

FREE TO MOVE



SAFETY MINISERIES

WORKBOOK

WE ARE FREE TO... MAKE NOISE

CONTENTS

INTRODUCTION

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

PRACTICE

1. Watch the Video
2. Post-Video Practice
3. Daily Practice Plan

REFLECTION

1. Journal Prompts
2. What's Next



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

Increase level of comfort with using voice and posture to set boundaries.

2

Recognize personal challenges with boundary setting.

3

Rehearse repetition of vocal boundaries such as, “No,” “Stop,” or “Back off.”

Tell yourself, ‘I am free to take up space.’ You are equipped to respond in any way that helps you be seen and heard.

We aren’t being rude when we speak up. We’re being clear.



Set the Scene

SEEK PRIVACY

Choose to practice this tool in an indoor environment with private space so you feel the freedom to get out of your comfort zone.

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 confidence in raising our voices.



Find your voice.

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Practice

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WATCH THE VIDEO

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Post-Video Practice

Proactively training in reactive safety skills, like making noise, gives us more tools to stay safe when faced with an uncomfortable situation. Let's rehearse raising our voices.

First,

Stand in a wide, confident stance.

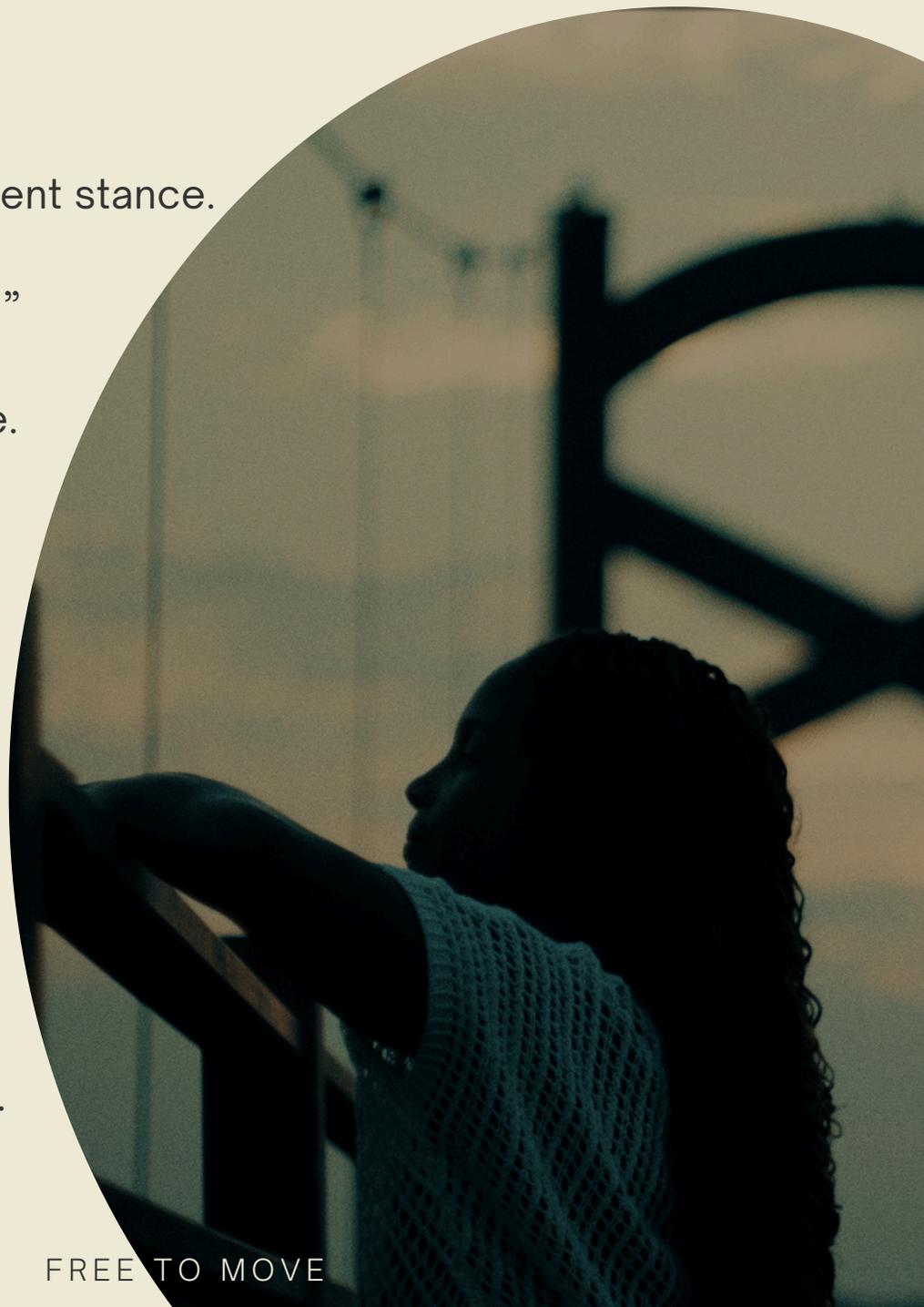
Practice saying, "Stop!"
"No!" and, "Back off!"
with a loud, clear voice.

