

Projecting Confidence. Setting Boundaries. Taking Responsibility. Getting Centered. Persisting. Expressing Appreciation. Showing Awareness. Looking for Solutions. Changing the Plan. Strengthening Relationships. Confronting Injustice. Managing Triggers. Responding to Prejudice. Advocating for Yourself and Others. Filtering Hurtful Words. Putting Safety Before Pride. Respecting Differences. Planning for Safety. Noticing Opportunity. Being Kind to Yourself. Listening. Being Safe in Your Imagination. Feeling One Way and Acting Another. Speaking Up. Taking Charge. Staying Present. Creating Space. Getting Help. Building Trust. Checking First. Telling. Acting. Holding On.....



Avoiding Blame. Thinking First. Going to Safety. Staying Calm. Acting Wisely. Slowing Down. Leading Others. and Letting Go.

Celebrating Progress. Looking for Common Ground. Reporting Problems. Managing Risk. Overcoming the Bystander Effect. Finding Opportunity in Conflict. Believing in Yourself. Believing in Children. Using Power Responsibly. Taking In Compliments. Celebrating Success. Identifying the Safest Choice. Preventing Embarrassment from Stopping Action. Walking Away. Using Your Voice. Remembering Safety is More Important than Stuff. Accepting Imperfection. Looking and Sounding Like You Mean It. Using Physical Self-Defense Skills Responsibly. Leaving. Asking for What You Need. Taking Charge of Your Safety. Taking Charge of Your Life.

# Tools to Live By