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
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.
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

This course is a perfect fit for health education as it offers the reinforcement of communication skills our students practice in our health classes. I would love to see schools make teaching this course a priority for all students.

Claudia Brown
North Reading Public Schools

IMPACT ran a wonderful program with our girls. During the workshop, our students learned some practical self-defense skills, bonded as a group, and had a whole lot of fun. We’ve been inviting IMPACT to our campus for more than a decade, and we look forward to continuing our wonderful relationship.

Sam Brown
The Rivers School

As young women we are strong, we are important, we have a voice. This can’t be taught, you have to find it within yourself. IMPACT helped us do that.

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.
Contact Us

Stacey Jackson Gallaway
School Engagement Associate

Office: 781 321 3900
Mobile: 323 806 1435
Email: sjackson@impactboston.org

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