Find open hands, an
upright posture and
direct eye contact.

Then,

Add in gestures
to emphasize the
boundary.

Repeat for 2–3 rounds.



Daily Practice Plan

Intentionally schedule time each day this week to practice raising your voice. Set reminders. Consider pairing practice with other habits such as brushing your teeth.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MODULE

Reflection

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Reflection

Practicing vocal boundary setting can be an emotional experience. Hold space for yourself to process. You are doing the hard work to remove the negative emotions that get in the way of feeling confident when moving outdoors.

How do you feel about using your voice in public?

What is my body's go-to response?

Reflection

How do I know physically, mentally, and emotionally when I feel triggered?

What is my daily breath practice plan to increase body awareness and self regulation?

What's Next...



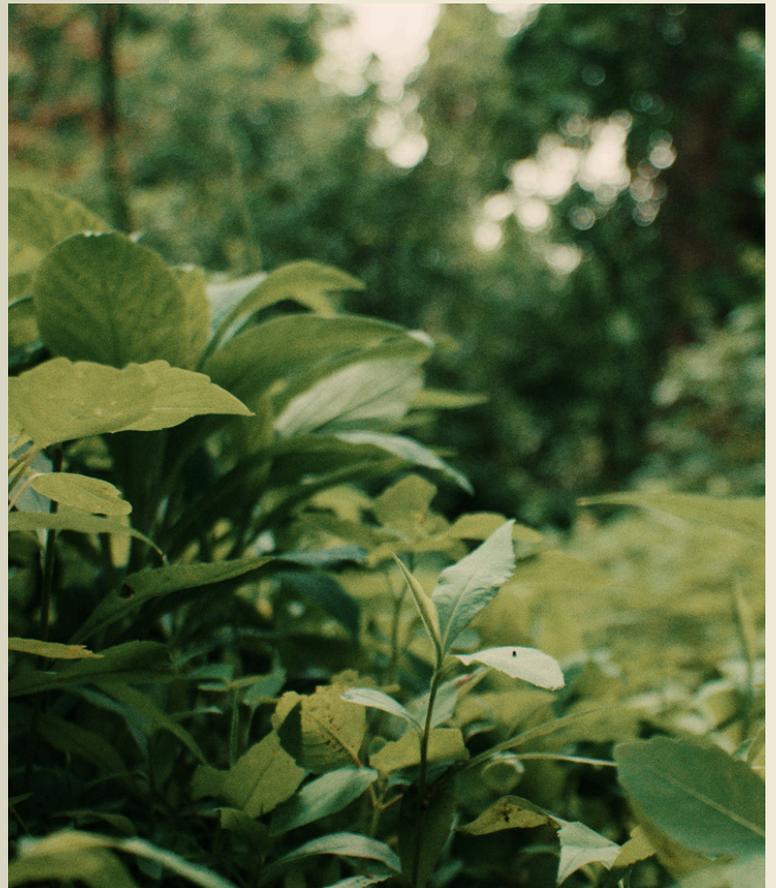
TAKE ACTION

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

COMING SOON

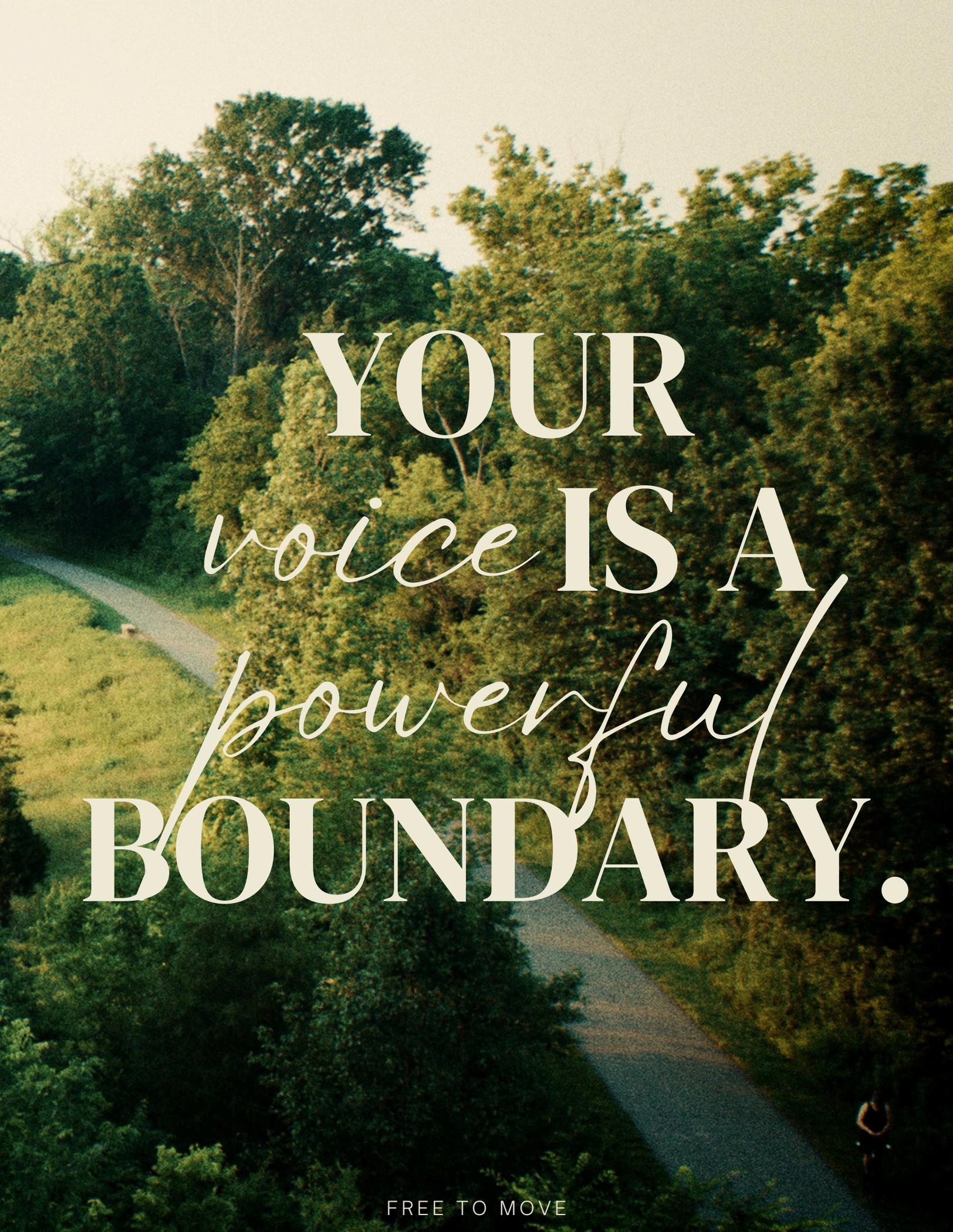
We are committed to equipping women with tools they need to move confidently and safely through outdoor spaces. This Safety Miniseries is the first Free to Move education resource.

Our next resource, expected in mid-2026, will dive into reactive safety best practices, informed by experts in physical defense training.



For more resources check out our website wearefreetomove.org

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An aerial photograph of a winding dirt path through a dense, lush green forest. The path curves from the upper left towards the lower right. The trees are vibrant green, and the lighting suggests a bright, sunny day. The overall mood is peaceful and natural.

YOUR
voice IS A
powerful
BOUNDARY.

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