

FREE TO MOVE



SAFETY MINISERIES

# WORKBOOK

WE ARE FREE TO... PREPARE

# CONTENTS

## INTRODUCTION

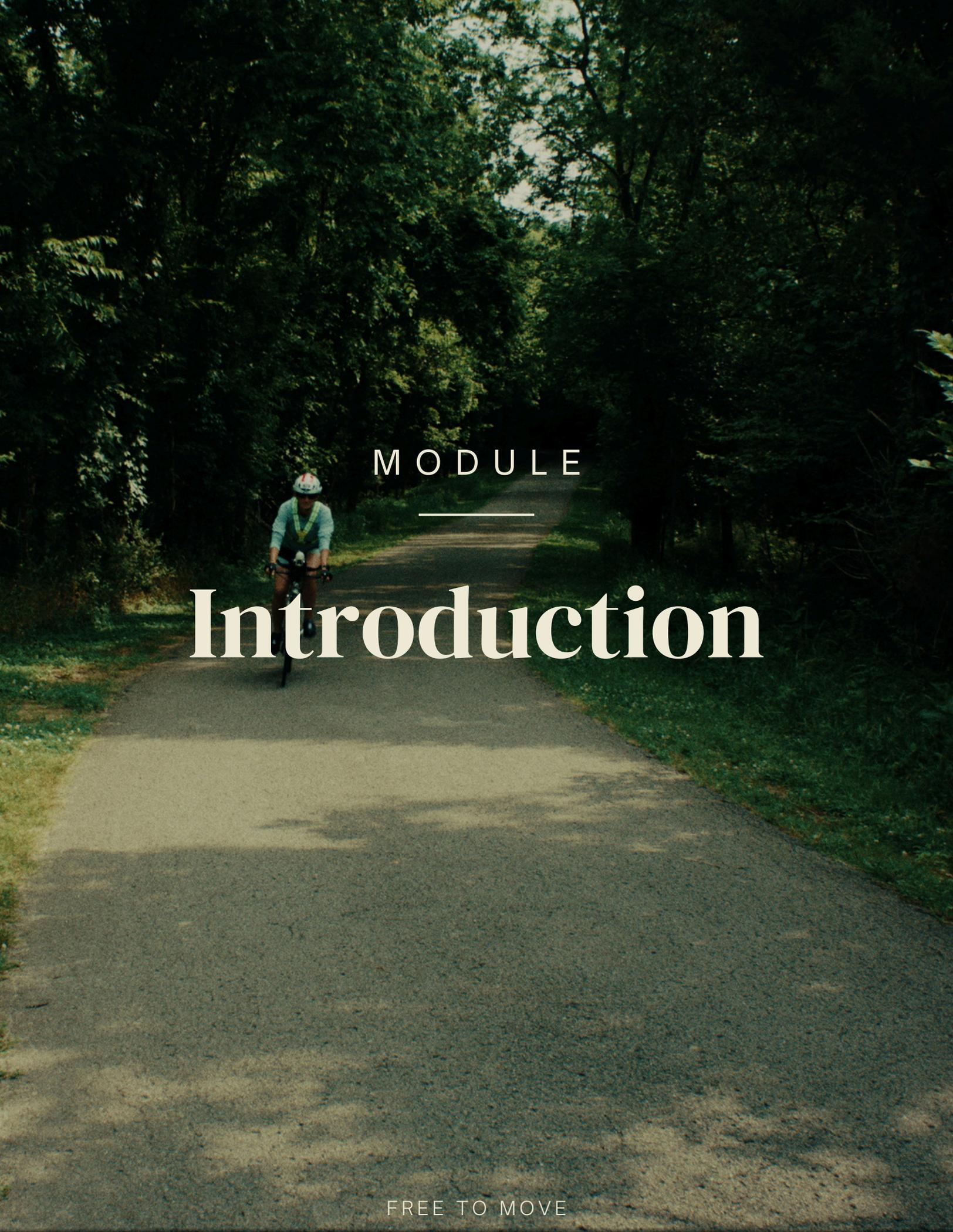
1. Hello!
2. Goals
3. Set the Scene

## PRACTICE

1. Watch the Video
2. Creating Your Safety Plan
3. Your Personal Safety Plan

## REFLECTION

1. Journal Prompts
2. What's Next

A cyclist wearing a light blue long-sleeved shirt, dark shorts, and a white helmet is riding a road bike on a paved path that stretches into the distance through a dense forest of tall green trees. The path is flanked by lush greenery and the scene is bathed in soft, natural light.

MODULE

---

# Introduction

FREE TO MOVE

# 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  
hello@wearefreetomove.org  
@wearefreetomove





# Goals

## 1

---

Assess current safety planning strategies.

## 2

---

Differentiate between frantic contingencies and confident preparation.

## 3

---

Create an individualized safety plan for current daily movement activities.

### **Preparation isn't about overthinking.**

It's about taking strategic action to be as safe as possible and enjoy the physical *and* mental benefits of outdoor exercise.

