



Asian American Federation



keeping ourselves safe

a training on situational awareness

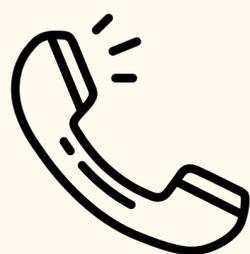
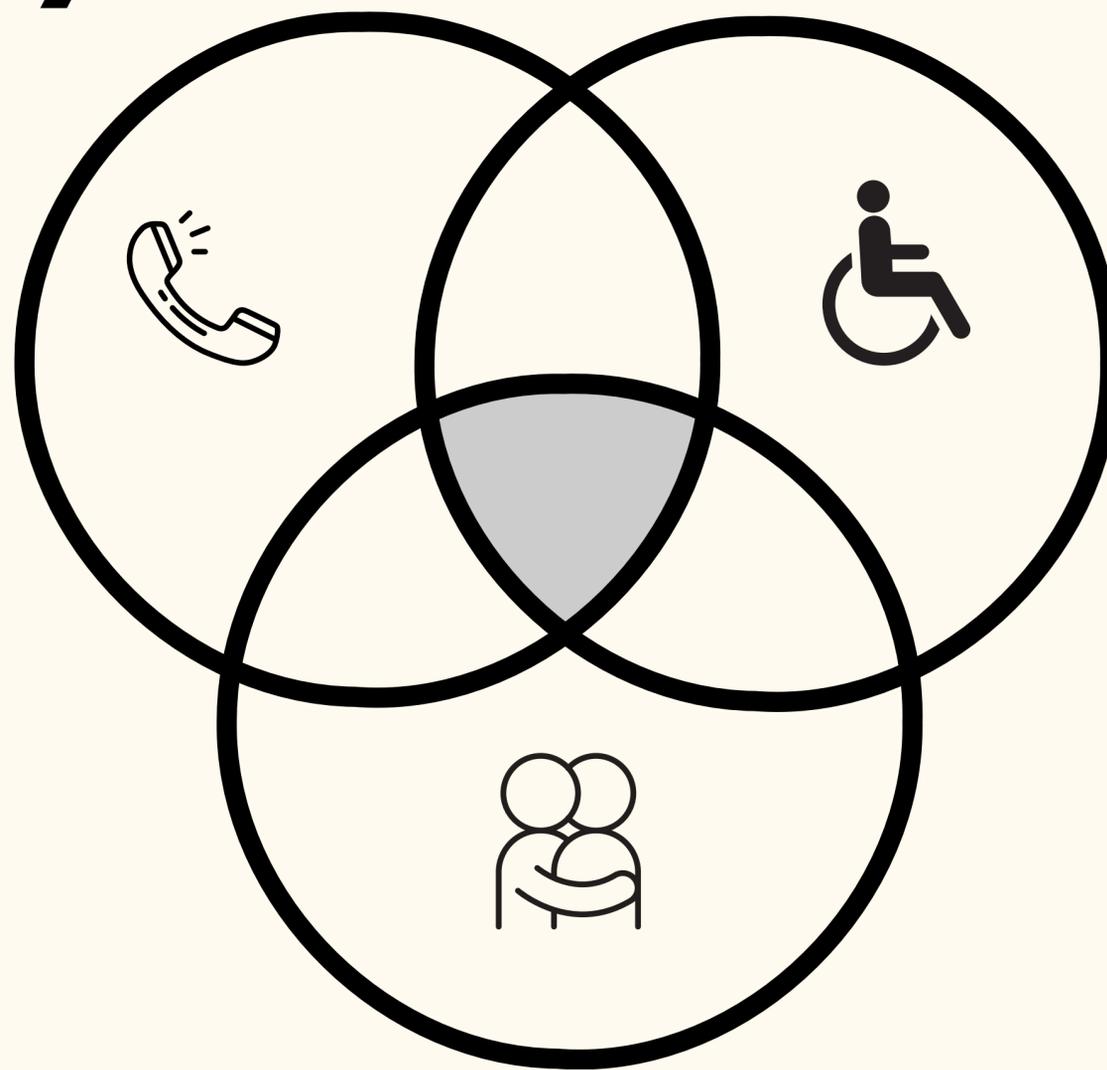


This training will explore holistic skills & tools used by human rights defenders around the world to uplift their communities & keep themselves safe from violence.

