



# *Safety & Empowerment for Women of Color*

**WELCOME!** Class will start soon.

While you wait, please feel free to introduce yourself in the chat box by telling us your name & where you are Zooming in 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 honor everyone's right to confidentiality.
- ▶ Class format: some lecture, some dialogue, some move around!

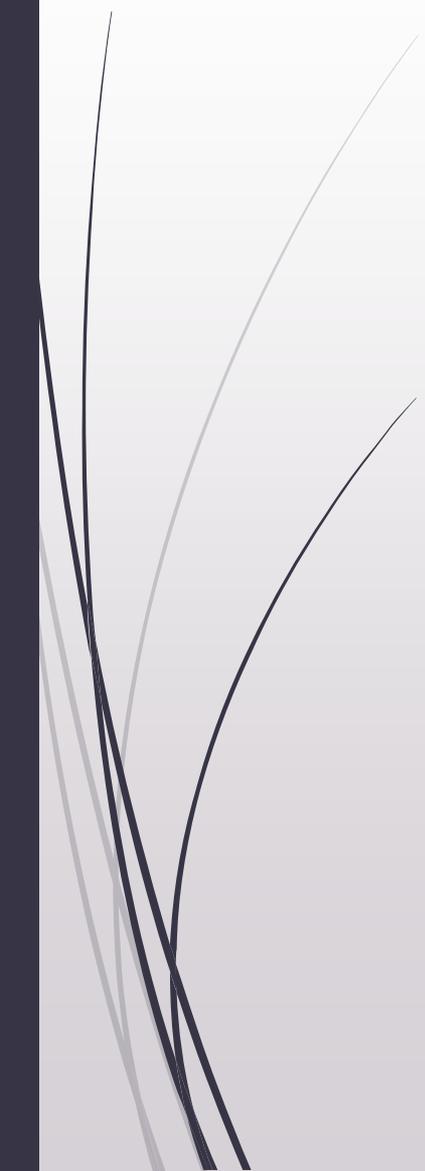


# *Impact & Who We Are*

IMPACT is a nonprofit 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, you can visit us at:

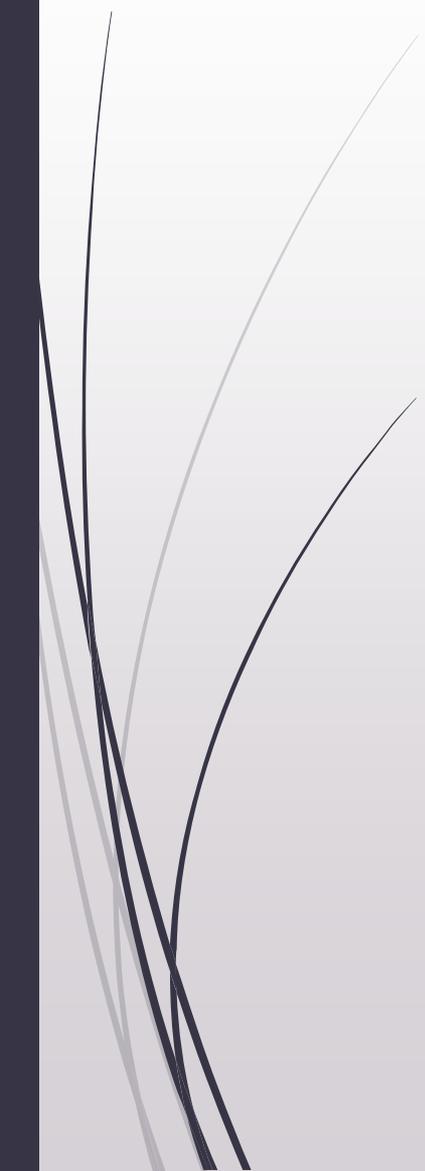
[impactboston.org](http://impactboston.org)