*When safety becomes part of your plan, it empowers you to feel present in your movement.*



# Set the Scene

## GET COMFY

Create an environment that promotes comfort—indoors or outdoors—a comfy seat, relaxed clothing and a non-judgmental mindset to set yourself up for success.

## 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 equip ourselves to move confidently wherever and however we choose to exercise outdoors.



*Feel equipped. Feel ready.*

FREE TO MOVE

A cyclist wearing a light blue long-sleeved shirt, dark shorts, and a white helmet is riding a road bike on a paved path that winds through a dense forest. The path is flanked by tall, leafy trees, creating a canopy effect. The lighting is soft, suggesting a shaded forest environment. The overall mood is serene and focused.

MODULE

---

# Practice

FREE TO MOVE

WATCH THE VIDEO

---



FREE TO MOVE

# Creating Your Safety Plan

Consider the following as you create your route and safety planning checklist:

## ROUTE & ENVIRONMENT

Choose routes with lighting, visibility, and regular foot traffic

Identify safe stops along the route (stores, parks, call boxes)

Check weather, daylight hours, and trail/area advisories

Avoid sharing real-time route plans publicly

## TIMING & COMMUNICATION

Tell a trusted person where you're going and when you expect to return

Share live location (temporarily) with a trusted contact

Set a check-in time or safety word/code

## GEAR & TECHNOLOGY

Phone fully charged

Headphones volume low or one ear free

Emergency contacts easily accessible

ID and essential medical info carried

Safety device packed (alarm, whistle, light, personal safety tool)

# Your Personal Safety Plan

*Use this Safety Plan worksheet as a sample to think through each aspect of your preparation for safe, confident outdoor movement.*

Activity: \_\_\_\_\_ Date/Time: \_\_\_\_\_

Where I'm going (route/area):

\_\_\_\_\_

Conditions to consider:

- Daylight vs. dark
- Weather
- Visibility
- Foot traffic
- Construction/closures

Known concerns along this route  
(lighting gaps, isolated areas, past issues):

\_\_\_\_\_

\_\_\_\_\_

Safe places along the way  
(stores, buildings, call boxes, staffed areas):

\_\_\_\_\_



# Your Personal Safety Plan

Use this Safety Plan worksheet as a sample to think through each aspect of your preparation for safe, confident outdoor movement.

Someone who knows my plan:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Check-in plan (time or action): \_\_\_\_\_

Location sharing:  On  Off  Temporary  
Safety word/code (optional): \_\_\_\_\_

*Check before leaving:*

- Phone charged
- Emergency contacts accessible
- ID / medical info
- Safety tool (alarm, whistle, light, etc.)
- Headphones set for awareness or single ear

How does my body feel today?

- Strong  Tired  Injured  Distracted  Anxious
- Other: \_\_\_\_\_

Anything I need to adjust because of this?

---

---

A cyclist wearing a light blue long-sleeved shirt, dark shorts, and a white helmet is riding a road bike on a paved path that winds through a dense, lush green forest. The path is dappled with sunlight and shadows from the surrounding trees. The overall atmosphere is serene and natural.

MODULE

---

# Reflection

FREE TO MOVE

# Reflection

When safety becomes part of your plan, it empowers you to feel present in your movement. Take a few moments to consider your current plan and feelings around preparation.

Do I have a current safety plan for my outdoor movement activities? What does it include?

---

---

---

---

---

---

What would make safety planning a more empowering activity for you?

---

---

---

---

---



# Reflection

Does the thought of safety planning cause me anxiety, or does it help you feel more secure and prepared? Why?

---

---

---

---

---

---

---

Additional notes or thoughts:

---

---

---

---

---

---

---

# What's Next...

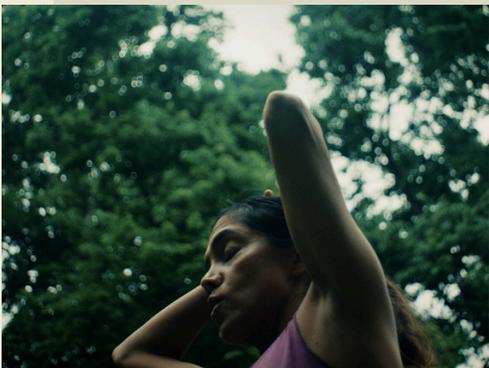


## BE AWARE

We'll explore not only what awareness looks like, but also how it feels—and how it can support us in daily life.

## MAKE NOISE

We're not being rude when we speak up, we're being clear. Your voice is a powerful boundary tool. We will practice making noise as an important reactive safety skill.



## TAKE ACTION

Practicing our tools in moments of calm gives us confidence and the ability to Take Action in a stressful situation. You are ready.

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

FREE TO MOVE

An aerial photograph of a lush green forest. A winding dirt path cuts through the trees. In the lower right corner, a person is seen walking on the path. The overall scene is bright and natural, with sunlight filtering through the leaves.

WHEN SAFETY  
BECOMES PART  
OF YOUR PLAN,  
IT *empowers*  
YOU TO BE  
*present* IN  
YOUR  
MOVEMENT.

FREE TO MOVE