

MEASURING LOVE

in the Journey to
End Sexual and
Intimate Partner
Violence



May 16, 2024 | 11 AM - 12:30 PM PT

Meet the PreventConnect Team



Ashleigh Klein-Jimenez

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she/her/hers



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she/they



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connect

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DISABILITY JUSTICE HIGHLIGHT REEL PART 1

Disability Justice as a Value and Practice

 **prevent connect**
A ValorUS[®] PROJECT



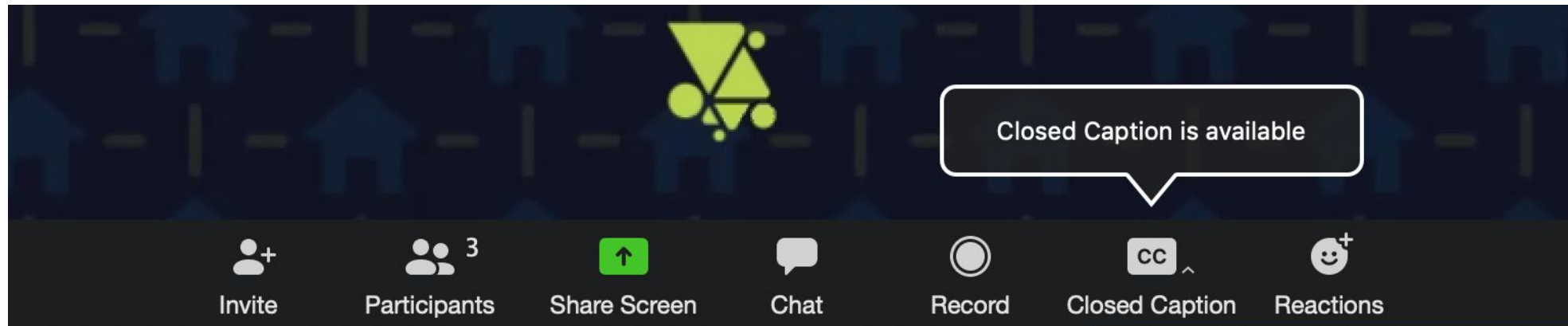
Available on  Spotify  


Janae Sargent
they/she
Preventconnect


Priscilla Klassen
she/her
Valor.Us

How to use Zoom

- ▶ Text chat
- ▶ PowerPoint Slides
- ▶ Polling Questions
- ▶ Phone
- ▶ Closed Captioning
- ▶ Web Conference Guidelines



Have you attended a PreventConnect Web Conference before?

Polling Question

The image shows a light blue background with faint grid lines. In the center, there is a white rectangular area containing three rounded rectangular input fields. The top field has a blue checkmark icon inside a circle, followed by two horizontal lines for text entry. The middle and bottom fields each have an empty circle icon followed by two horizontal lines for text entry.

PreventConnect

- ▶ Domestic violence/intimate partner violence
- ▶ Sexual violence
- ▶ Violence across the lifespan, including child sexual abuse
- ▶ Prevent before violence starts
- ▶ Connect to other forms of violence and oppression
- ▶ Connect to other prevention practitioners

MEASURING LOVE

in the Journey to
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Intimate Partner
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PreventConnect is a national project of ValorUS sponsored by the U.S. Centers for Disease Control and Prevention. The views and information provided in this web conference do not necessarily represent the official views of the U.S. government, CDC or VALOR.

Objectives

- Decolonizing love for self is a radical act
- Setting boundaries as love for self
- Being courageously honest is love for self
- Goal setting for radical love for self

Meet Today's Guest Speakers



Audrey D. Jordan

(she/her/hers)

Founder, ADJ

Consulting & Coaching



Shiree Teng, Strategy

(she/her/hers)

