

# FREE TO MOVE

## teaching guide

wearefreetomove.org

Facilitator:

Date:

Location:

### Lesson Topic: "We are Free to TAKE ACTION"

#### Participant Learning Objectives:

1. Learn and practice different action steps during unsafe interactions.
2. Understand the difference between fighting back and creating space - focus on outcomes.
3. Identify potential challenges to taking action and ways to overcome barriers.

#### Material/Environment Suggestions:

- Lead this practice outdoors if possible for practice in real environments.
- Consider debriefing in a more private space such as an indoor classroom.
- Provide writing materials for notes and journaling reflection.

#### Journal Prompts:

- What is your first choice option in a stressful or unsafe situation?
- What tools are you comfortable using? What feels less comfortable to you?
- What do you need to practice more? How can you incorporate practice into your safety planning to increase confidence?

#### Lesson Structure:

- Start with a relaxed, welcoming environment. Consider providing name tags and starting with group conversation to address potential triggers and challenges to this practice.
- After introductions and discussion, watch Free to Move's video, "We are Free to Take Action" as a group.
- Rehearse actions and combat breathing first as a group, and then again in small groups.
- Debrief in small groups and discuss challenges during practice, then debrief with the entire group and set practice plans for action steps outside of the class.
- Prepare for possible emotional responses to the practice of taking action and combat breathing, providing leaders and facilitators with tools to hold space and process with participants individually as needed.

#### Script Suggestions:

##### Scenario Planning + Combat Breathing:

1. Ask participants to imagine a situation where someone or something makes them feel unsafe. \* Use a scale to choose a scenario: for example, on a scale of 1-10, 1 being the least intense and 10 being the most intense, choose a scenario that is a 5 or less on the intensity scale
2. Walk through and rehearse options: create distance, speak up, grab a barrier.
3. Lead a brief combat breathing practice: \* Inhale through the nose (count of 4), exhale through the mouth (count of 4) \* Repeat 3-4 cycles
4. Encourage pairing up to debrief and share personal action plans.