Remember, this training navigates ways to validate people’s lived experiences by applying trauma-informed practices as a framework.

**TRANSPARENCY AND BOUNDARY-SETTING**
Help to set up realistic expectations and clear boundaries by focusing on what’s within your control.

**POWER-SHARING & CONSENT**
Empower others to exercise their agency by validating their strength and giving them control of the physical environment.

**PREDICTABILITY AND RELIABILITY**
Remember to follow through with the commitments you make and don’t over promise.

**FACILITATE SELF-PRESERVATION**
Normalize the need to be intentional about self-preservation, help locate support systems and share self-preservation ideas with others.

**EMOTION**
Validate their emotions at appropriate times; don’t touch anyone without their permission.

Prevention, Advocacy & Resource Center
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