

The 4-W's Skill Sheet: Setting Boundaries in Public Places and Spaces

THIS DOES NOT APPLY TO EMERGENCY SITUATIONS WHERE YOU NEED HELP IMMEDIATELY

Who: Ask myself who is making me feel unsafe and what are they doing to make me feel this way?

WHO	What are they doing?
<ul style="list-style-type: none">• Someone I have never met before • Someone I am familiar with such as a friend, a family member, a co-worker	<ul style="list-style-type: none">• A person is not following the rules posted or what is requested in a public place (e.g., grocery store, park). • A person is saying something about COVID-19 that is not true. They don't know the research on COVID-19 or have been misinformed. • A person is asking to come to my apartment or want me to spend time with them.

Who is the person and what are they doing?

When: Ask myself do I talk with this person now or should I wait until another time?

I can talk to person right now	I don't need to say anything at this time
<ul style="list-style-type: none">• It's someone I know and they are asking me to do something or acting in a way that makes me feel uncomfortable. • It's a person I don't know but I am in a public space that I can not leave or walk away from easily.	<ul style="list-style-type: none">• The person is having a conversation in front of me, I can choose to not listen or remove myself from the situation. • Someone has made a post on the internet I disagree with. I don't have to post a response right away or maybe not at all. • The person is about to leave or go somewhere else.

When will I talk with this person: _____

Where: Ask myself if where I am at currently is a safe place to share my thoughts?

Possibly a safe place and I can share my thoughts now	Possibly an unsafe place so I may not want to share my thoughts now
<ul style="list-style-type: none">• I am in a public space with other people around or with a friend/associate who could help me if I needed help.• I see a person of authority nearby who can help me if I need help (e.g., security officer, store manager).• If I am on the phone with the person.	<ul style="list-style-type: none">• I am alone and have no one to ask for help.• I am alone and the person who is making me feel unsafe is with a lot of other people.• I do not know this person and I am not in a familiar place.

Am I currently in a safe place to share my thoughts?

What: Decide how to start the conversation and what you want to share

How to start the conversation	What do I share
<ul style="list-style-type: none">• Excuse me, could you please _____.• Do you have a minute to talk?• I want to let you know I am feeling_____.	<ul style="list-style-type: none">• I feel unsafe because you aren't wearing your mask right now; could you please back away from me.• I feel (<u>scared, unsafe, like I may get sick from you</u>) when you are acting in this way _____; Could you please _____.

I will start the conversation by: _____

Things I can share: _____
