



# Assertiveness & Boundary Setting *with Queer Activist Collective at B.U.*



**WELCOME!** Class will start soon.

While you wait, please feel free to use the chat box to write your name, pronouns, and one thing that is bringing you joy in this time!



# WHAT TO EXPECT

- We will be muting everyone to reduce background noise.
- Please respect each other and be accountable for confidentiality.
- Some lecture, some dialogue, some moving around, some roleplay.
- PowerPoint link for accessibility.



# 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](http://impactboston.org)



*What is a boundary?*

# 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 in your body or behavior do you notice most when you feel stressed or tense during a conversation?*



## **ADRENALINE MANAGEMENT & GROUNDING TECHNIQUES**

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

# STEPS TO 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.***



# SETTING A BOUNDARY

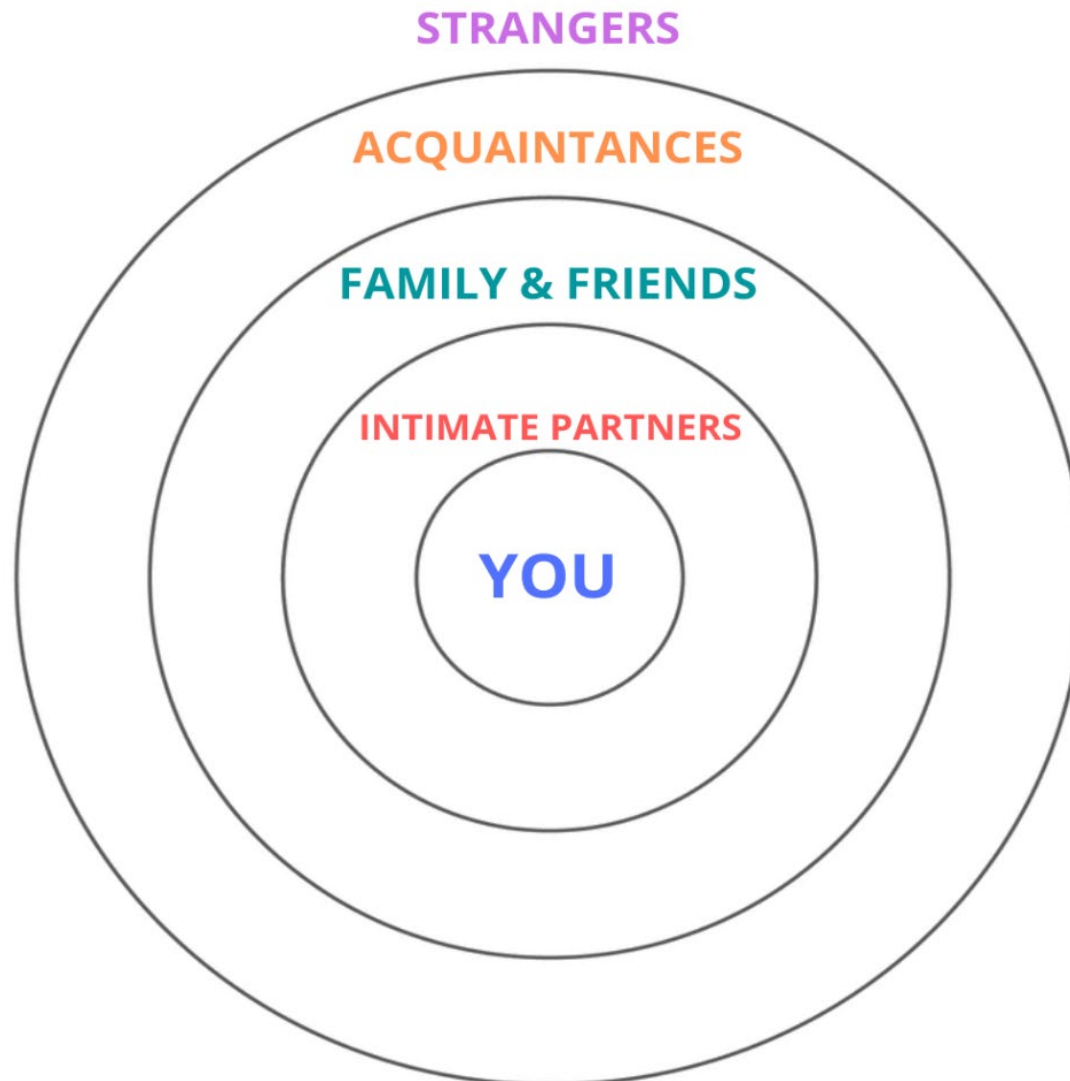
When you \_\_\_\_\_,  
(Name the specific behavior)


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 & RELATIONSHIPS





*What are difficulties or  
hesitations people have with  
setting boundaries with people  
that they know?*

“

**I'm not a racist,  
but..**

”

**Back when  
you were a  
man...**

**I'm  
impressed  
with how  
articulate  
you are...**

**Well, at your  
age you don't  
realize...**

**You don't  
look  
disabled..**

**Give me a  
smile...**

**Well, I don't  
see color...**

*What is  
a  
microaggression?*





*Working definition:*

A statement, action or incident regarded as an instance of indirect, subtle, or unintentional discrimination against members of a marginalized group such as but not limited to race, ethnicity, religion, ability, age, gender/gender identity, political affiliation, beliefs, etc.


***The term was originally coined in 1970 by Harvard University psychiatrist Chester M. Pierce, in reference to insults and dismissals he regularly witnessed non-Black Americans inflicting on African Americans.***

# HOW WE COMMUNICATE

- Nonverbal communication plays a major role in any conversation. Before focusing on our words, people first notice:
  - Tone of voice
  - Body language
    - How we are sitting or standing
    - Gestures/fidgeting/natural movement-it's normal!
    - Facial expressions
- In order to communicate effectively our words, tone of voice, and body language need to be as in sync as possible.

# KEY POINTERS

- Body Language
  - Neutral Position & Facial Expression
  - Turned towards the other person, positioning
  - Be aware of possible fidgeting or gesturing, be as grounded as you can.
- Tone of Voice
  - Calm
  - Assertive



Roleplay  
Intros  
&  
Demonstrations





## **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 setting limits is managing your own stress response.



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!

Adriana Li

Program Coordinator, IMPACT Boston

[ali@impactboston.org](mailto:ali@impactboston.org)

Support Resources

<http://impactboston.org/resources/support-services/>



# Assertiveness & Boundary Setting *with Queer Activist Collective at B.U.*



This material is copyright © 2022  
IMPACT, Inc.  
A subsidiary of Triangle, Inc.  
Do not reproduce without permission.