Strategy & Learning

le|Valuation Consultant

Measuring Love at NSAC 2023





MEASURING
Love
IN THE JOURNEY
FOR JUSTICE

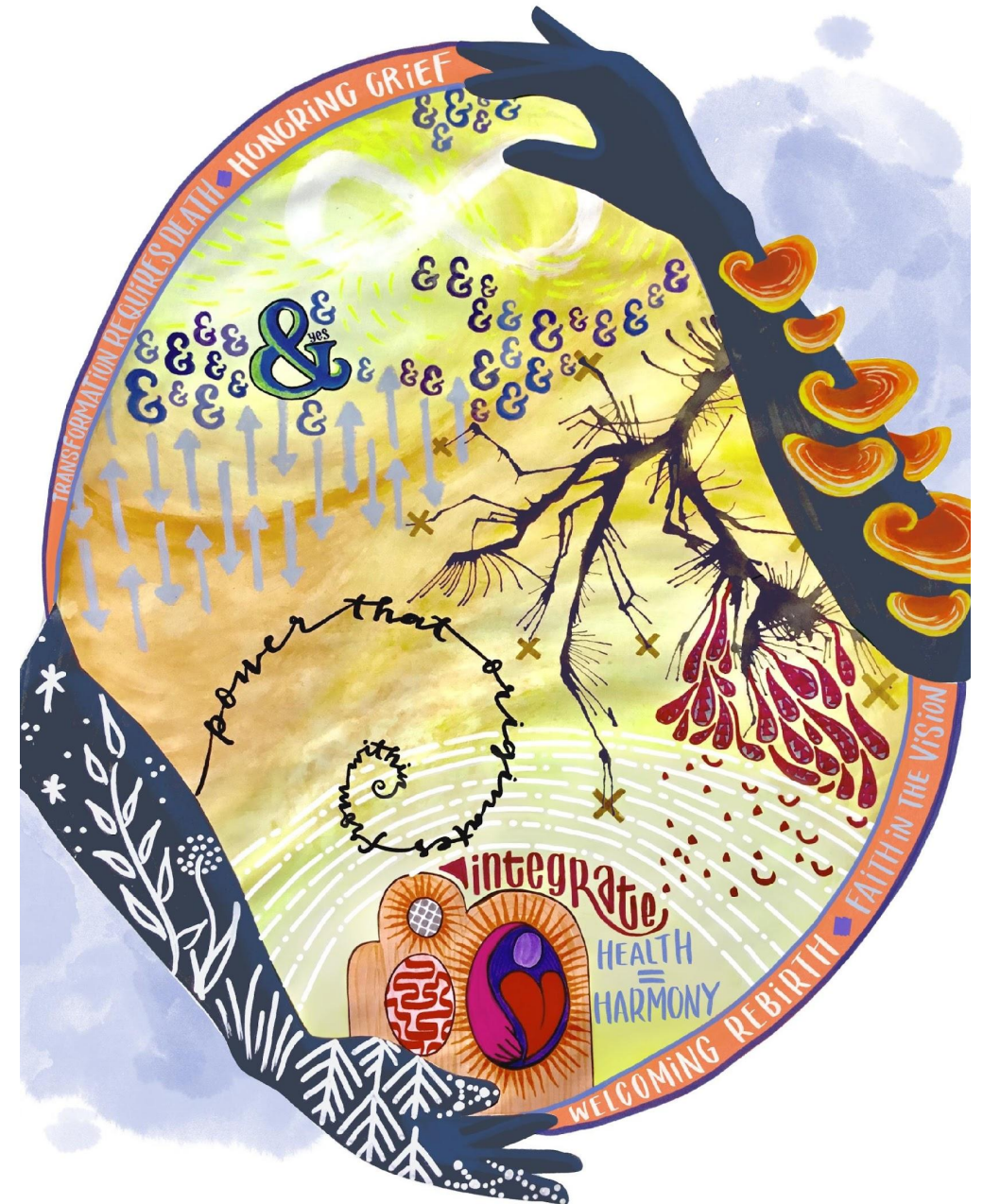


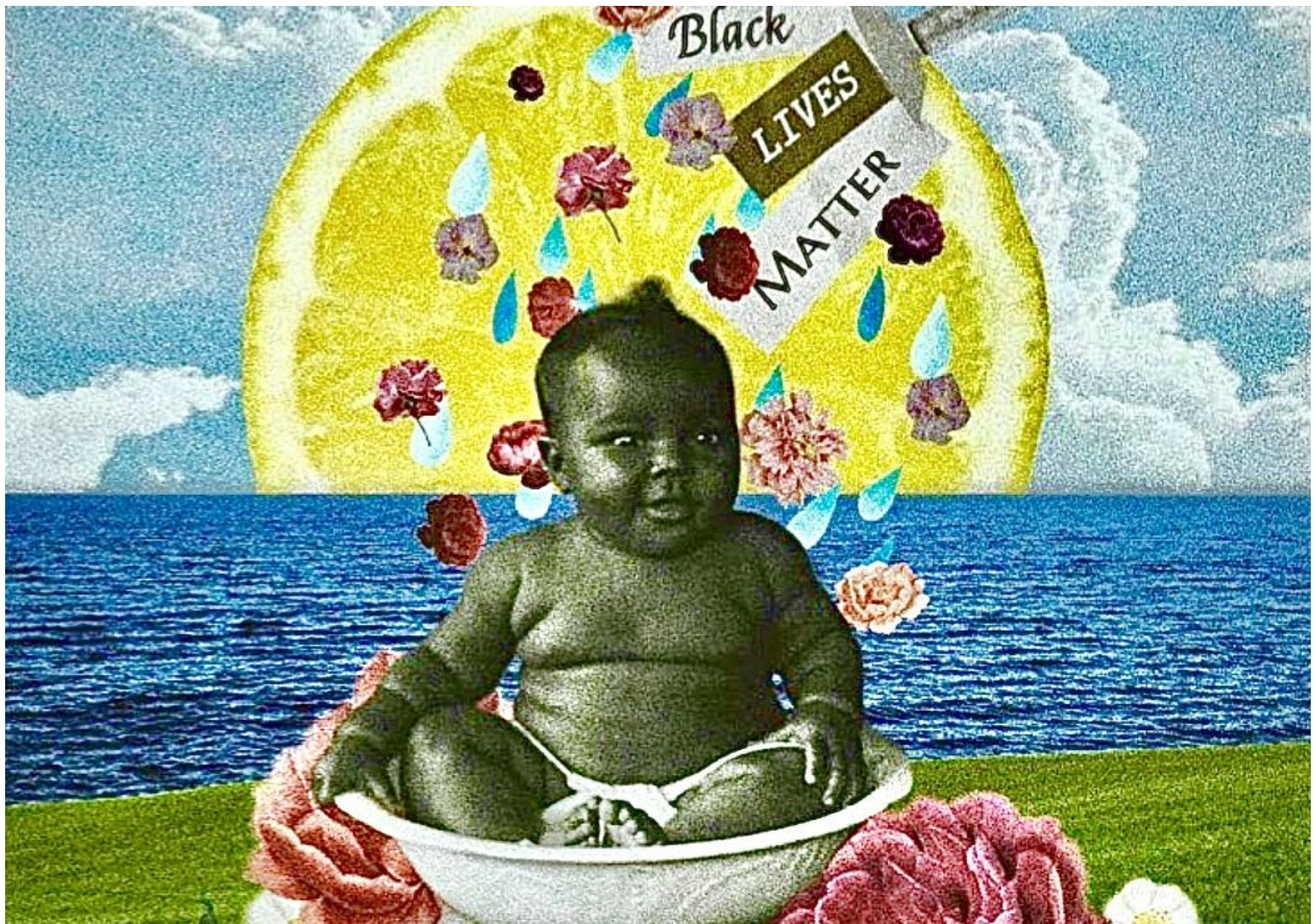
Healing Love: Into Balance

A BROWN PAPERZ

Please Chat

- Name
- Place you're zooming in from
- Job function: not title but how you see yourself, e.g. advocate, healer, connector, knowledge builder, etc.
- A blessing &/or curiosity you're holding





