

Setting Verbal Boundaries: Chant Practice

Practice direct speech with others as a foundation for clear communication and an element of our verbal de-escalation skill-set. Hearing direct speech in class is a powerful reminder of our infinite options while refusing intimidation, threat and manipulation.

It is also always ok when we choose not to confront. A mindful choice becomes a conscious, powerful defense, and leaves other options open for when those seem appropriate to us.

❖ The "STOP" Chant

Stop! Leave me alone. Stop! I said, leave me alone! Stop it! Stop it now! "No" means "NO!" Stop. Keep your hands to yourself. Stop it! Stay away from me. Stop pretending you don't understand. Stop calling me names. Stop this harassment. Stop threatening me. Stop touching me. STOP! Stop it! Let go of me! Stop. I don't want to talk to you. Stop! I don't feel like playing around. STOP! I don't want to. I don't have to. **Stop! Stop it! Stop it right now! STOP!**

❖ The "NO" Chant

NO! Leave me alone! NO! Keep your hands to yourself. NO! Stop bothering me. NO! I don't want to. NO! I don't think so! NO! Stop acting like that. NO! Stay away from me. NO! Don't talk to me. Stop grabbing me! Stop touching me. Quit! I said quit it! I said NO! Don't talk to me. I said leave me alone. NO! I said NO! **I say NO and I mean NO. NO NADA NOT! NO! I am not going to say this again -- Stop harassing me. NO!**

Examples of Direct Speech

What do you want? Why are you asking? I don't want to talk to you. I want you to leave me alone. I want you to listen to me. Stop interrupting. I prefer to be alone right now. I feel like you're ignoring me. I don't feel like you're listening to me. Your behavior is inappropriate. That tone of voice is out of control. This conversation is not mutual. I don't feel like talking right now. If you will step back and respect my space, I might be willing to talk about it.

Stay out of my space. Stop crowding me. Don't be rude. Don't be so intrusive. Stop staring. Stop glaring at me. Your questions are an invasion of my privacy. You're standing too close to me. Your behavior is rude. Your behavior is inappropriate. Your behavior is unacceptable. That behavior needs to stop right now. Don't threaten me. That remark is insulting. Don't patronize me. I'm not interested in your opinion. **Stop harassing me.**

Name-calling is rude. That remark is racist and rude. That remark is sexist. Are you trying to manipulate me? Are you trying to embarrass yourself? I don't like guilt-trips, from you or anyone. I can take care of myself. I can handle my own business. I'm not interested in talking right now. Are you questioning my priorities? Don't ignore my words. Don't make any choices for me. Back off. Who's in charge, here? Leave me alone. **Stop harassing me.**

Our Voices are Powerful. Our Choices are Infinite.

“Speaking Out for the Victims...Tell Others!”