

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

Director of Prevention

she/her/hers



Janae Sargent

Project Coordinator

she/they



prevent
connect

PreventConnect.org

info@PreventConnect.org

PreventConnect.org/email – email group

Learn.PreventConnect.org – eLearning

Follow Us

instagram.com/PreventConnect

linkedin.com/company/preventconnect

threads/preventconnect

twitter.com/PreventConnect

facebook.com/PreventConnect

Listen to our podcast!

DISABILITY JUSTICE HIGHLIGHT REEL PART 1

Disability Justice as a Value and Practice



Janae Sargent
they/she
Preventconnect



Priscilla Klassen
she/her
Valor.Us

Available on

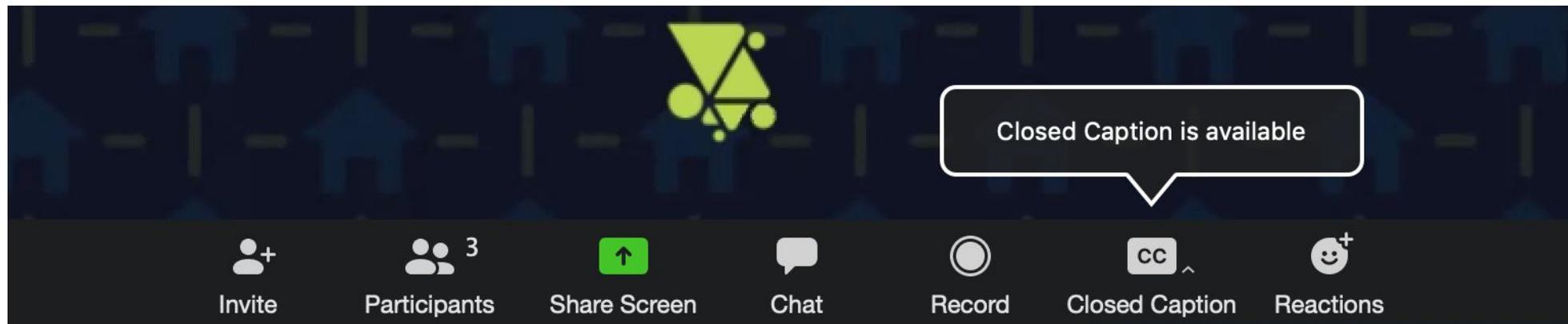


Spotify



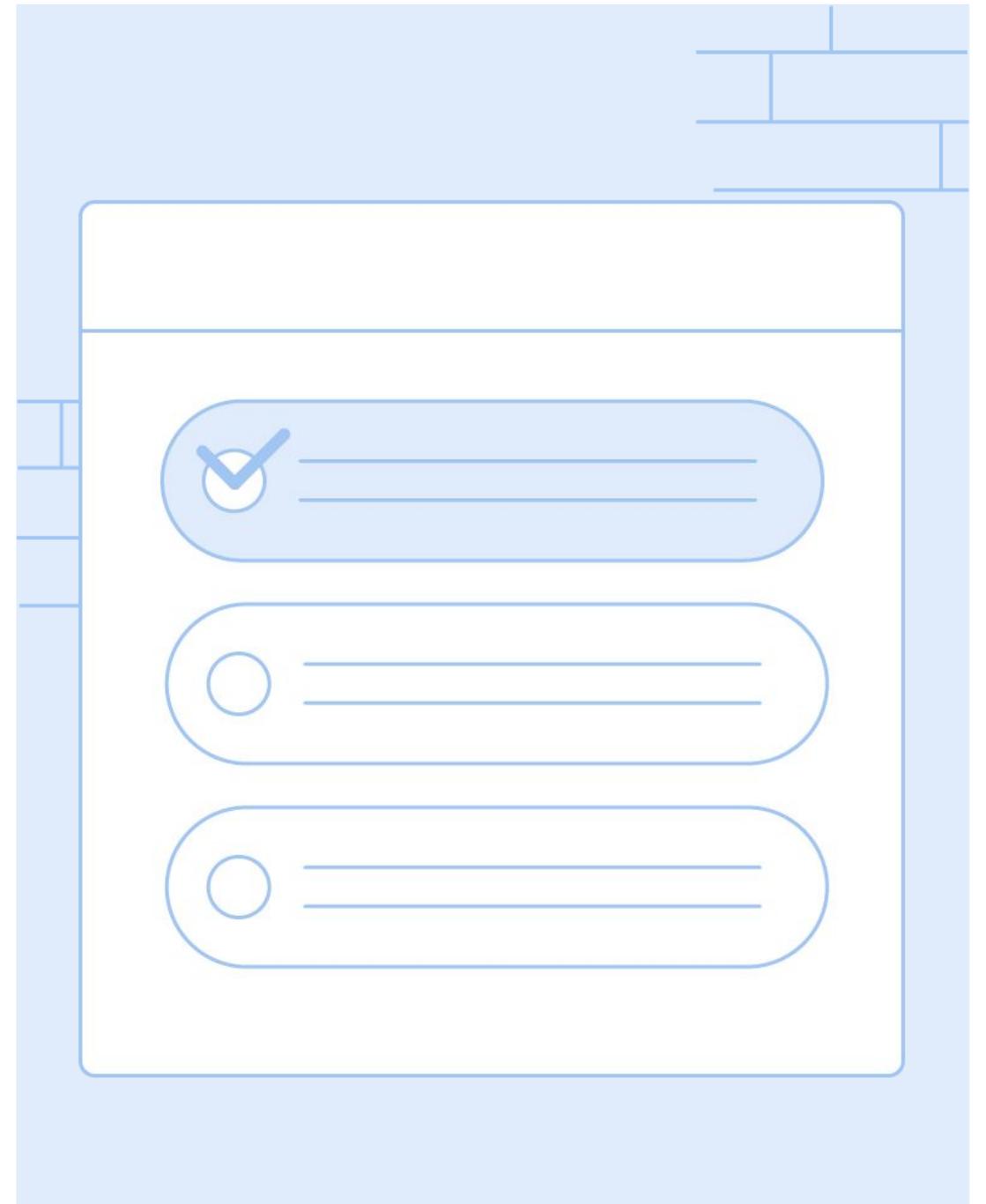
How to use Zoom

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



Have you attended a
PreventConnect Web
Conference before?

Polling Question



The diagram illustrates a polling question interface. It features a white rectangular box with rounded corners, set against a light blue background with a faint grid pattern. The box contains three vertically stacked radio button options. Each option consists of a circular radio button on the left and two horizontal lines representing text on the right. The top option is highlighted with a light blue background and contains a blue checkmark inside the radio button. The middle and bottom options have white backgrounds and empty radio buttons.

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
End Sexual and
Intimate Partner
Violence