“

*There comes a time
when humanity is
called to shift to a
new level of
consciousness...
that time is now.*

WANGARI MAATHAI

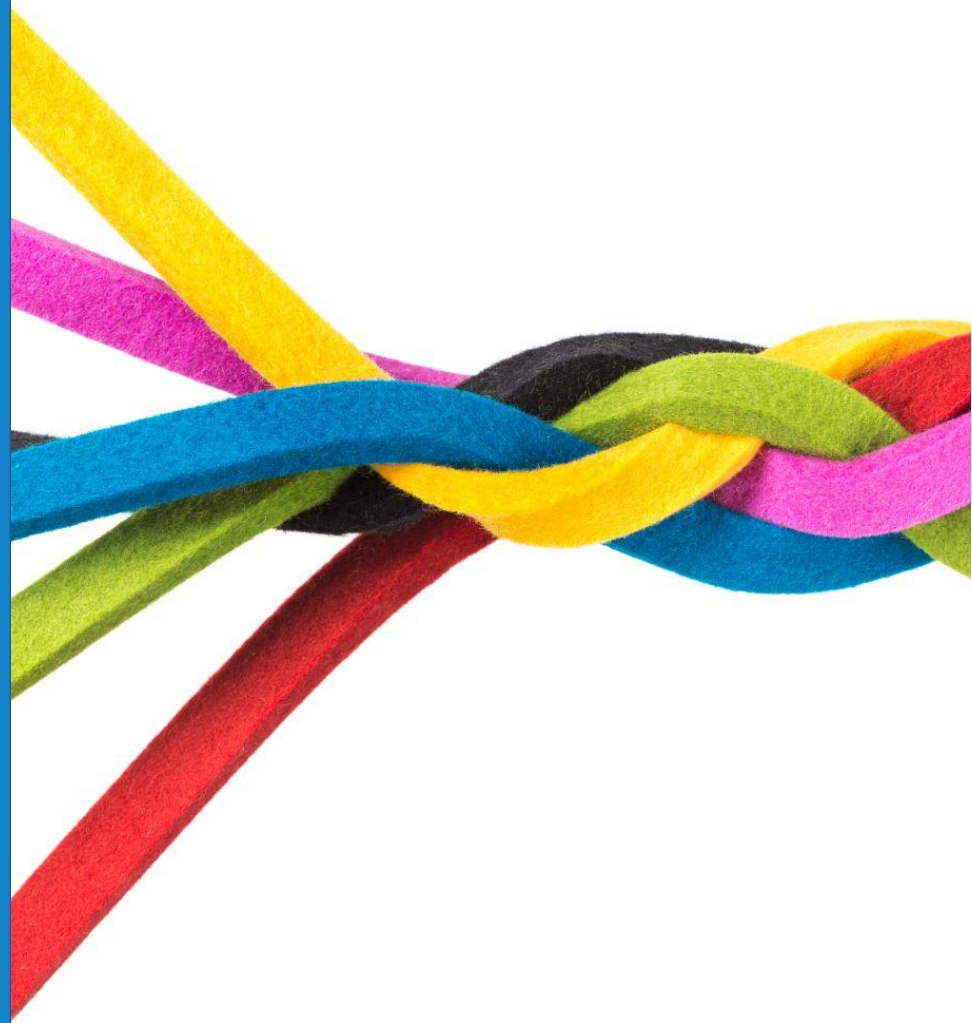
**THE PRACTICE OF
LOVE IS THE MOST
POWERFUL ANTIDOTE
TO THE POLITICS OF
DOMINATION.**

