender/gender identity, political affiliation, beliefs, etc.

The term was originally coined in 1970 by Harvard University psychiatrist Chester M. Pierce, in reference to insults and dismissals he regularly witnessed non-Black Americans inflicting on African Americans.



Roleplay
Intros
&
Demonstrations

HOW WE COMMUNICATE

- Nonverbal communication plays a major role in any conversation. Before focusing on our words, people first notice:
 - Tone of voice
 - Body language
 - How we are sitting or standing
 - Gestures/fidgeting/natural movement-it's normal!
 - Facial expressions
- In order to communicate effectively our words, tone of voice, and body language need to be as in sync as possible.

KEY POINTERS

- Body Language
 - Neutral Position & Facial Expression
 - Turned towards the other person, positioning
 - Be aware of possible fidgeting or gesturing, be as grounded as you can.
- Tone of Voice
 - Calm
 - Assertive




REMEMBER...

- Setting boundaries can be stressful, challenging, and test us!
- They can also be rewarding, validating, and lead to a healthy lifestyle.
- An important part of setting limits is managing your own stress response.

WHAT IS ADRENALINE?

- Adrenaline is a hormone produced in the body when there is a perceived threat or danger (the threat may be psychological).
- It is commonly known as the body's flight/fight/freeze response.
- Adrenaline responses are normal survival mechanisms that can help us react quickly to uncomfortable or life-threatening situations.



What changes in your body or behavior do you notice most when you feel stressed or tense during a conversation?



ADRENALINE MANAGEMENT & GROUNDING TECHNIQUES

- ❖ Finding your breathing
- ❖ Points of Contact
- ❖ Tapping
- ❖ Positive Imagery



The best way to be good at setting
boundaries...

Is to *PRACTICE!*

Setting boundaries is a life skill we all
continue to work at.



Questions? Connect with us!

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Support Resources

<http://impactboston.org/resources/support-services/>

Please give us feedback!

<https://forms.gle/NXXVHCAquheann5x9>



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