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

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
Valuation Consultant

Measuring Love at NSAC 2023





MEASURING
LOVE
IN THE JOURNEY
FOR JUSTICE

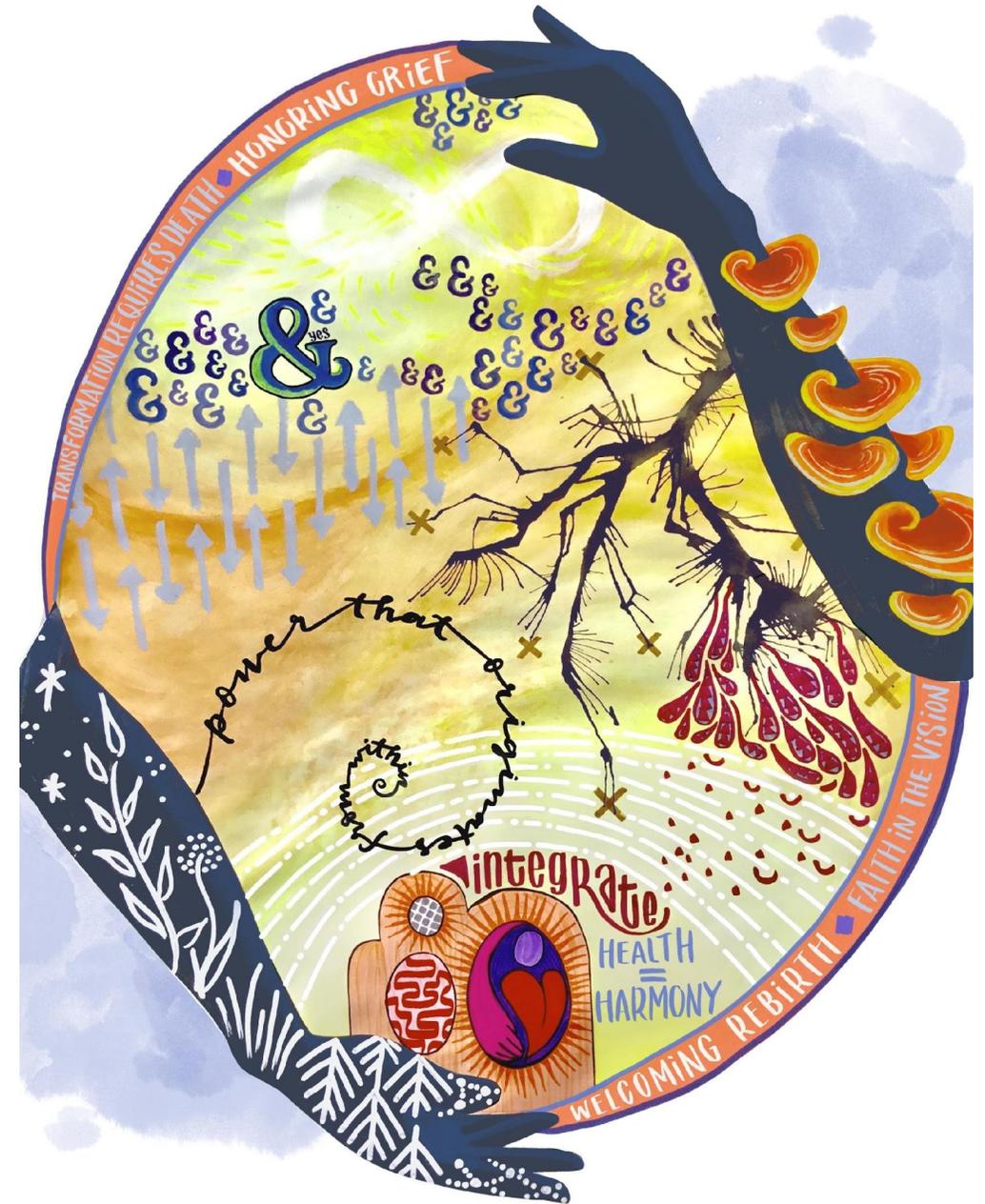


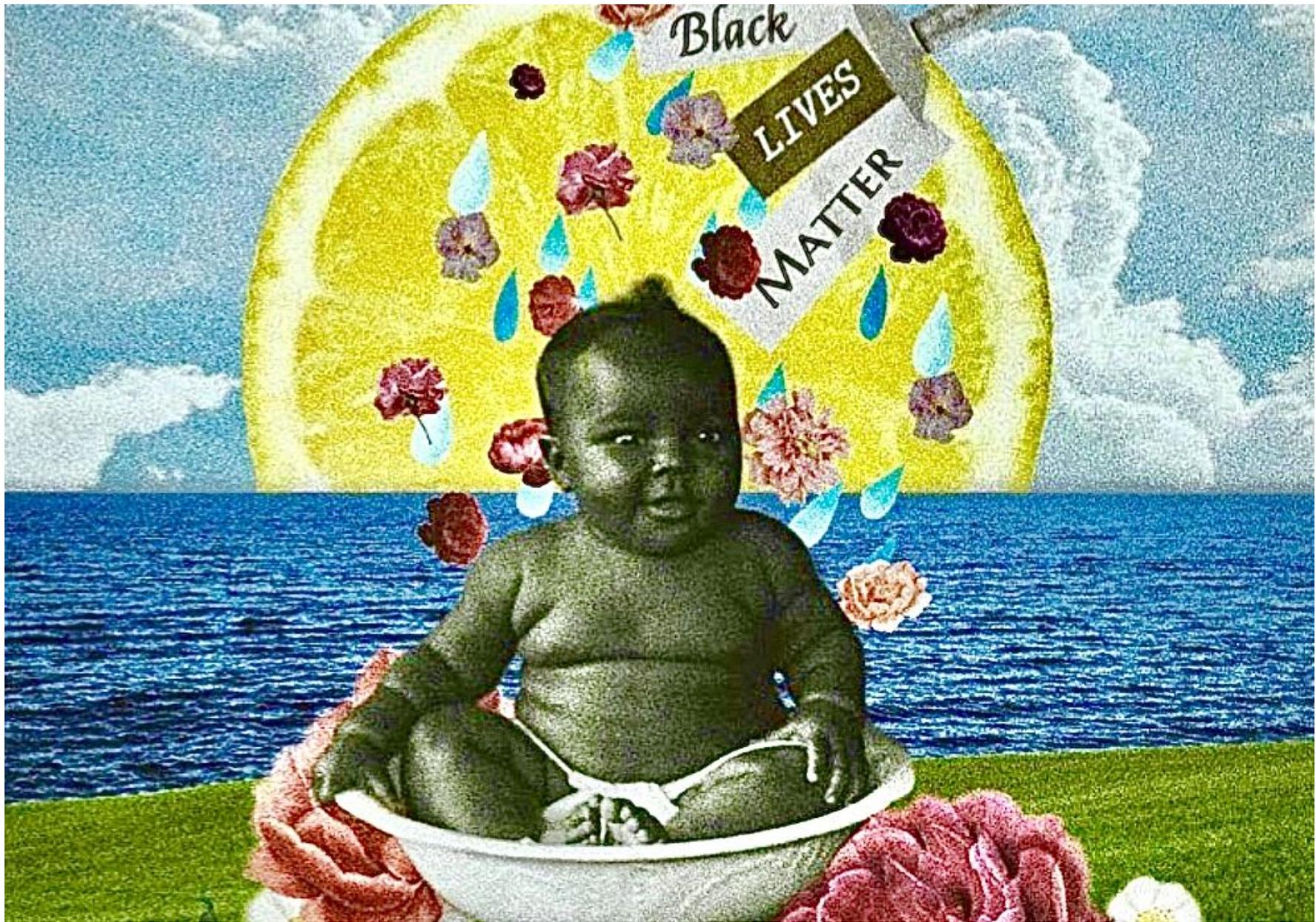
Healing Love: Into Balance

