

FREE TO MOVE



SAFETY MINISERIES

# WORKBOOK

WE ARE FREE TO... TAKE ACTION

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# Introduction



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# Hello!

As a former librarian, I view the world through two essential lenses: equity of access and intellectual freedom. Free to Move is built on the belief that all women—regardless of background, identity, or circumstance—deserve access to the information and resources needed for safer outdoor movement.

There should be no barriers to education about our safety. This miniseries is just the beginning of our commitment to making safety knowledge equitable, accessible, and actionable for all.

Thank you for being part of this work and for helping create a world where women can move freely and confidently.

For Alyssa.  
For all womankind.

*Abby Lokits*

Executive Director  
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@wearefreetomove





# Goals

## 1

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Learn and practice different action steps to use in unsafe interactions.

## 2

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Understand the difference between fighting back and creating space—  
focus on  
outcomes.

## 3

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Identify potential challenges to taking action and ways to overcome barriers.

Practicing our tools regularly in moments of calm gives us confidence and the ability to adapt in a stressful situation.

*These action steps are all about YOU taking control.*



# Set the Scene

## GET OUTSIDE

Choose to practice these tools an outdoor environment. Consider debriefing in a more private, indoor space afterward.

## CREATE SPACE

Have writing materials for notes and journaling. Don't rush any part of the process. Candidly share and reflect. We are doing the good work to grow in awareness and learn tools to take action



*Respond with confidence.*

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# Practice



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WATCH THE VIDEO

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# Post-Video Practice

The goal when faced with a dangerous situation is to get you to a place where you are safe. Let's plan our scenario, rehearse action steps and practice combat breathing.

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## First,

Imagine a situation in which someone or something makes you feel unsafe.

*\*\*On an intensity scale of 1-10, 1 being the least and 10 being the most intense, choose a scenario that is a 5 or less.\*\**

## Then,

*Rehearse actions:*

Create distance.

Speak up.

Grab a barrier.

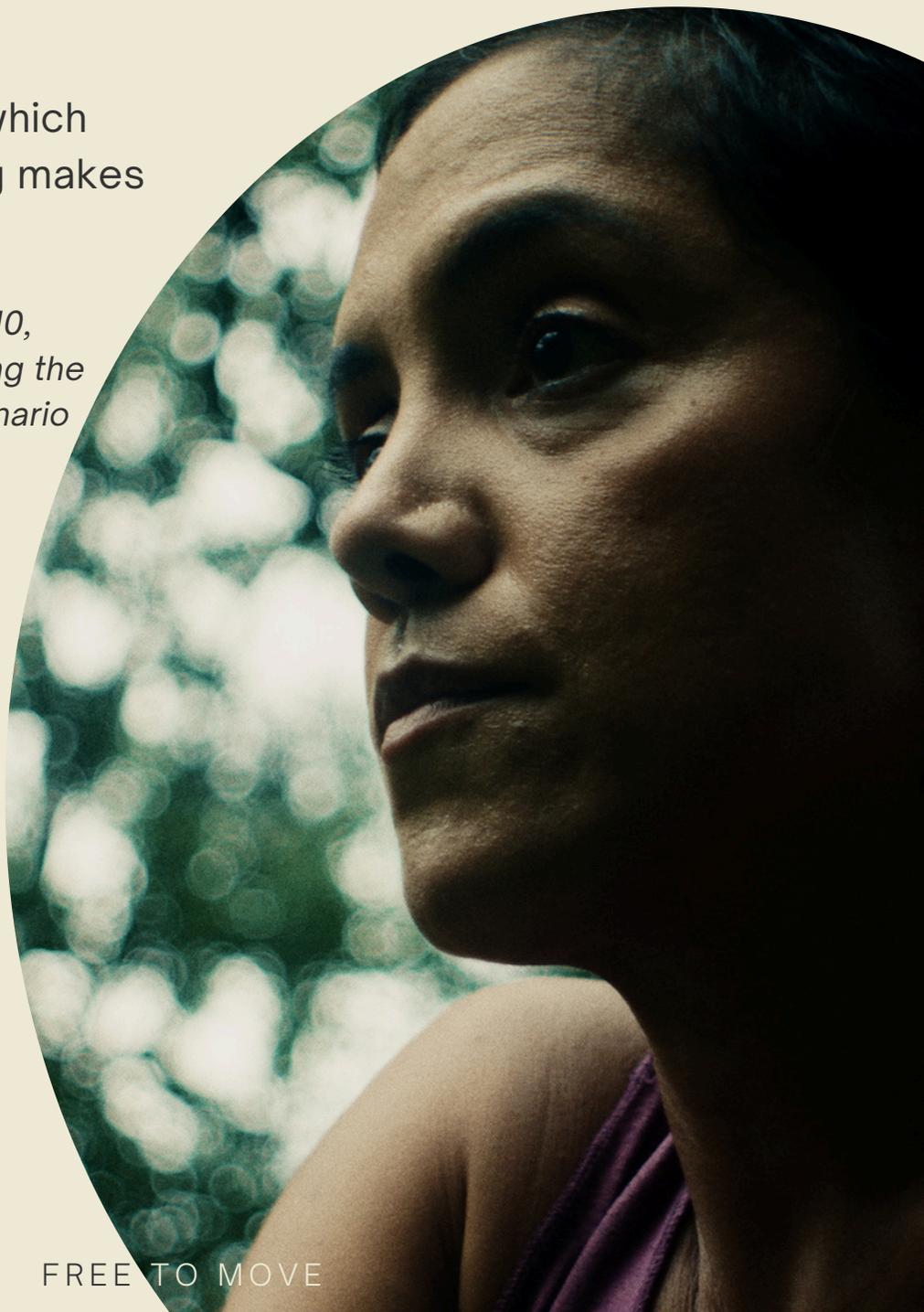
*Add combat breathing:*

inhale through nose

(count of 4),

exhale through mouth

(count of 4)



# Daily Practice Plan

When faced with an uncomfortable, potentially dangerous situation, preparation and training matter most. Let's practice our action steps to gain confidence with these reactive tools.

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

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# Reflection



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# Reflection

Planning to take action in a potentially dangerous situation can be an emotional exercise. Hold space for your feelings as you practice and process. There is no shame here.

What is your first choice option in a stressful or unsafe situation?

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What tools are you comfortable using? What feels less comfortable to you?

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# Reflection

What do you need to practice more? How can you incorporate practice into your safety planning to increase confidence?

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Additional notes or thoughts:

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# What's Next...

## COMING SOON

Thank you for choosing to learn with Free to Move.

We are dedicated to creating a safer world for women, and a key part of our mission is to equip individuals with tools they need to move confidently and safely in outdoor spaces.

The Safety Miniseries is the first Free to Move educational resource.

Our next educational resource will dive into self-defense best practices, informed by experts in physical defense training. This resource is expected in mid 2026.

Follow along with Free to Move on Instagram and subscribe to our email list for updates on more educational resources.



*For more resources check out our website [wearefreetomove.org](https://wearefreetomove.org)*

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An aerial photograph of a lush green forest. A narrow, light-colored path winds through the trees, leading from the right side towards the center. The trees are dense and vibrant green, with some yellowing leaves visible, suggesting an early autumn setting. The lighting is soft and natural, creating a serene atmosphere.

WOMEN'S  
SAFETY  
*is*  
WOMEN'S  
WELLNESS.  
*Period.*