Community Safety Teams

Trigger Points, Boundaries & Anchorpoints

#WeKeepUsSafe

Before arriving, take a few moments to consider boundaries and potential triggers, and remember your anchorpoint.

Make time to center yourself the night before and morning of a protective action and identify an anchorpoint—a place of emotional safety.

Make time to discuss your boundaries with your team when you meet up before the action.

Remember to check-in with your team throughout the day and make time for appropriate aftercare.