bell hooks



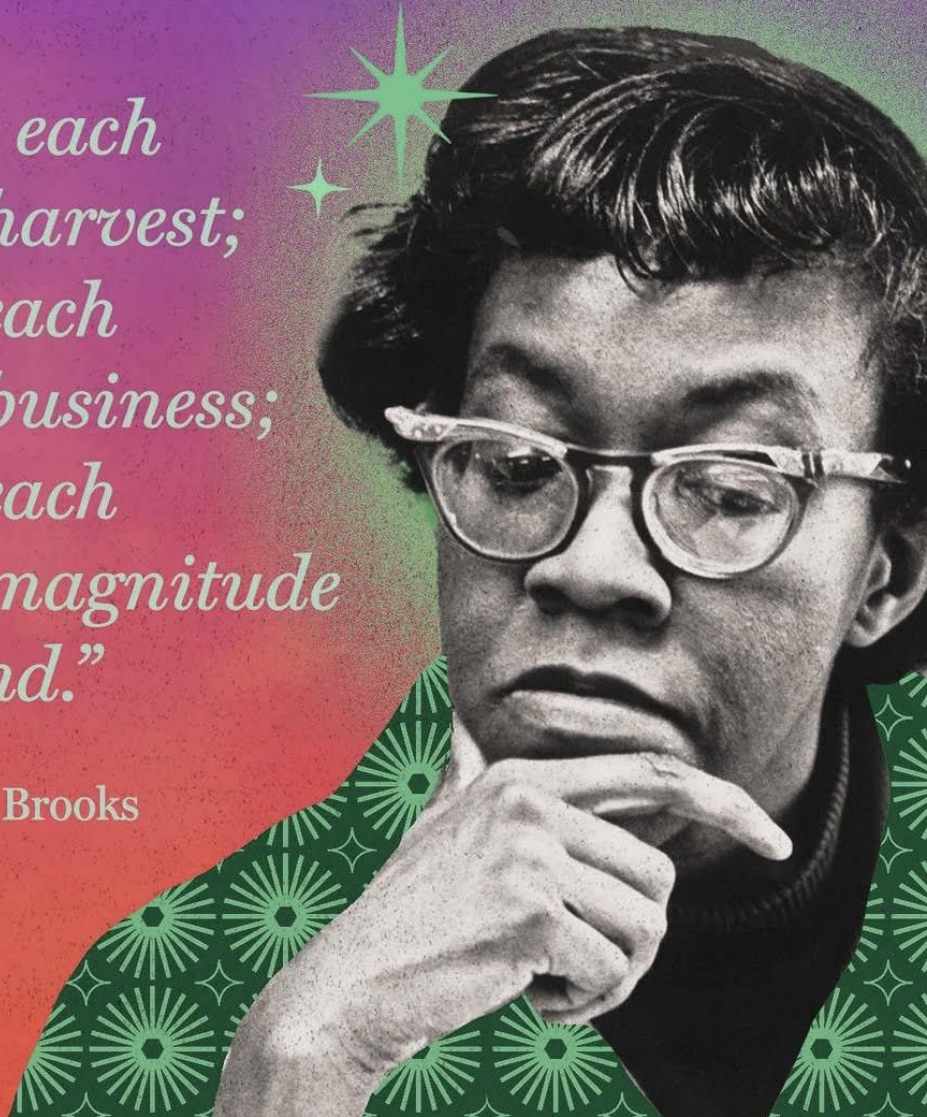
Group Agreements

- Be present
- Lean into your courage
- Share the what



*“We are each
other's harvest;
we are each
other's business;
we are each
other's magnitude
and bond.”*

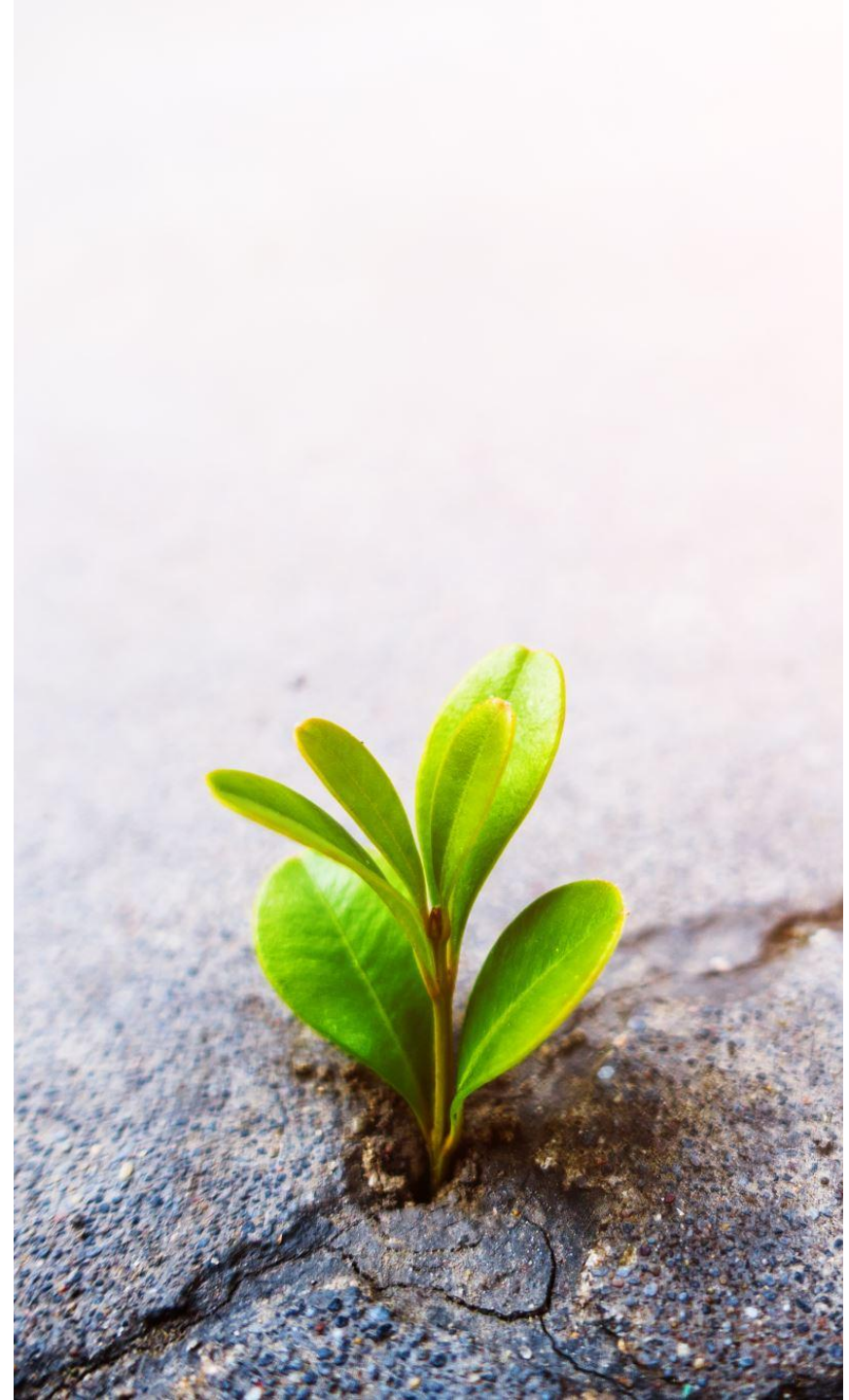
-Gwendolyn Brooks



Build Community

Speedy authentic share time

- Story of your name
- A memory when young
- Share a dream or hope for our movement to end domestic violence and sexual assault









10

香港上海匯豐銀行

THE HONGKONG AND SHANGHAI BANKING CORPORATION
Promises to pay

N^o 026788 JM N^o 026788 JM

the Bearer on demand at its Office here

TEN DOLLARS

*or the equivalent in the Currency
of the Colony, Value received.*

HONG KONG 1st MAY, 1964.