Training Roadmap
Holistic Safety & Security
Situational Awareness

Nonviolent Peaceforce & Asian American Federation

holistic safety & security



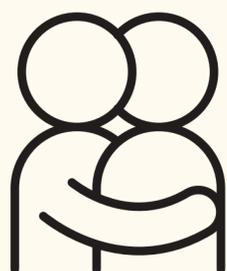
Digital Safety: refers to our information, communication, & equipment.

Ask: What is confidential? What is transparent?



Physical Safety: refers to accessibility and our physical well-being.

Ask: What are the accessibility needs?

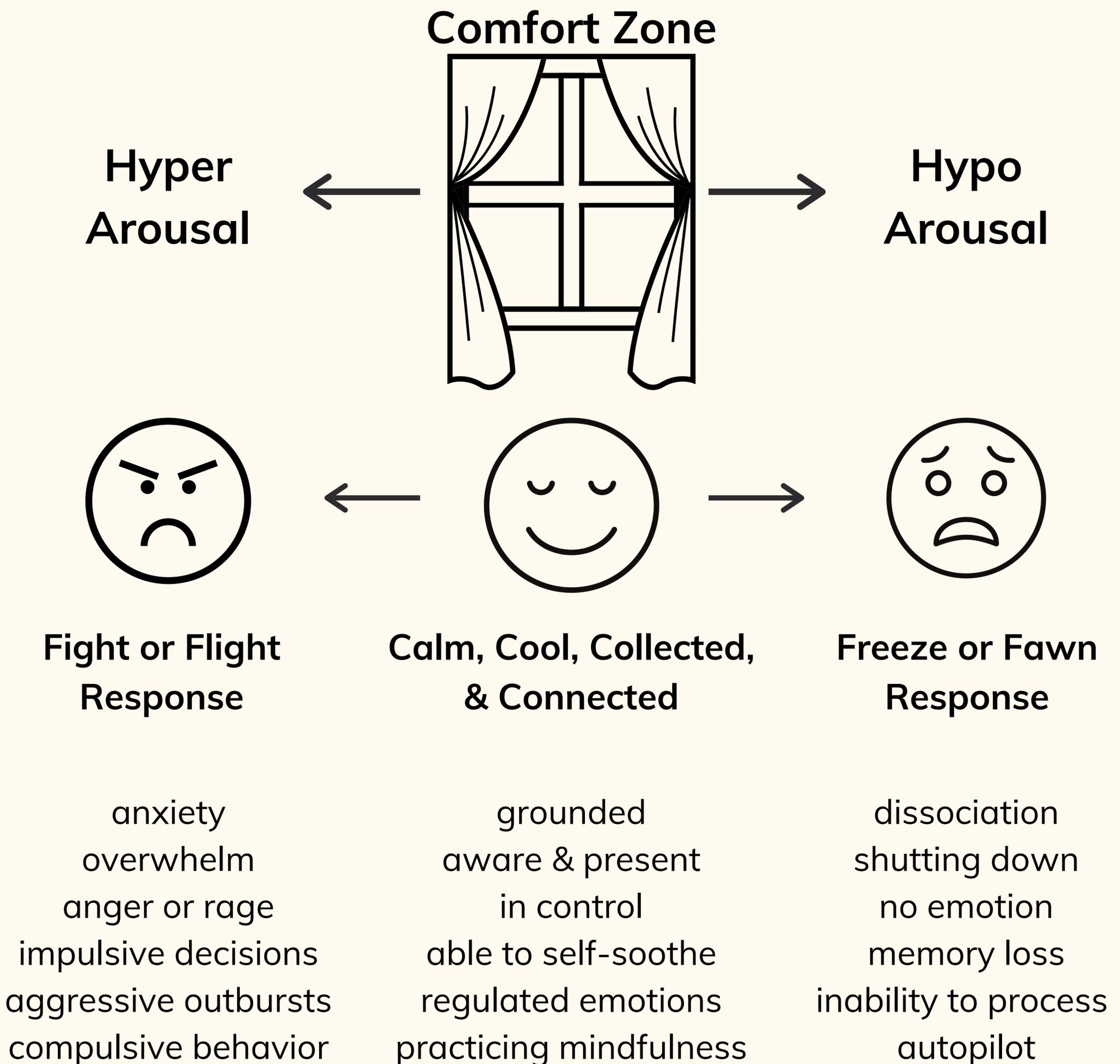


Psychosocial Safety: refers to our emotional, mental, & spiritual well-being.

Ask: What does support look like for you & your community?

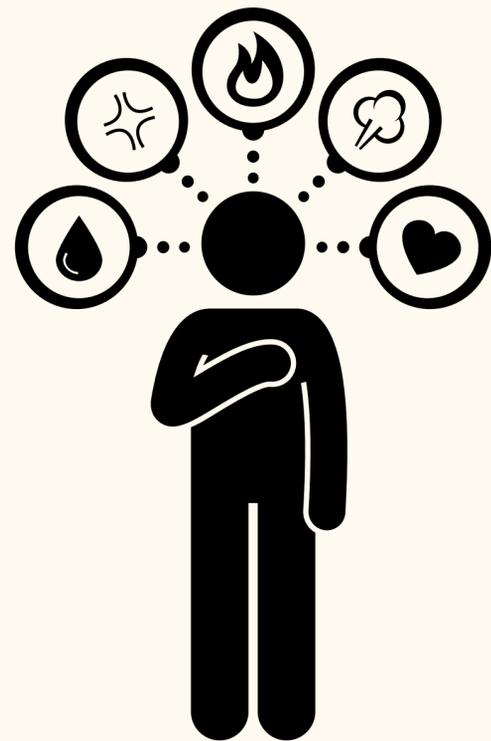
window of tolerance

a tool for understanding your comfort zone & how you instinctively respond to your surroundings



holistic check-in

a tool for checking in with ourselves and our community about our experiences, boundaries, window of tolerance, & support needs



What are you feeling physically?

Take notice of your body, your heart rate, & your breathing.



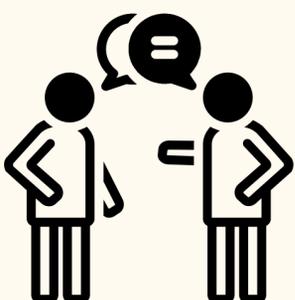
What are you feeling emotionally?

Observe your thoughts and if you feel grounded, anxious, or disconnected.



What are you feeling spiritually?

Consider your capacity & your connection to your support system.

