WELCOME! Class will start soon.

While you wait, please use the chat box to introduce yourself by telling us your name, pronouns, and where you are from!
WHAT TO EXPECT

• We will be muting everyone to reduce background noise.

• Please use the chat box for questions or responses.

• Please treat each other with respect and respect everyone’s right to confidentiality.

• Class format: some lecture, some dialogue, some move around!
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?
A BOUNDARY IS...

• A clear line between what is acceptable, safe, or comfortable and what is not.

• Letting the people in your life know what is ok with you and what is not ok with you.
PRINCIPLES OF BOUNDARY SETTING

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.
**STEPS FOR 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 AND RELATIONSHIPS

- Strangers
- Acquaintances
- Family & Friends
- Intimate Partners
- You
• 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 boundary setting is managing our body’s 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 physical changes do you notice most in your body when you feel stressed or nervous?
What do you changes do you notice to your behavior, when you feel stressed or nervous?
ADRENALINE MANAGEMENT & GROUNDING TECHNIQUES

- Finding your breathing
- Points of Contact
- Tapping
- Positive Imagery
HOW WE COMMUNICATE

• Nonverbal communication plays a major role in all of our conversations. Before focusing on our words, people first notice:

  • Tone of voice
  • Body language
    • How we are sitting or standing
    • Gestures/fidgeting/natural movement
    • Facial expressions

• In order to communicate effectively our words, tone of voice and body language need to be in sync.
What do you notice happens to your tone or body language when you feel:

• Nervous or Scared?

• Angry / Annoyed?

• “Over it” / Shut down?
Let’s practice some neutral phrases!
What did you notice about saying those phrases?

Which ones were easy to say?

Which ones were difficult to say?
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/

Feedback Form
https://forms.gle/AhnBLk7M1WQC6HCu6