BY ORDER OF THE BOARD OF DIRECTORS

[Signature]

CHIEF ACCOUNTANT

[Signature]

CHIEF MANAGER

香港

HONG KONG

香港

圓拾

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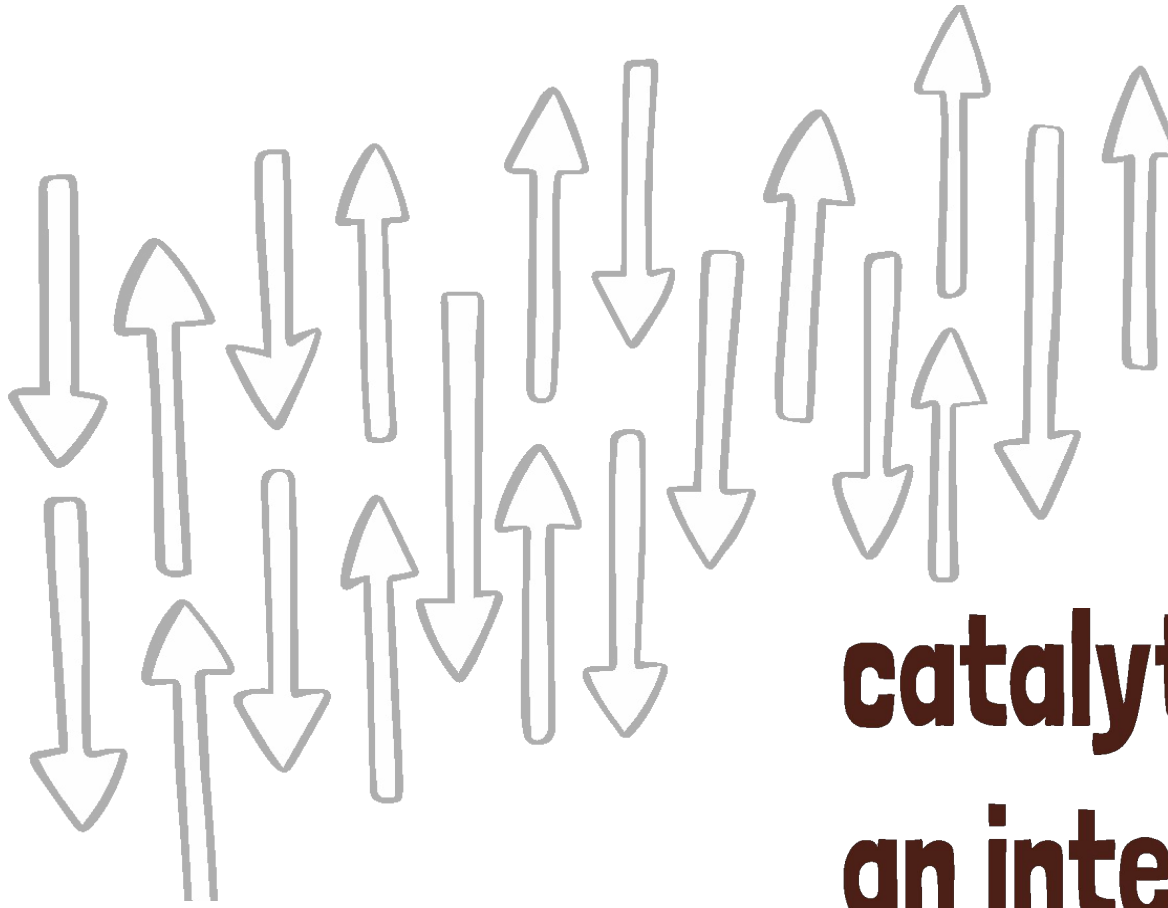












**catalytic love is
an intentional
decolonizing act**

To what extent have you owned your story? (Scale 1-10)