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

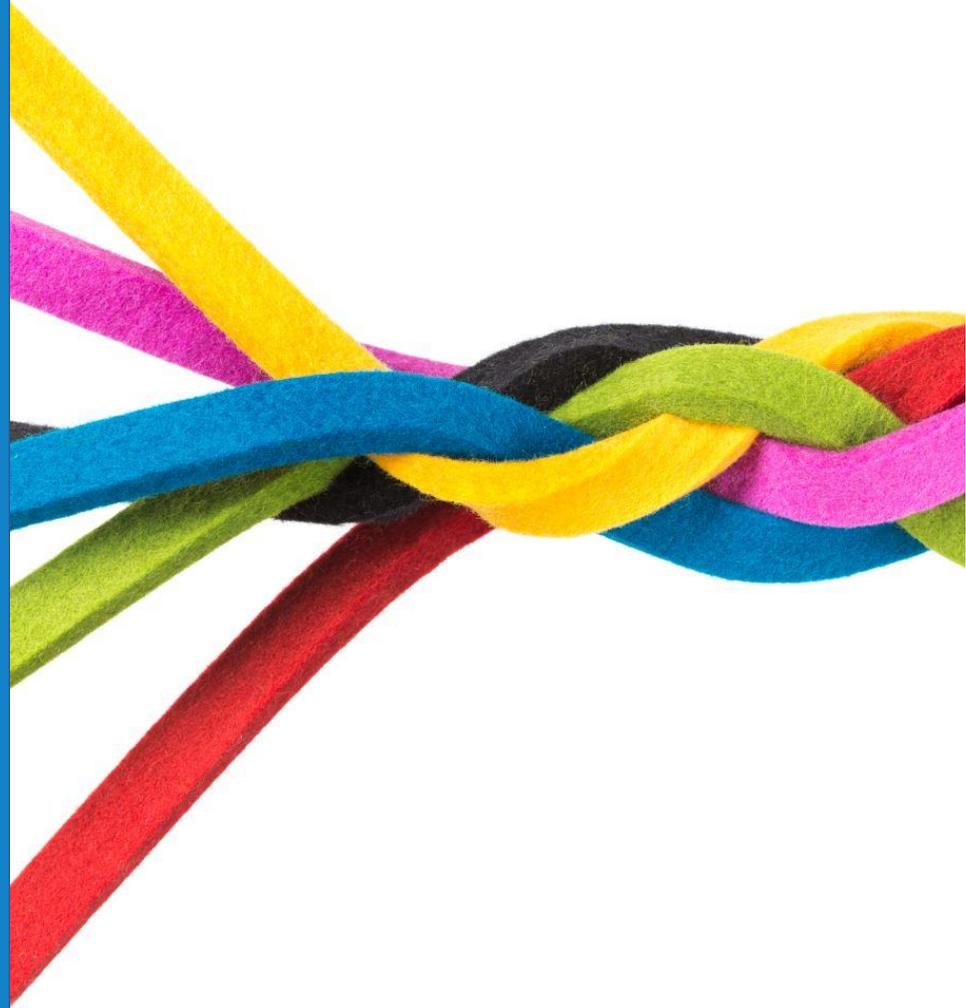
**THE PRACTICE OF
LOVE IS THE MOST
POWERFUL ANTIDOTE
TO THE POLITICS OF
DOMINATION.**

