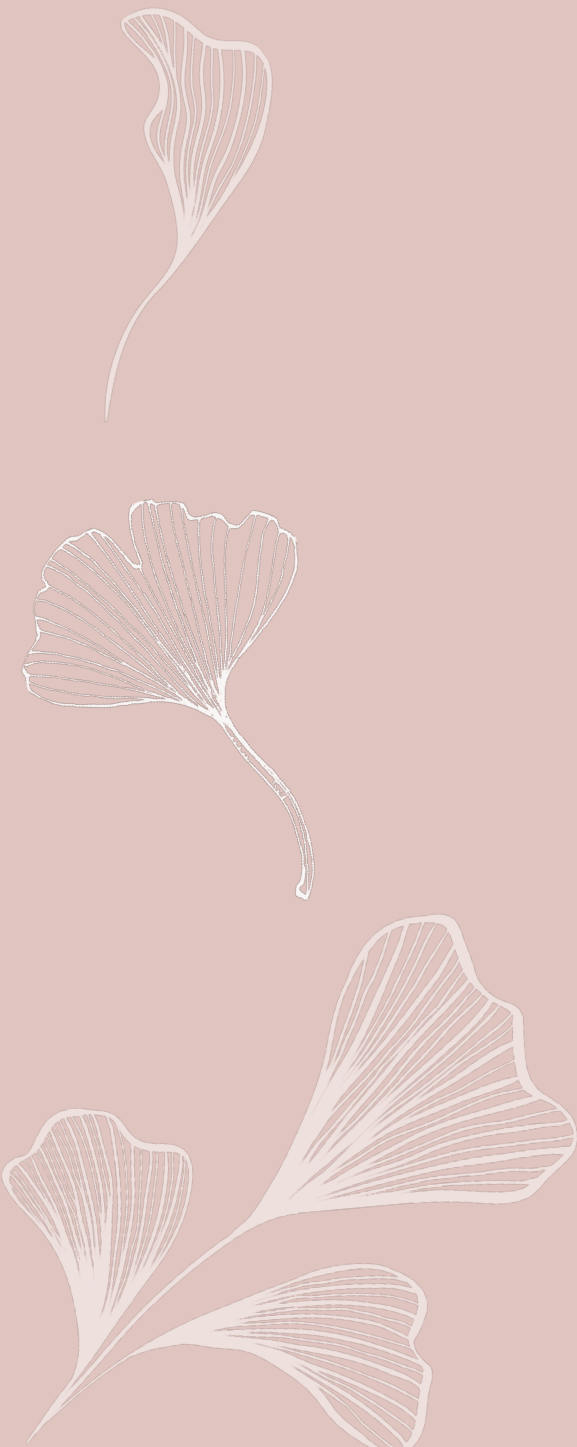
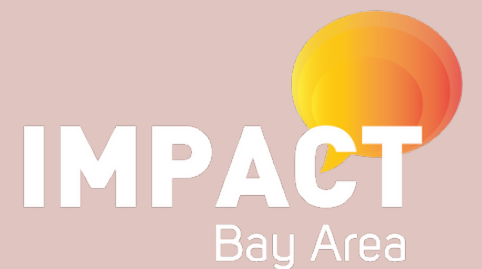