Polling Question

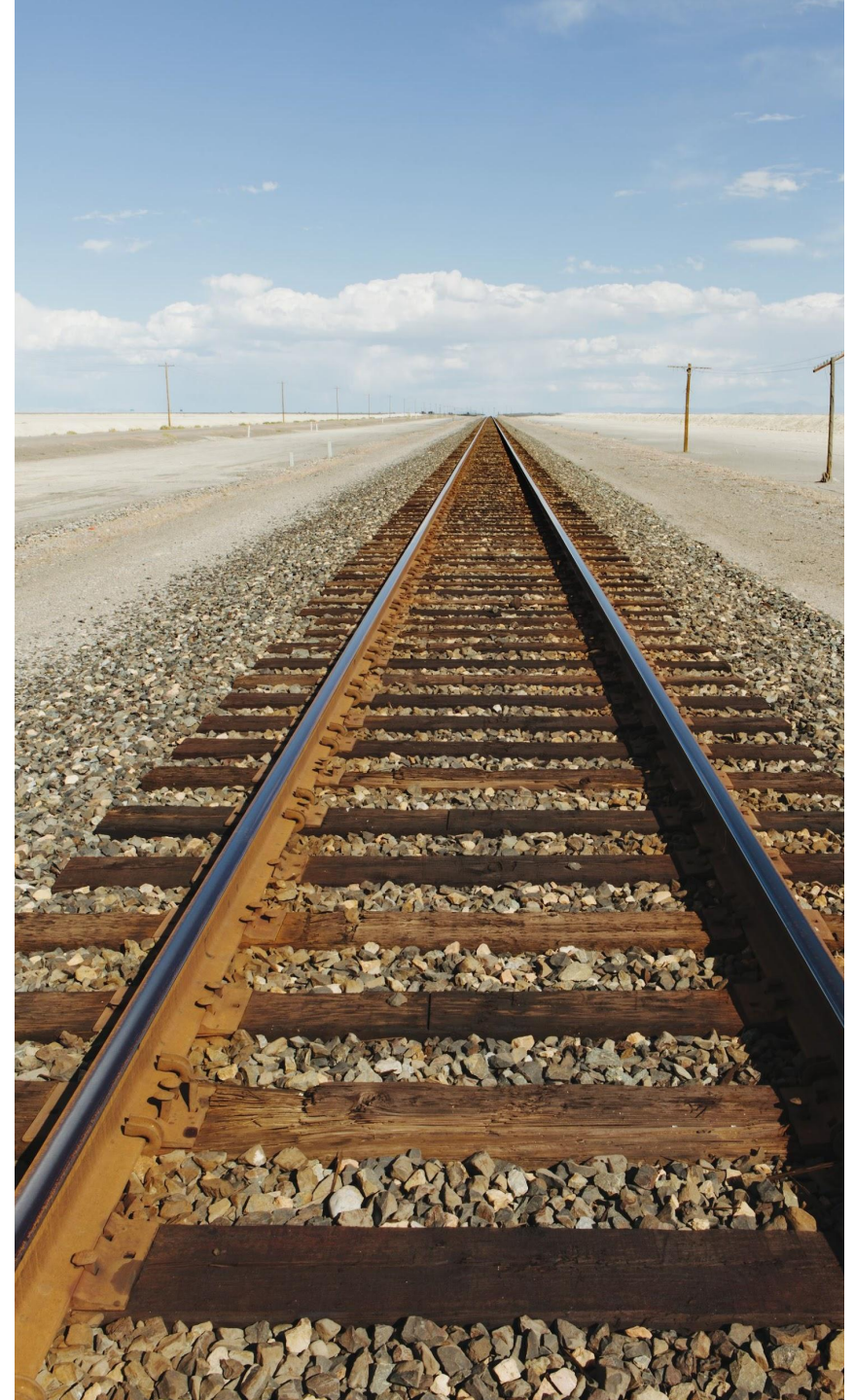
Reflect on the 3-5 most powerful markers of your journey so far in your life that put you where you are today... write them down.

A graphic of a clipboard with a checklist. The top section is a white header. Below it is a list of three items, each in a light blue rounded rectangle. The first item has a blue checkmark icon and two horizontal lines for text. The second and third items have empty circle icons and two horizontal lines for text.

To what extent
have you owned
your story (scale of
1-10)

Chat question

Reflect on the 3-5 most powerful
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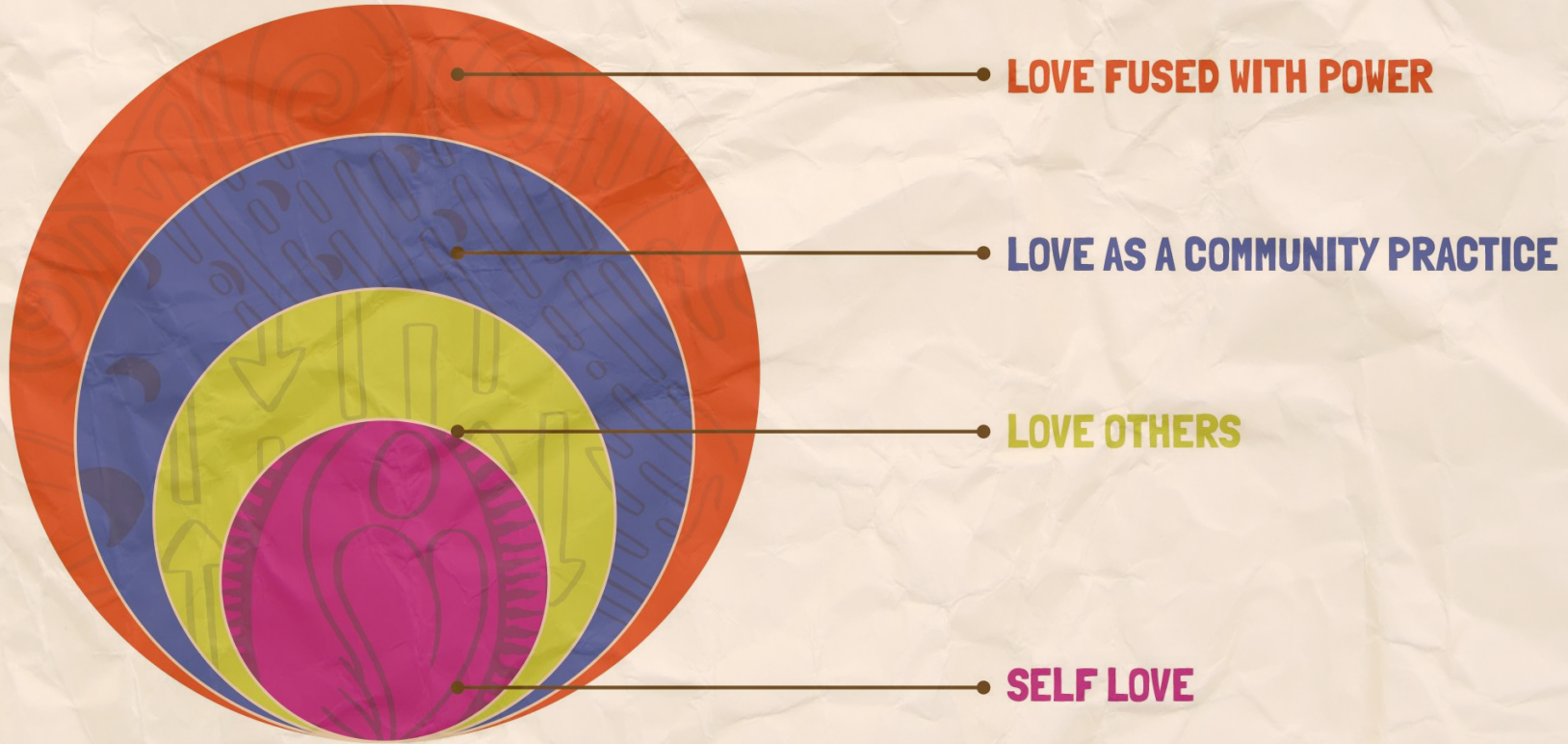
**Who / What benefits when
we *don't* love ourselves?**



Journal... then share these stories

In groups of 3 people, please share a story about growing up.