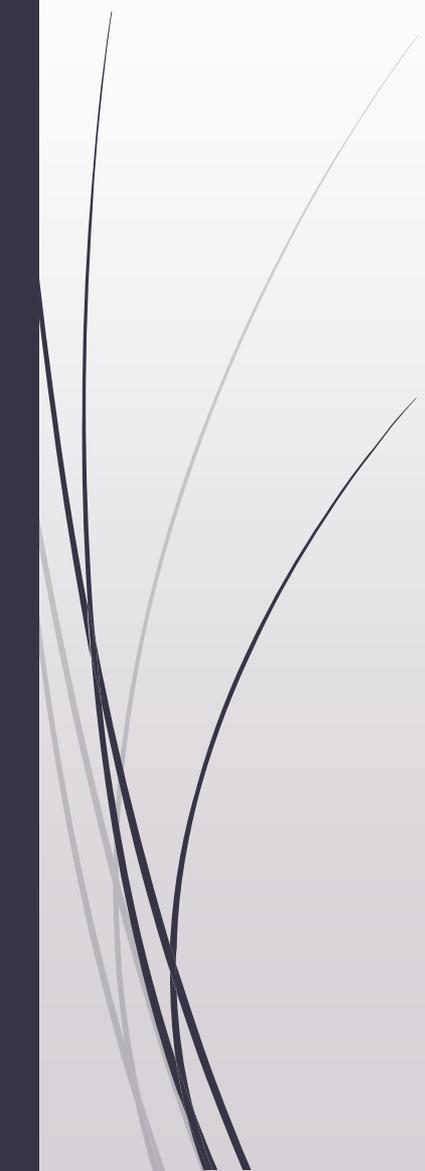


*What brings us  
here?*



## *Our objectives in this space..*

- Healing through dialogue, grounding, and adding options to what we already know
  - Verbal skills for setting a boundary, addressing microaggressions, challenging conversations, and advocacy in our communities and experiences.
- 



*What is a  
boundary?*



# *Principles of 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.*



# *Dialogue for Setting a Boundary*

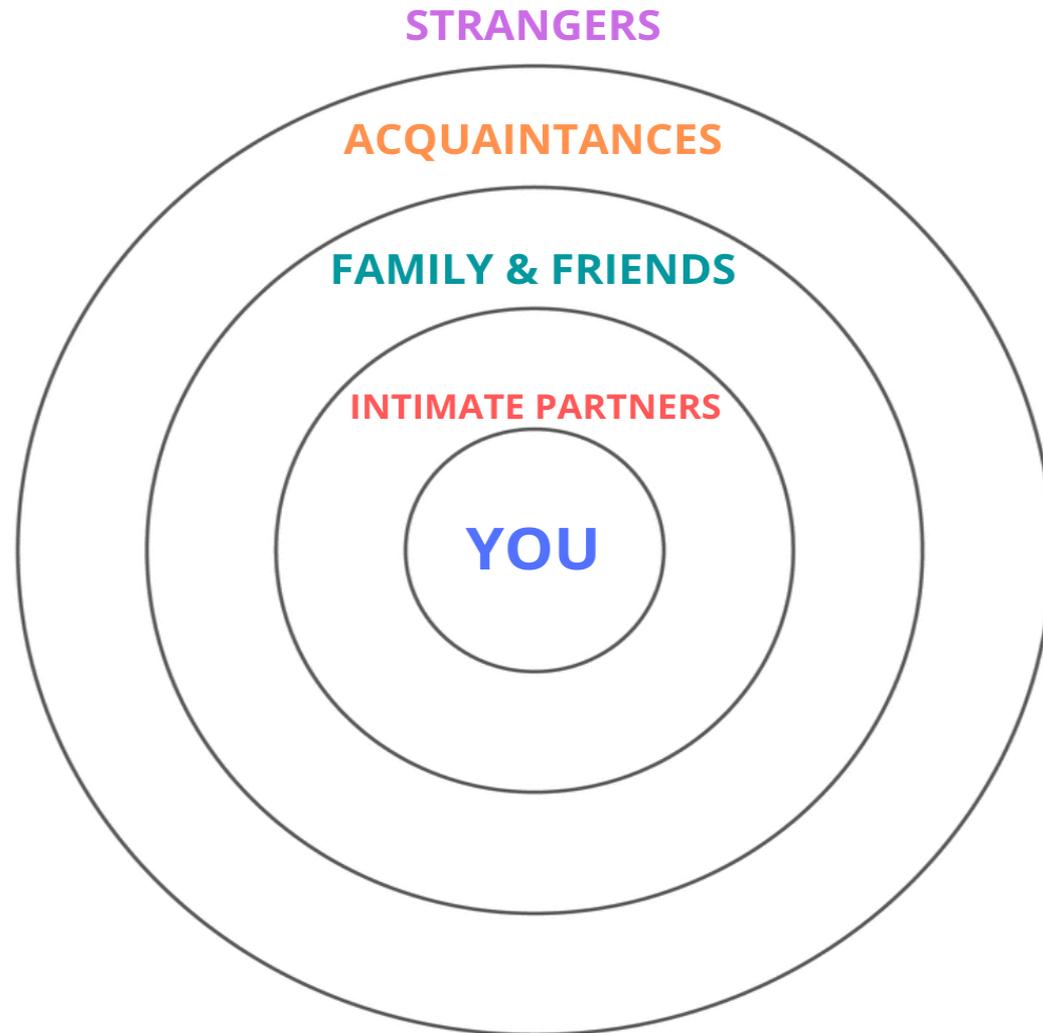
When you \_\_\_\_\_,  
(Name the specific behavior)