FACING RACE-BASED HARASSMENT

Strategies to Protect Yourself and Others

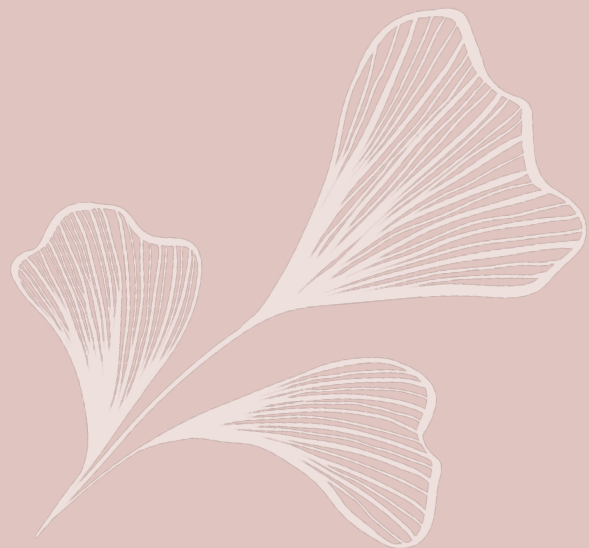
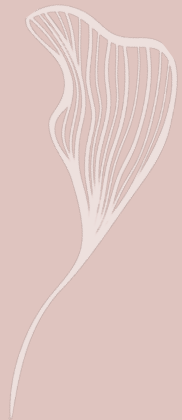
We will be starting soon! Please note:

- We invite you to participate with your video on
- Consider wearing headphones if you are home with noise sensitive people or animals.



WHAT WE WILL TALK ABOUT TODAY

- Introduction
- Internal Self-Defense Skills
- Adrenaline Management Techniques
- Boundary Setting
- De-Escalation
- Bystander Intervention
- Call Help
- Q&A and Close



I c a n ' t
h e l p
Y o u .

N O !

Y o u ' r e
t o o
c l o s e .

N o
T h a n k
y o u .

S T O P

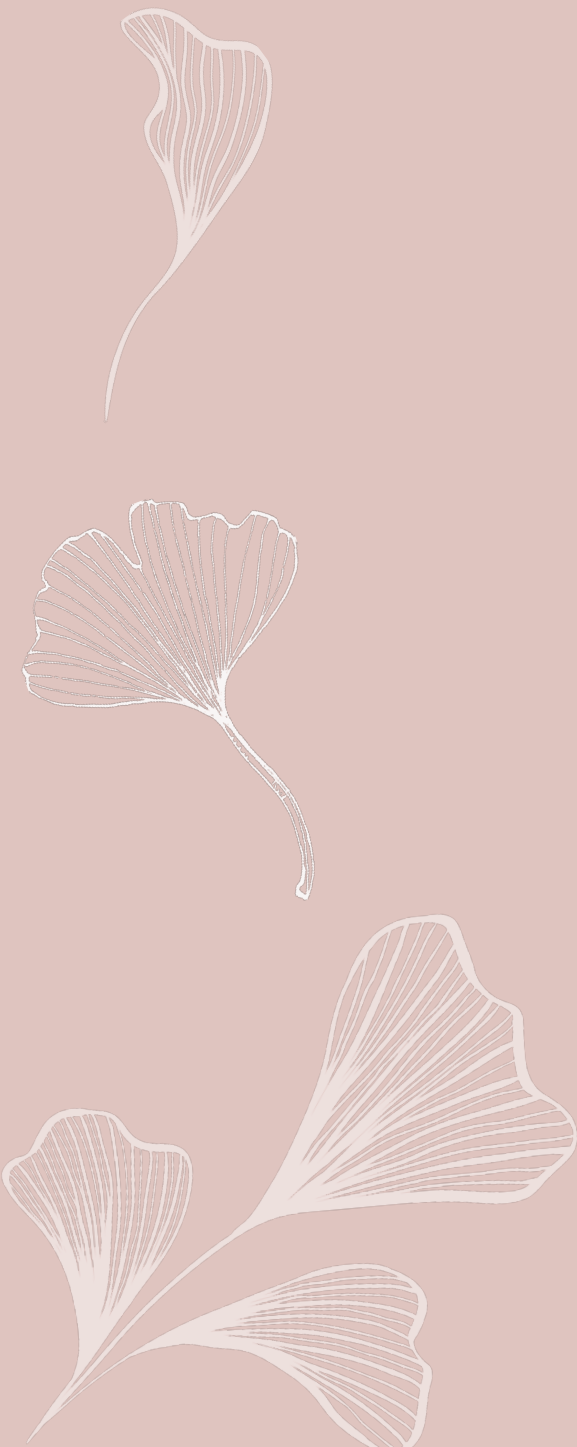
v e r b a l
b o u n d a r i e s
s o u n d l i k e . . .