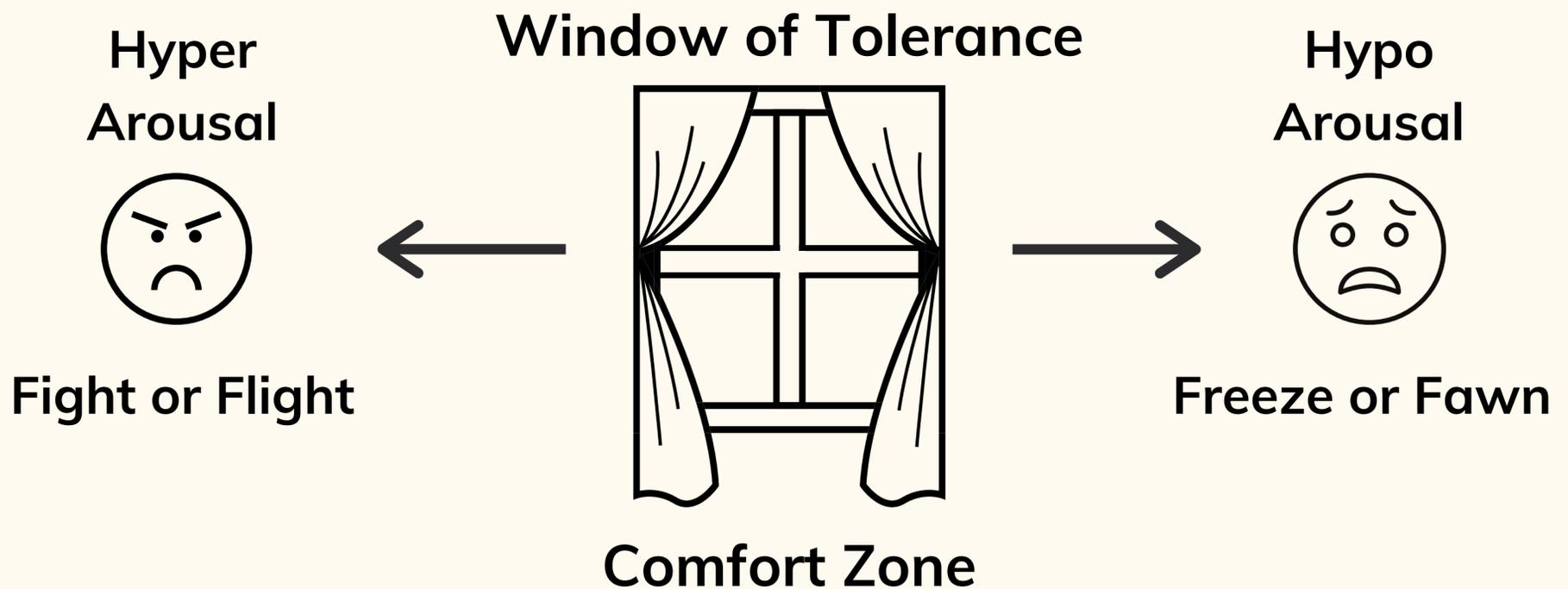


What do you need for support?

Practice advocating for yourself & your community.

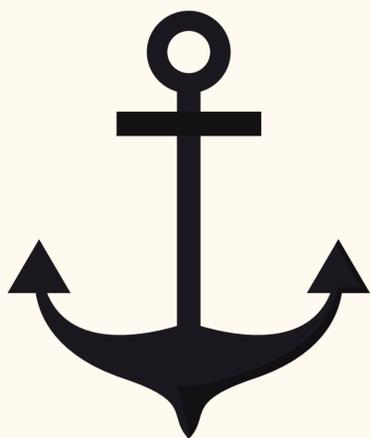
trigger points & anchor points

a tool for understanding how you move through your window of tolerance



Trigger Points: the things that throw us outside of our window of tolerance.

Ask: What stress you out? What makes you angry or anxious? What makes you shut down?



Anchor Points: the things that ground us inside our comfort zone.

