



NEIGHBORHOOD TRAINING

Learn skills to identify and safely interrupt harassment in all its forms

Sunday January 13th 2:00- 4:30pm

Maine Center for Taijiquan

500 Forest Ave. \$10 - \$20 sliding fee

Open to all.

Purpose: Learn safe methods to counter harassment, assault, and abuse through safety strategies, verbal and physical skills, increased confidence and awareness, and promotion of healing and growth.

Active Bystander Workshop: The goal of this 2.5 hour training is to give participants the awareness to recognize identity-based harassment in the early stages and the skills to intervene both for their own safety and as an effective ally to others targeted. The training is highly engaging using small group work, pair exercises, and movement to generate discussion and create a fun and impactful learning environment. The training focuses on four areas:

- **Grounding:** Participants will learn and practice tools for managing adrenaline in high stress situations.
- **Boundary Setting:** Participants will explore tools for boundary setting and self-advocacy and in a range of situations including when they are targeted for harassment.
- **De-escalation:** Participants will share and practice skills for intervening in heightened situations to avoid and interrupt escalation.
- **Bystander Intervention:** Participants will discuss and practice ways to intervene directly, indirectly, and through use of distraction in a range of situations from microaggressions to overt harassment. The focus is firmly on interventions that increase the safety of the person targeted rather than on confronting the harasser. Participants also explore resources and tools for recording and reporting harassment.

To register visit www.PACMaine.com or Call 780-9581

Presented by Prevention. Action. Change.

Active Bystander Workshop History: Developed out of our work in Empowerment Self Defense, PAC began presenting Active Bystander trainings for the Maine contingent of the Women's March on Washington in December 2016. In 2017, PAC trained over 700 people across Maine in collaboration with ACLU of Maine, Portland Confront, Peace and Justice Center of Eastern Maine, Food and Medicine, Planned Parenthood and others.

Instructor: Clara Porter, Director – Prevention. Action. Change.

Clara Porter MSW, has over 20 years of experience in the field of violence prevention. She is the founder of Prevention. Action. Change. in Portland Maine which works to counter harassment, assault, and abuse through safety strategies, verbal and physical skills, increased confidence and awareness, and promotion of healing and growth. Porter is certified in Empowerment Self Defense with the National Women's Martial Arts Federation and Center for Antiviolence Education and in Advanced Trauma First Aide.