

An aerial photograph of a city at sunset, with the sun low on the horizon, casting a warm glow over the urban landscape. The city is densely packed with buildings, and the surrounding area appears to be a mix of urban and natural terrain.

Lesson 9: Personal Safety & Communication Techniques

BOUNDARIES



RESPONSIBLE
SHARING



TRAUMA-INFORMED
ENVIRONMENT

Communication

Direct Communication

Gray Rocking

Example:

"Hey did you hear about Janet?"

"No."

"Oh, well she was having an affair."

"Okay."



GROUNDING TECHNIQUES



DEEP
BREATHING

5-4-3-2-1



OTHER
TECHNIQUES

Resources & Additional Learning

WHY PERSONAL BOUNDARIES ARE IMPORTANT AND
HOW TO SET THEM

<https://psychcentral.com/lib/what-are-personal-boundaries-how-do-i-get-some>

DEALING WITH A MANIPULATIVE PERSON? GREY
ROCKING MAY HELP

<https://www.healthline.com/health/grey-rock>

10+ MINDFUL GROUNDING TECHNIQUES (INCL. GROUP
EXERCISE)

<https://positivepsychology.com/grounding-techniques/>

