

# High School Programs

Raising resiliency and reducing vulnerability in students for over 25 years



**IMPACT**

confidence ▶ safety ▶ empowerment

# About IMPACT

Personal and social change are possible when students experience the strength of their bodies and the power of their voices.



IMPACT offers comprehensive violence prevention programs and evidence-based safety trainings. We teach students the skills they need to communicate their boundaries, build healthy relationships, recognize and resist coercion, de-escalate conflicts, and protect their bodies from harm.

We collaborate with schools and organizations to proactively build safer spaces for students. Our programs help students manage increasing independence and transitions from school environments to college or work. Since 1992, IMPACT has reached over 50,000 people and trained students in more than 50 schools and youth-serving organizations.

[impactboston.org](http://impactboston.org)



# How IMPACT Works



---

## Critical Social and Emotional Skills

We teach real life solutions to safety and social problems. Students practice identifying and communicating their boundaries and learn how to recognize healthy relationships.

## Abuse and Violence Prevention Expertise

Programs are taught by a diverse group of highly trained instructors, all of whom complete a 200+ hour certification. Our team includes master's-level counselors and social workers, certified teachers, disability service providers, rape crisis and domestic violence counselors, and martial artists.

## Evidence-based Programs

We collaborate with the Harvard-affiliated Institute for Community Health, an evaluation research organization that conducts independent studies of our programs and their effectiveness.

## Dynamic Experiential Learning

Our programs use best practices in experiential learning and incorporate multiple teaching modalities, including role-plays, interactive exercises, critical and moral thinking, and physical activity. We prepare students for situations ranging from everyday conflicts to abuse and violence. In a safe and supportive environment, students learn to respond appropriately in the moment of fear, intimidation, or emotional discomfort. Our instructors are trained to simulate a wide range of scenarios, which gives students the opportunity to practice protecting themselves in scenarios that feel real. Students are then more likely to be able to access self-protective skills when they need them most.

## Engaged School Communities

Improving the safety of young people is a community-wide effort. Schools maximize the benefits of IMPACT programs if students can be educated along with faculty, parents, and caregivers. This school-wide approach creates a shared common language for discussing challenging situations. Our adult workshops and professional development opportunities give teachers and other adults the tools to serve as role models for students in creating safe and ethical communities.

# 9<sup>th</sup> - 12<sup>th</sup> Grade Programs ● ● ●

---

IMPACT Boston offers the following programs for high school students:

- Comprehensive Safety and Self-Defense
- College-Bound Safety
- Bystander Intervention: *Staying Safe while Helping Others*

For the past five years, Cambridge School of Weston high school students of all ages have benefited from the self-defense skills taught by IMPACT Boston. While there are many programs that teach this subject to high school students, we have found that IMPACT's approach is specifically inclusive, empowering and effective.

The instructors get to know our students and connect with them in such a way that even large workshops feel personally relevant. Following IMPACT's workshops and courses, our students have expressed the importance of facing their fears and finding their power. Students learn essential information about personal safety, consent, communicating boundaries and staying capable in the face of fear.



We highly value our collaboration with IMPACT Boston and share IMPACT's vision that young people can add to community safety by being able to communicate assertively and de-escalate potentially dangerous situations.

Jen Quest-Stern, LMHC  
Director of Community Health & Counseling  
*The Cambridge School of Weston*

*Our team is available to create customized programs that fit the needs of your school.*

# ●●● Comprehensive Safety and Self-Defense

This program provides high school students with age-appropriate, comprehensive violence prevention education, including safety, self-advocacy, and healthy relationships. Students learn to distinguish between instincts and bias when assessing threats to their safety. We emphasize the importance of de-escalating situations. Physical self-protection and self-defense skills are taught as a last resort option. Students also practice identifying safe adults and seeking help. These tools are applicable to many contexts—from street safety, to peer pressure and bullying, to assertive communication.

## Students Gain:

- Social context for violence and how to prevent it
- Awareness of environment
- Risk assessment tools when they detect threats to emotional and physical safety
- Assertive communication
- Verbal and physical strategies to handle unsafe situations
- Strength and agility for stressful situations

## Program Options:

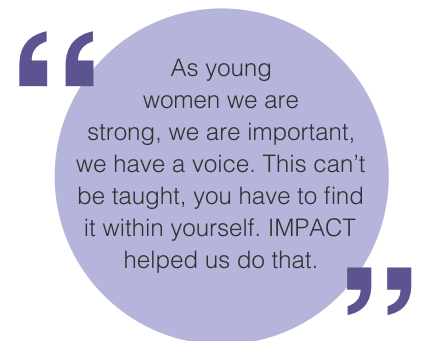
- Full 12-hour course
- Full-day 6 or 7 hour course
- Introductory workshop: 2 or 3 hours
- Other formats that fit your school's schedule



Claudia Brown  
*North Reading Public Schools*



Sam Brown  
*The Rivers School*



Student  
*Buckingham Browne & Nichols School*

*Courses of 20 students or less maximize individual attention.  
Programs for larger groups are also possible.*

## ● ● ● College Bound Safety

Teens of all genders between the ages of 16 and 19 are 3.5 times more likely than the general population to experience sexual abuse. Sexual violence also affects between 20-25 percent of college women. This program proactively prepares older teens with the skills to navigate increased independence, cultures of violence on college campuses, and romantic relationships.

