

The Relationship Safety Handbook

People Safety Skills for Building Safe and Strong Relationships

Table of Contents

Introduction	2
Part One: A Foundation for Learning About Boundaries and Relationship Safety	3
What Is People Safety?	4
Assertive Advocacy	5
An Introduction to Setting Boundaries With People You Know	11
Building Emotional Safety By Speaking Up About Putdowns.....	17
People Safety Education to Help Stop Domestic and Relationship Violence	20
The Power of Successful Practice	31
Boundary-Setting Workshop	33
People Safety Tools for Protecting Sexual Safety for Teens and Adults	40
People Safety Tools to Help Prevent Substance Abuse for Teens and Adults	46
Part Two: Coaching Guides for People Safety Practices	53
Showing Awareness and Confidence: Group Coaching Guide	54
Showing Awareness and Confidence: Individual Coaching Guide	55
Introducing the Trash Can	56
Different Trash Cans	57
Introducing the That's Not True Practice	58
Getting Centered: Group Coaching Guide	60
Moving Out of Reach: Group Coaching Guide	61
Setting a Boundary: Group Coaching Guide	64
Using Your Voice Group Coaching Guide	65
Walk Away Practice Group Coaching Guide	66
Hands Down Power Group Coaching Guide	68
Part Three: Explanations and Social Stories	69
Introducing The Fullpower Friends	70
Recycling Hurtful Words	71
Accepting Compliments	81
Introduction to Emotional Triggers	87
Introduction to Verbal Attack	93
Controlling Our Emotional Thermostats	103
Talib Has a Grumpy Day	111
What is a Boundary?	118
Rosa Sets Good Boundaries	127
Rosa Gets Help	137
Mei Lin Remembers That Problems Should Not Be Secrets	145
I Messages	154
The Joy of Being Single	165
Assessing Relationship Safety	170
Trouble at Home	179
The Boyfriend Problem	188
Verbal Self-Defense: Making a Connection	198
Verbal Self-Defense: Creating a Distraction	208
Verbal Self-Defense: Lying	218
Verbal Self-Defense: Yelling	228
Putting Safety First	234
Conclusion ~ Relationship Safety Success Stories	236