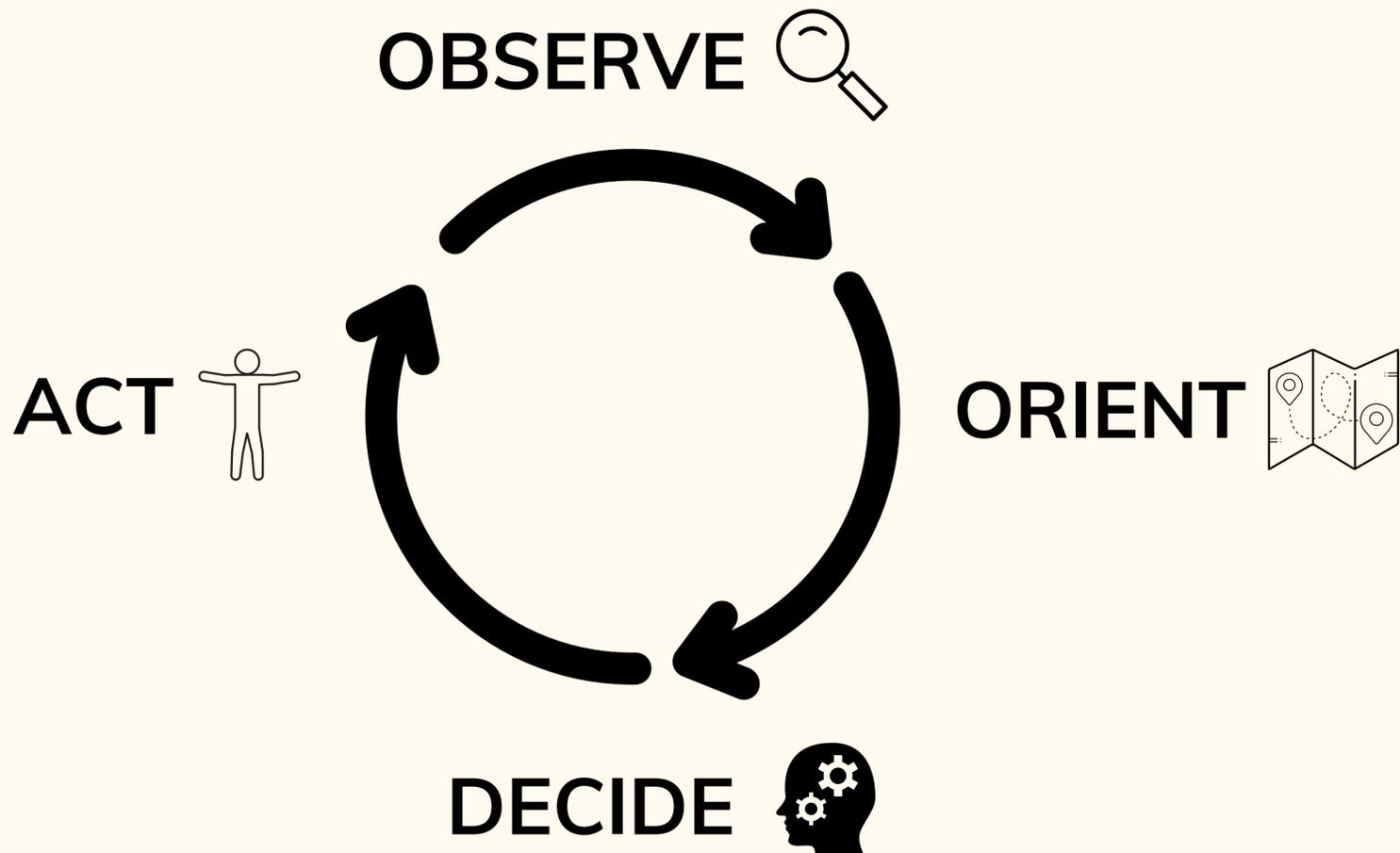
Ask: What grounds you? What centers your focus? What reminds you of your agency? What reminds you of your support system?

Guiding Principle: being honest with ourselves with compassion and without judgment gives us the full freedom and agency we need to advocate for ourselves.

the OODA loop

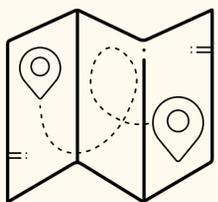


a Situational Awareness tool to help us understand and respond to our surroundings



Observe: being present & taking in information about yourself & your environment.

Ask: What are my surroundings & experiences?



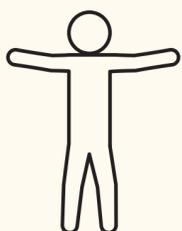
Orient: establishing what is normal for your situation in order to notice any changes.

Ask: What is the baseline? Are there any anomalies?



Decide: understanding what you want out of your situation & what you need to make that happen.

Ask: What are my goals, resources, options, & plan?



Act: moving through your situation based on your observations, orientation, & decisions

Ask: Am I aligned with my goals? Do I need to adjust?

Remember to turn your Situational Awareness both ON and OFF!

adapted from Across Frontlines