### Students Gain:

- Verbal skills to navigate dating & sexual consent, including: *boundary and limit setting and initiating challenging conversations*
- Physical and verbal self-protection skills
- Strategies to interrupt sexual assaults perpetrated by familiars
- Assertive communication
- Approaches to safely intervene when a friend is at risk
- Tools to challenge bullying, hazing, and hate speech
- Frameworks to recognize unhealthy relationships

### Program Options:

- Full 12-hour course
- Full-day 6 or 7 hour course
- Introductory workshop: 2 or 3 hours
- Other formats that fit your school's schedule



*Courses of 20 students or less maximize individual attention.  
Programs for larger groups are also possible.*

# ● ● ● Bystander Intervention

## *Staying Safe while Helping Others*

This program gives students the skills to safely intervene when someone else is at risk. Students learn to manage their own stress responses and develop the courage and skills to challenge hate speech, bullying, and sexual harassment.



### Students Gain:

- Critical thinking about the impact of bias and stereotypes
- Skills to set boundaries and communicate assertively
- Strategies for challenging conversations
- Options for accessing adult help

### Program Options:

- Full 8-hour course
- Introductory workshop: 2 or 3 hours
- Other formats that fit your school's schedule

*Courses of 20 students or less maximize individual attention.  
Programs for larger groups are also possible.*

# We Come To You

School programs are offered in many formats including:

- Elective classes
- Extracurricular activities
- Special events
- In-school field trips
- Assemblies
- After school programs
- Guest units in: *health, physical education, or other classes*
- Senior transition programs
- Health & wellness days
- Student clubs and activities



IMPACT instructors will travel to your school and work with you to design a program that best fits your educational goals and schedule.

IMPACT programs draw on knowledge, skills, and mindsets from multiple academic disciplines including health, biology, physical education, and social emotional learning.





# Join Our Community

---

## *School & Youth Program Participants*

Acton-Boxborough Public Schools  
ARC of East Middlesex  
Berwick Academy  
Beverly High School  
Boston Community Leadership Academy  
Boston GLASS  
Boston Public Library Youth Programs  
Brooks School  
Brighton High School  
Bromfield School  
Buckingham Browne & Nichols School  
Buckingham Browne & Nichols Camp  
Camp Fernwood  
Chapel Hill Chauncy Hall  
Charles River Center  
Charlestown High School  
Commonwealth School  
Dorchester Academy  
East Boston High School  
English High School  
Everett High School  
Excel Academy  
First Parish Winchester Youth Ministry  
Gann Academy  
Groton School  
Harbor Pilot School  
Home for Little Wanderers  
Horace Mann School for the Deaf & Hard of Hearing  
Lawrence Academy  
Lincoln-Sudbury Regional High School  
Madison Park High School  
Malden High School  
Massachusetts Hospital School  
McAuliffe Charter School  
Medford High School  
Middlesex School  
Mother Caroline Academy  
NAGLY  
Newton Country Day of the Sacred Heart  
Norwell Public Schools  
North Reading High School  
Perkins School for the Blind  
Phillips Academy Andover  
Quincy Upper School  
Rivers School  
REACH – Peers Against Violence  
Saugus High School  
Shore Country Day School  
Sociedad Latina  
Somerville High School  
Stoneham High School  
Temple Beth Shalom Youth Group  
Urban Science Academy  
WAGLY  
Wakefield High School  
Wellesley High School  
Wellesley Youth Commission  
West Roxbury Academy  
Weston High School  
Wilmington High School

# Meet the Team



## Meg Stone Executive Director

Meg Stone is the Executive Director of IMPACT Boston. Since 2005, she has led the organization's implementation of safety and abuse prevention programs in schools, public classes, disability services centers, domestic violence organizations, rape crisis centers, and other service agencies. Meg is a certified IMPACT self-defense instructor and trainer. She is nationally recognized for her collaborative research with other experts in the fields of safety, bystander intervention, education, abuse prevention for persons with disabilities, communication, trauma recovery, and intervention.

Meg developed the IMPACT:Ability program in partnership with the Robert Wood Johnson Foundation. The program is a first in the country and focuses on abuse prevention for people with cognitive and physical disabilities. She serves as the Project Director of IMPACT:Ability and leads the organizational abuse prevention efforts of Triangle and three additional Boston-area disability service and advocacy organizations.

Meg was a member of the Massachusetts State Sexual Violence Prevention Team, and the Chair of the Team's Developmental Disabilities subcommittee. She has presented about personal safety and abuse prevention in disability communities and at local and national conferences, including the National Sexual Assault Conference, the National Adult Protective Services Association Conference, and the Massachusetts Citizens for Children Child Sexual Abuse Prevention Summit. Additionally, she co-led a national online training on preventing sexual abuse of children with disabilities, which was sponsored by PreventConnect and the Ms. Foundation for Women.

