

# FREE TO MOVE

## teaching guide

wearefreetomove.org

Facilitator:

Date:

Location:

### Lesson Topic: "We are Free to MAKE NOISE"

#### Participant Learning Objectives:

1. Increase comfortability with using voice and posture to set boundaries.
2. Recognize personal challenges with boundary setting.
3. Rehearse repetition of vocal boundaries such as saying, "No", "Stop", or "back off".

#### Material/Environment Suggestions:

- Facilitate this practice indoors with a private space if possible to encourage participation.
- Provide writing materials for notes and journaling reflection.

#### Journal Prompts:

- How do you feel about using your voice in public?
- What words feel easiest to say in uncomfortable situations? What feels difficult to say out loud during a conflict?
- How does it feel to imagine using your voice to set boundaries?

#### Lesson Structure:

- Start with a relaxed, welcoming environment. Consider providing name tags and starting with an open conversation around challenges and barriers to using voice and posture to set boundaries.
- After intros, watch Free to Move's video, "We are Free to Make Noise" as a group.
- Consider first practicing vocal and posture rehearsals as a group in a large circle, then break into pairs or small groups.
- Practice in small groups, then debrief together and consider working through journal prompts as time allows.
- Prepare for possible emotional responses to the practice of boundary setting and verbalization, providing leaders and facilitators with tools to hold space and process with participants individually as needed.

#### Script Suggestions:

##### Voice and Posture Rehearsal:

1. Stand in a wide, confident stance.
2. Practice saying "Stop," "No," or "Back off" with a loud, clear voice.
3. Encourage open hands, upright posture, and direct eye contact.
4. Add in gestures with vocal practice.
5. Practice as a group first before trying in small groups to encourage participation. Do 2–3 repetitions per person.