# Lesson 9: Personal Safety & Communication Techniques

### BOUNDARIES



RESPONSIBLE SHARING



TRAUMA-INFORMED ENVIRONMENT

### Communication

## Direct Communication Gray Rocking

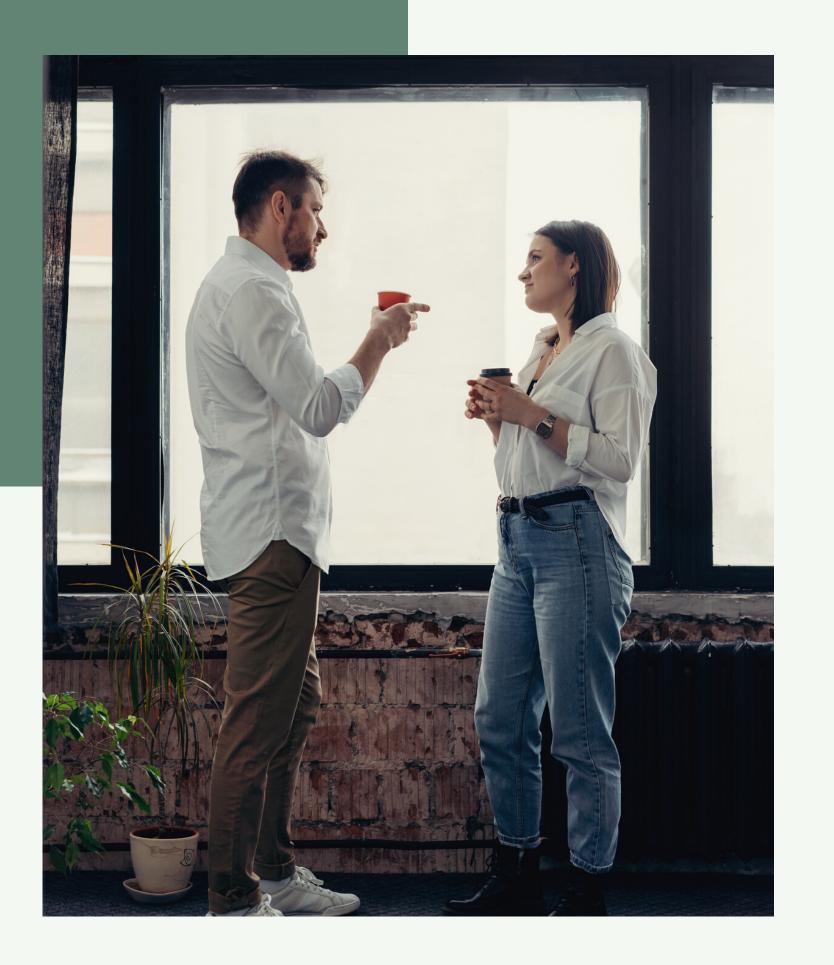
#### Example:

"Hey did you hear about Janet?"

"No."

"Oh, well she was having an affair."

"Okay."



### GROUNDING TECHNIQUES



DEEP BREATHING





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/

