

IMPACT

Personal Safety

Knowledge • Safety • Education • Joyful
Voice • Communication • Limits • Skills
Emotion • Integrity • Fulfillment • Calm
Capable • Solutions • Potential • Control
Strength • Choices • Positive • Courage
Awareness • Focus • Opportunity • Trust
Power • Transformation • Poise • Brains
Body • Assertiveness • Meaning • Safe
Prepared • Resources • Dynamic • Value

Changes • Strategies • Healing • Teens
Men • Capability • Boundaries • Aware
Challenges • Able • Readiness • Health
Respect • Adrenaline • Children • Verbal
Realistic • Freedom • Achieve • Support
Practical • Success • Relevant • Flexibility
Boundaries • Movement • Empowerment
Women • Spirit • Clarity • **PREPARE**

505-992-8833 ips@impactpersonalsafety.org
www.impactpersonalsafety.org

MISSION

- **IMPACT is a nonprofit organization that empowers children & adults by teaching them to prevent & defend themselves against verbal, physical & sexual violence.**

HISTORY

- **New Mexico history: Solace/ SFe Rape Crisis Center**
- **National lens within DV/SA movement:**
- **Expansion of services in the past 5-6 years**

IMPACT AUDIENCES

- **Children**
- **Young Teens**
- **Older Teens & Adults**
- **Parents & Caregivers**
- **Providers & Staff**
- **Survivors**
- **Court-Involved Youth**

PRINCIPLES

- **Social Justice**
- **Trauma-informed**
- **Comprehensive**
- **Layered Learning**
- **Success-based Learning**

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CURRICULUM FOUNDATIONS

- **Data Driven: FBI Research, Bureau of Justice Statistics, Blueprints for Violence Prevention**
- **Pedagogy: Adolescent Development, Educational Theory, Gender Studies, Anti-Oppression Work**
- **Experts: Gavin de Becker, Bessel van der Kolk, Daniel Goleman**
- **Forty years of collective experience**

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VIOLENCE PREVENTION

- **Draws on research and knowledge from multidisciplinary sources**
- **Addresses a wide scope of issues: strangers, people you know, variety of contexts**
- **Provides a spectrum of tools and responses**

SCHOOLS & COLLABORATIONS

- **Personal Safety 101 (Advocate Safety)**
- **Exploring Healthy Boundaries**
- **Healthy Relationships**
- **Intuition Development (Reconnecting to Intuition After Trauma)**
- **Redefining Consent on Campus**

SCHOOLS & COLLAB- continued

- **Technology & Safety**
- **The Roots of Violence (teens & adults)**
- **Walk the Talk (middle school)**
- **Misc. & Customized Classes**

EXPERIENTIAL TRAINING

- **Realistic assault scenarios**
- **Verbal & Physical Strategies**
- **Full-force Physical Techniques**
- **Re-trains Automatic Responses to Attacks**
- **Scenarios with Familiar People & Strangers**

CREATING SAFETY IN CLASSES

- **Confidentiality & Physical Safety**
- **Opening & Closing Circles, Check-ins**
- **Differentiated Instructor Roles**
- **Gradual Progressions, "See, Drill, Do"**
- **Coaching During Scenarios**

EMOTIONAL DIMENSIONS

- **Connections about Facing Fears**
- **Practicing for Difficult Conversations**
- **Being Powerful During Fear**
- **Familiar Scenarios**

REASONS SURVIVORS ATTEND

- **Feeling Stuck**
- **Need for Body-based Intervention**
- **Fear of Abuser's Retaliation**
- **Fear of Running into Abuser Unexpectedly**
- **Preparation for Having to Interact with Abuser**
- **To regain confidence or control that abuse took away**

HOW EXPERIENTIAL HELPS

- **Connection to Their Bodies**
- **Body-Oriented: People Experience Bodies as Powerful**
- **Success during Adrenaline (PTSD connections)**
- **Assertiveness & Calm Amidst Stress**
- **Feeling Powerful Amidst Fear**
- **Knowing They Have More Skills than Before**

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WHEN?

Some thoughts on which classes are beneficial at different points in trauma recovery.

OUTCOMES

"I was surprised to see that my former hyper-vigilance & fear have been replaced with adrenaline [management] & a feeling of being capable. Even in my romantic interactions, I am able to set boundaries, to be aware of what I do & do not want & am not intimidated to speak up when I am not comfortable."

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OUTCOMES

“IMPACT has helped a lot with the anxiety problems I used to have. I was terrified to jog in my neighborhood at night; I was terrified to leave my blinds open even an inch. I was terrified of the world in general. Years of therapy fixed nothing. And ever since I started taking this class I’m not really afraid of much at all. I know now that I have a plan of action. And that makes me feel so much safer.”

“ The stuff we practiced happens to me a lot, and I usually just fight. It was good to learn something else I could do.”

WRAP UP

- **Changing Name**
- **Questions & Answers**
- **Final Thoughts**
- **Acknowledgements**

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