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*



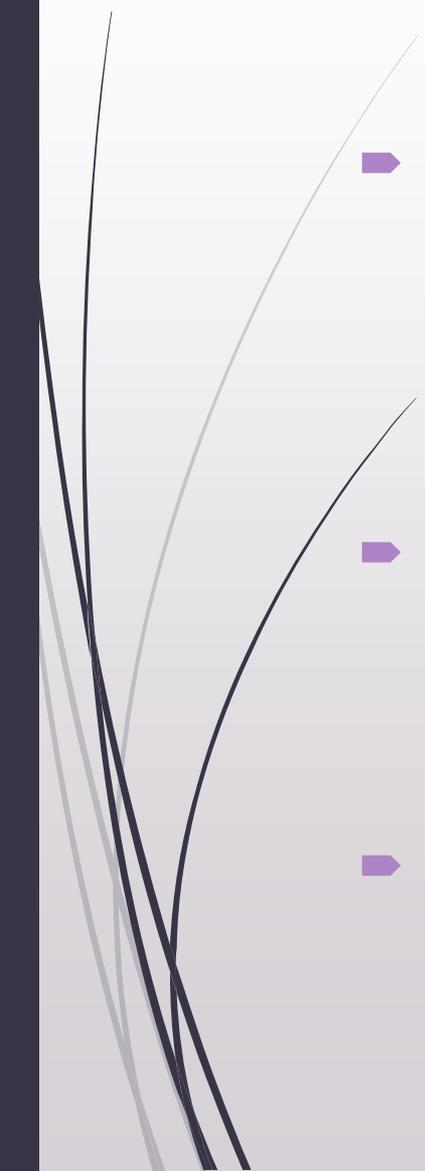


## *Remember...*

- ▶ 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 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 changes do  
you notice most in  
your body when you  
feel stressed or  
nervous?*