- ▶ What were the messages about loving yourself?
- ▶ What were the messages to not love yourself?
- ▶ What role would you say colonization, white supremacy and caste systems had in those messages?



Our practice is to love ourselves critically, to love others with deep humility, and to love in community in the struggle and movement for freedom and justice.

We claim and assert our rightful power that is fused with love. All else is consciously or unconsciously upholding the colonized, white-supremacist paradigm that separates, tears apart, denigrates, and degrades.



**real self love
is calling
yourself
out on all
of your shit
in order
to grow and change.**

GINA MOFFA, LCSW

Journal... then share these stories

In groups of 4 people, please share a story about your journey to more fiercely love yourself...

- ▶ What are you unlearning?
- ▶ What are you relearning?

**Dominant culture
has separated
our mind knowing
from our heart
and intuitive and
spiritual knowing,
and made rational
thought the
only path.**





OUT OF MY CONTROL



adapted from Helen Marie

“Vulnerability is not winning or losing; it’s having the courage to show up and be seen when we have no control over the outcome. Vulnerability is not weakness; it’s our greatest measure of courage.”

—Brené Brown



Journal... then share stories

In pairs, please share:

- ▶ A time when you've struggled to behave in integrity with your values at work or at home, what happened?
- ▶ A time when you have questioned whether you acted or behaved in ways that are aligned in integrity with your values, what did you learn about yourself?



Boundaries are important

From where I can love myself **AND**
Love you...

Boundaries...

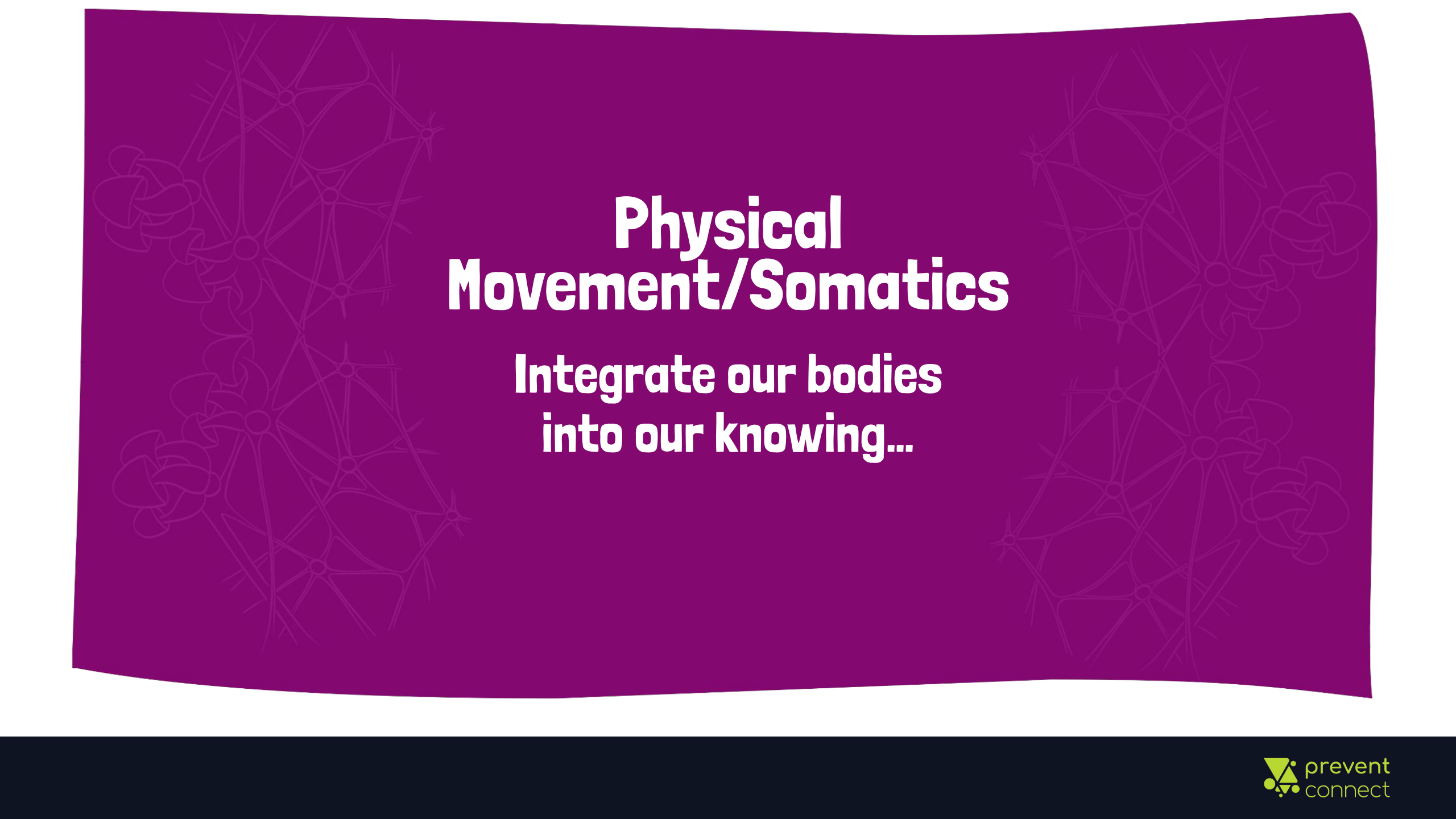
- Journal about your beliefs and feelings about boundaries

Journal... then share these stories

- ▶ How does it feel to hear that?
- ▶ What might be your most critical work to set radical boundaries from where you love yourself **AND** others?