I N E E D
S O M E
S P A C E .

I d o n ' t
w a n t t o
t a l k .

P l e a s e
L e a v e
m e
A l o n e .

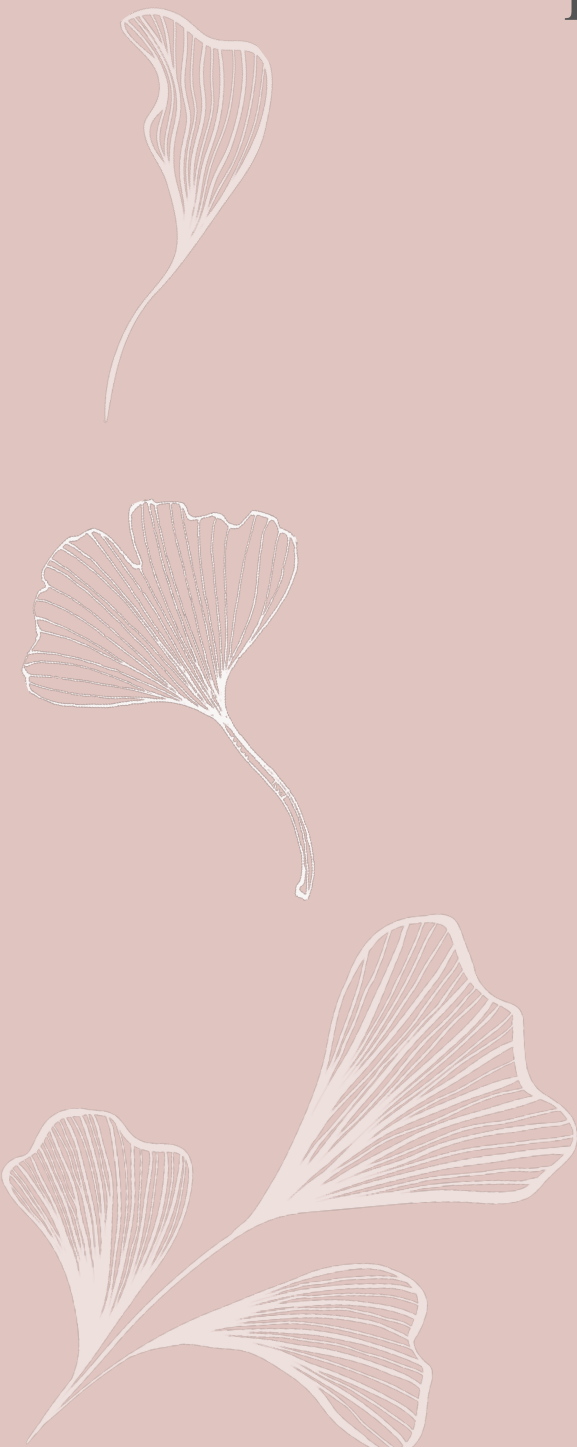
I ' m n o t
i n t e r e s t e d
.



CALL HELP!

If something happens to you, taking care of yourself is an important part of self-defense!

- Help is different for everyone: family members, friends, therapists, neighbors, police, etc.
- Sharing your experience is important and good for your mental health!
- You can report at: <https://stopapihate.org/>
- More Resources:
[https://anti-asianviolenceresources.carrd.co/
bit.ly/asianresources](https://anti-asianviolenceresources.carrd.co/bit.ly/asianresources)





THANK YOU

- Do something nice for yourself, watch your adrenaline!
- Feedback form, self-defense tips, and resource links
- Tell your friends!
- Other classes:

www.impactbayarea.org/online_classes