# *Adrenaline Management & Grounding Exercises*

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

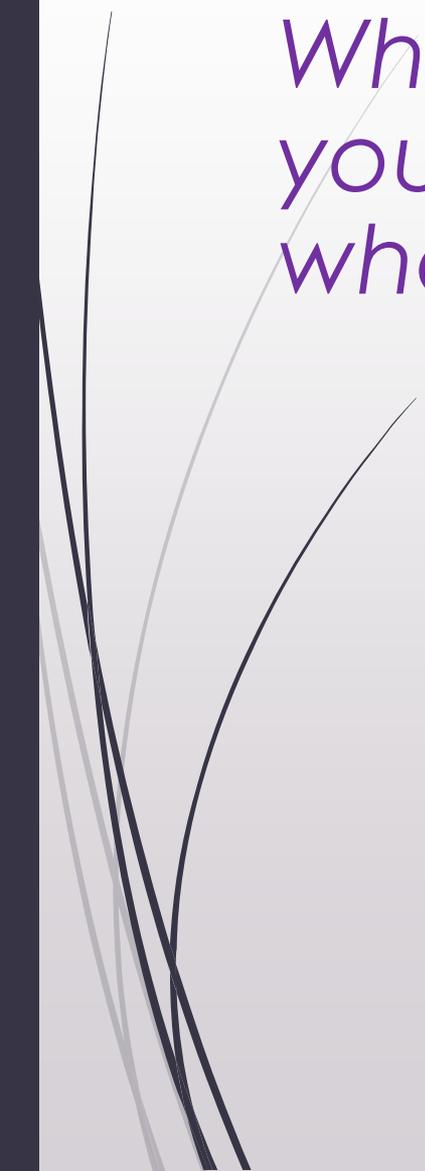


# *How we communicate*

- ▶ 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:*

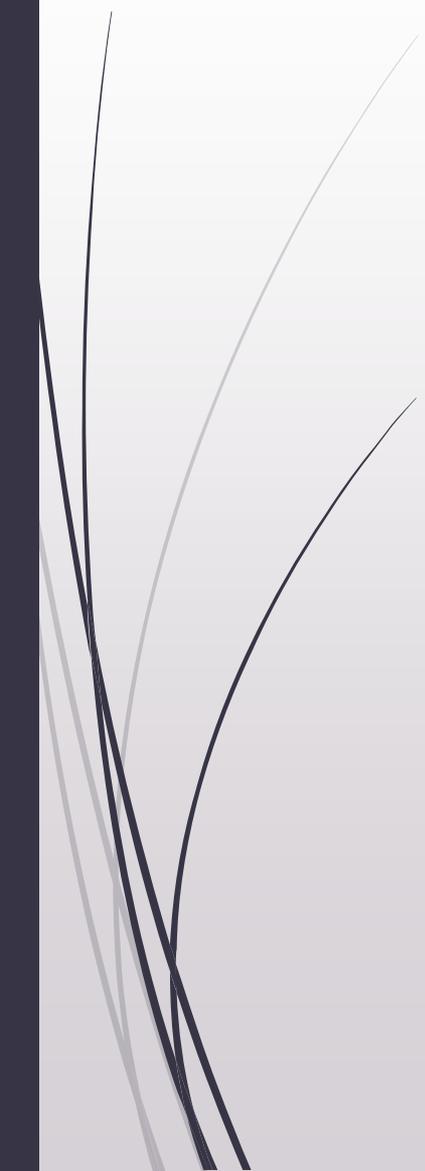
- *Nervous or Scared?*
  - *Angry / Annoyed?*
  - *“Over it” / Shut down?*
- 



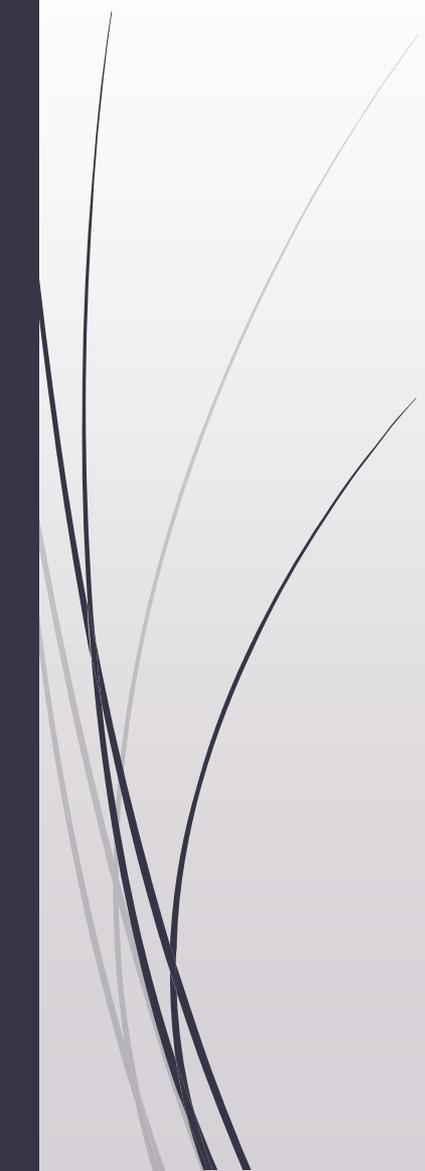
The best way to be good at  
setting boundaries....

is to PRACTICE!

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



*What is a  
microaggression?*



Break Out Rooms:

Small group discussions



## Questions? Connect with us!

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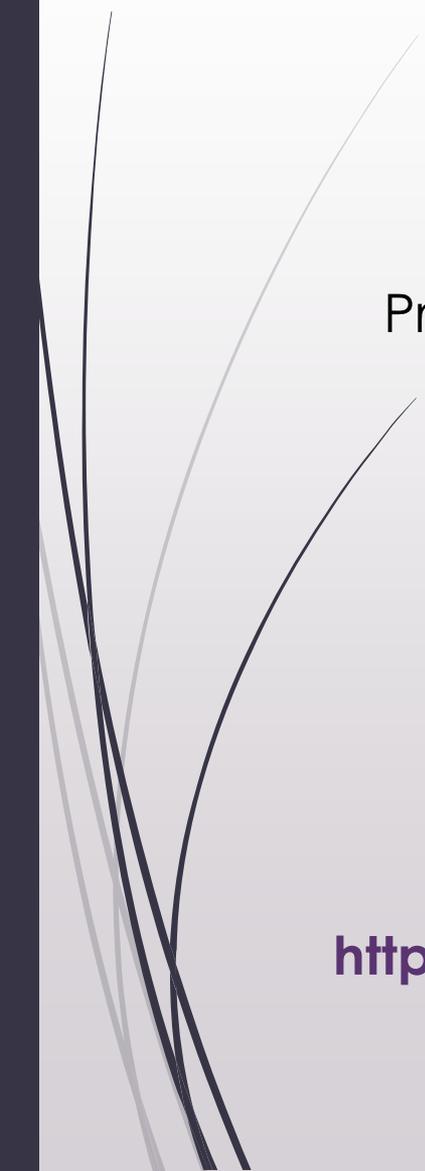
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Support Resources

[\*\*http://impactboston.org/resources/support-services/\*\*](http://impactboston.org/resources/support-services/)





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