Share a time when...

- your **boundaries were strong**, what did you do? Say? Feel?
- your **boundaries were too permeable**, what happened? What did you learn about yourself?

The background is a solid purple color. On the left and right sides, there is a faint, white line-art illustration. It depicts a rose with its petals and a complex network of lines and nodes, resembling a neural network or a web of connections, intertwined together.

Physical Movement/Somatics

**Integrate our bodies
into our knowing...**

Journal Exercise

- What actions / behaviors will help me keep my boundaries radical and self-loving?
- What agreements can we make about setting and keeping boundaries as a team, as an organization, as a network, a movement?



Our practice is to love ourselves critically, to love others with deep humility, and to love in community in the struggle and movement for freedom and justice. We claim and assert our rightful power that is fused with love. All else is consciously or unconsciously upholding the colonized, white-supremacist paradigm that separates, tears apart, denigrates, and degrades.

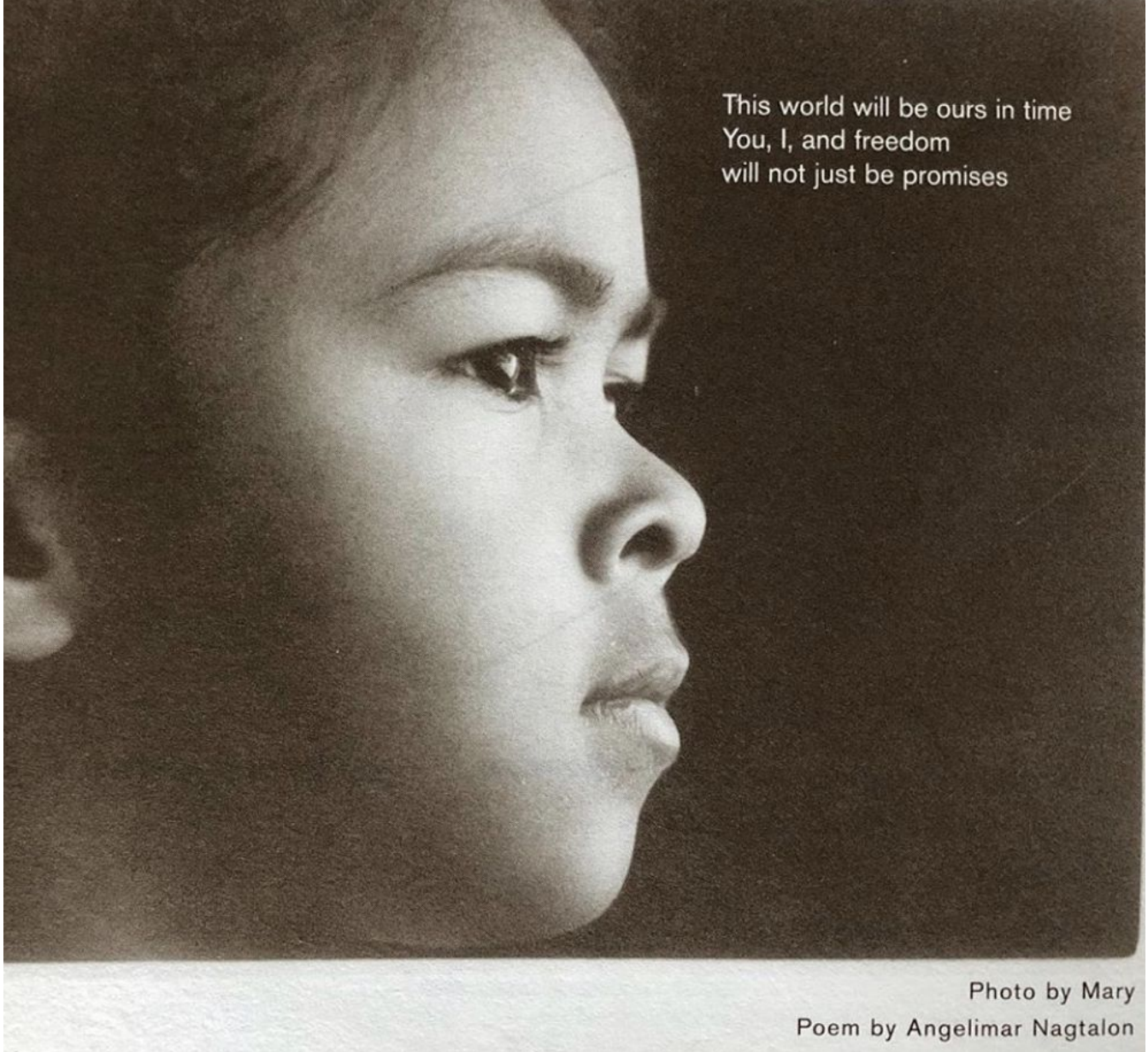




Let us love ourselves
critically. Let us love
each other from a place
of deep empathy. Let us
practice fierce love in the
community. And let us fuse
power with love for the
rise of our people.

**When we are in
fear we are
disconnected
from our Soul, our
true essence, that
which is love.**

Lili Velo



This world will be ours in time
You, I, and freedom
will not just be promises

Photo by Mary
Poem by Angelimar Nagtalon





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