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'm not interested.

Verbal boundaries sound like...

No Thank you.

You're too close.

I can't help you.

STOP

Please Leave me Alone.

I don't want to talk.

I NEED SOME SPACE.

Please Leave me Alone.

I'm not interested.

Thank you.

You're too close.

No Thank you.
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://stopaapihate.org/
• More Resources:
  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