SAFETY, EMPOWERMENT & SELF-DEFENSE FOR ASIANS, PACIFIC ISLANDERS & ASIAN AMERICANS

Presentation by IMPACT Boston Instructor Adriana Li & Ben Comeau
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, visit us at:

www.impactboston.org
✓ Self-defense mindset: A fight avoided is a fight won.

✓ Self-defense beliefs: violence is the responsibility of the person who causes it. We encourage everyone to make choices that are best for them.

✓ De-escalate yourself first. Use adrenaline management strategies to stay present and calm in the face of fear or violence.

✓ Assess the situation.

✓ Use strategic positioning and body language to diffuse conflict.

✓ Use assertive, confident language to communicate what you want or need. Setting boundaries and limits can be a measuring tool for how trustworthy and safe others around us are.
MANAGING OUR ADRENALINE

- Finding our breathing
- Points of Contact
- Tapping
- Positive Imagery
Strategic Positioning & Body Language

- Safe distance & angle
- Use obstacles and barriers
- Clear escape route
- Avoid body language that could be read as aggressive, threatening, disrespectful or submissive
Emotional Warning Signs for Escalating Violence

- Othering Language
- Threatening tone of voice
- Threatening body posture: chin thrust out, puffed up chest
- Hitting or throwing objects
- Striking their own body
- Verbal threats
Physical Warning Signs for Escalating Violence

- Repositioning or taking off hat, glasses or jacket, moving hair, moving valuables
- Reaching in pockets or lifting shirt (reaching for weapon)
- Getting close enough so they can strike the other person without taking a step
- Tucked chin, muscle tension
- More protected body position, waiting for opportunity to strike the other person
- Decrease in talking or not talking
- Hyper-focus on the other person
Threat posturing vs. Attack positioning

Threat posturing vs. Threat posturing  
Threat posturing vs. Attack positioning
Let’s practice!
DEMONSTRATIONS & ROLEPLAY
Handout (English/Chinese):  

Reporting:  
https://stopaapihate.org/

Support:  
https://anti-asianviolenceresources.carrd.co/

IMPACT Bay Area Blog Post “Our turn to have the talk”:  
https://www.impactbayarea.org/aapi_talk

IMPACT Boston Resources:  
QUESTIONS? CONNECT WITH US!

To inquire about more classes & private workshops, please contact

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For general information & to learn more about our classes, please visit us at www.impactboston.org
or follow us on Facebook, Instagram, or Twitter at IMPACT Boston!

SUPPORT RESOURCES

FEEDBACK FORM
https://forms.gle/XvUjWoBUYBcVuq669