Meg's writing on issues of child sexual abuse, sexual violence, and personal safety training has been published in the *Washington Post*, *Ms.*, *Cognoscenti*, and several Boston-area regional newspapers.



## IMPACT Instructors

**Meagan  
Anderson**  
Operations  
Manager



Meagan is a licensed school counselor with experience working with students with abuse histories and students with disabilities. She coordinated the IMPACT:Ability program for students with disabilities for four years and now serves as the Operations Manager.

**Boaz  
Arbel**  
Suited Instructor



Boaz has been an Impact Suit instructor in the last 10 years, both in Israel and in the US. Boaz holds a 2nd degree black belt in Dan Zan Ryu Jujitsu, he is a certified martial arts instructor by the Wingate institute in Israel, and the founder of Cheetah Dojo, a school of Jujitsu and Self Defense with chapters in Israel and Boston.

**James  
Bocock**  
Suited Instructor



James has worked for Impact since 2014 as a suited instructor and has assisted in training new coaches. He teaches classes in both the standard Impact curriculum and in the Impact Ability program. He has a background as a professional actor and as a teacher and is very proud to be a part of Impact's staff. His favorite classes to teach are the College Bound Safety course and programs for trauma survivors.

**Ben  
Comeau**  
Suited Instructor



Ben grew up in Beverly, MA and studied history at Salem State University. He started working at IMPACT as a suited instructor in January of 2016. Ben coaches high school wrestling and is an avid rugby player. In his work outside of IMPACT Ben works in youth development as a mentor and educator.

Mandy  
Doyle  
IMPACT:Ability  
Coordinator



Mandy is a licensed special education teacher and has a master's degree in intercultural relations. She has conducted IMPACT:Ability trainings for Massachusetts Association of Approved Private Schools, the MASOC and MATA, Boston Public Schools, Jane Doe Inc., and for the Department of Disability Services.

Sean  
Greene  
Suited Instructor



Sean grew up in a high-crime area of Dorchester, MA, where he volunteered with Guardian Angels, a nonprofit anti-crime organization. He has studied various styles of traditional martial arts, and has experience working in law enforcement and as a bodyguard. Sean also works as a Program Manager at Triangle, Inc. where he helps people with disabilities find jobs.

Anne  
Herman  
Instructor



Anne is a graduate of the U.S. Coast Guard Academy in New London, CT with a bachelor's degree in management and a former Officer in the U.S. Coast Guard. She later served as a Federal Air Marshal and earned a Masters degree in criminal justice from Suffolk University. She is pursuing a doctorate of physical therapy degree from the Massachusetts General Hospital's Institute of Health Professions.

Helen  
Joseph  
Program  
Coordinator



Helen is an Expressive Arts Therapist who works locally and internationally with children and adults to build confidence and self-awareness by tapping into their inner strength. Helen became a coach at IMPACT a few years after taking an IMPACT Weekend Basics course.

Adriana  
Li  
Program  
Coordinator



Adriana is a Program Coordinator at IMPACT and has worked with Triangle, Inc. serving adults with disabilities. Her background is in arts and education, holding a bachelor's degree in theater from Pine Manor College. Adriana studies Kung Fu and is a proud member of an all-women's troupe that performs Chinese lion dance.

Shay  
Orent  
Program  
Coordinator



Shay is a full-time Program Coordinator for IMPACT. She holds a bachelor's degree in Gender & Women's studies from Scripps College, where she began her journey of learning about feminism and systemic inequality. She is a competitive volleyball player and coach and a volunteer rape crisis counselor.

Michael  
Perry  
Training &  
Curriculum  
Developer



Michael has been an IMPACT instructor since 1992 and has been an IMPACT trainer since 1995. He has developed many of IMPACT'S courses, including self-defense against firearms, self-defense against edged weapons, and the teen boys course. He also co-developed the IMPACT:Ability course. Mike is a graduate of LFI, and holds three black belts, including an 8th degree black belt in Shotokan karate and a 7th degree black belt in Jujitsu.

Amanda  
Reyome  
Instructor



Amanda is a licensed counselor specializing in Trauma Recovery Mental Health Counseling. She works with adults and children at Mattapan Community Health Center.

Alia  
Toran  
Burrell  
Instructor



Alia is a licensed social worker with extensive experience working with young people and families. She is passionate about supporting people to feel safe, confident, and capable, and envisions a world filled with respect.

[impactboston.org](http://impactboston.org)

[f IMPACTBoston](#)

[@ impactboston](#)

[IMPACT\\_Boston](#)

## Contact Us

Stacey Jackson Gallaway  
School Engagement Associate

Office: 781 321 3900

Mobile: 323 806 1435

Email: [sjackson@impactboston.org](mailto:sjackson@impactboston.org)

**IMPACT is an affiliate of Triangle, Inc.**

[Triangle-Inc.org](http://Triangle-Inc.org)

# IMPACT

The NonProfit Center  
89 South Street  
Suite 406  
Boston, MA 02111

