FREE TO MOVE
teaching guide

wearefreetomove.org

Facilitator:

Date:

Location:

Lesson Topic: “We are Free to PREPARE”

Participant Learning Objectives:

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.

Material/Environment Suggestions:

- Facilitate this practice indoors or outdoors with seating available.
- Consider supplying water, coffee, or other snacks based on time of year.
- Provide writing materials for notes and journaling reflection.

Journal Prompts:

- Do you have a current safety plan for your outdoor movement activities? What does it include?
- Does the thought of safety planning cause you anxiety, or does it help you feel more secure and prepared?
- What would make safety planning a more empowering activity for you?

Lesson Structure:

- Start with a relaxed, welcoming environment. Consider providing name tags and starting with introductions.
- After introductions, watch Free to Move’s video, “We are Free to Prepare” as a group.
- Review components of safety planning addressed in the video:
  - What routes are you taking?
  - Who are you communicating with about your movement plan?
  - What equipment are you using?
  - When and where are you going?
  - Is anyone joining you for your movement?
- Pair up and create new safety plans to address individual needs based on activity, location, etc.
- Debrief and discuss anxiety versus empowerment in safety planning.

Script Suggestions:

Route & Safety Planning Checklist:

1. Have participants pair up and share:
 * What route would you take?
 * What time of day would you be out?
 * Who would you tell about your plan?
 * Would you be alone or with a group?
2. Take suggestions for safety tools (whistle, phone tracking app, lights).
3. Try filling out a sample safety plan together. (Go to wearefreetomove.org for a free sample safety worksheet)