bell hooks



Group Agreements

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

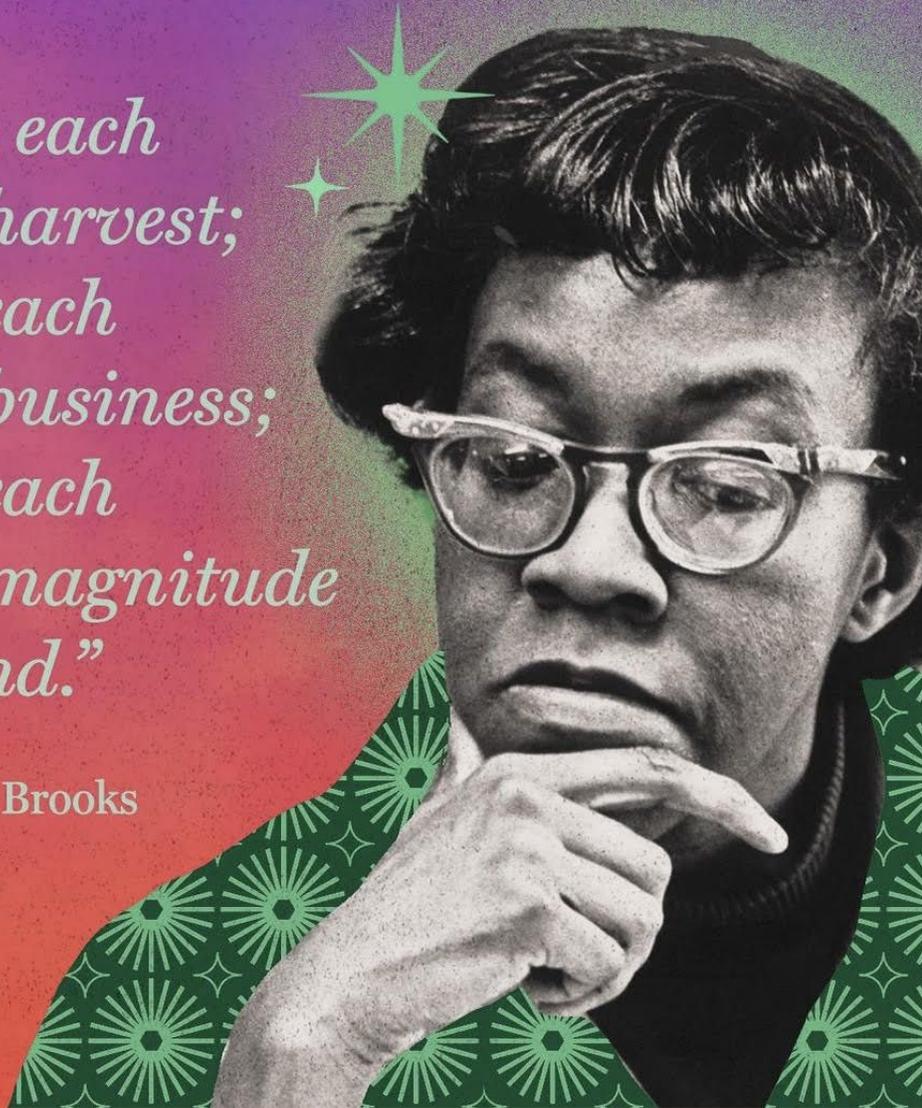


@visforvoices

national poetry month

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

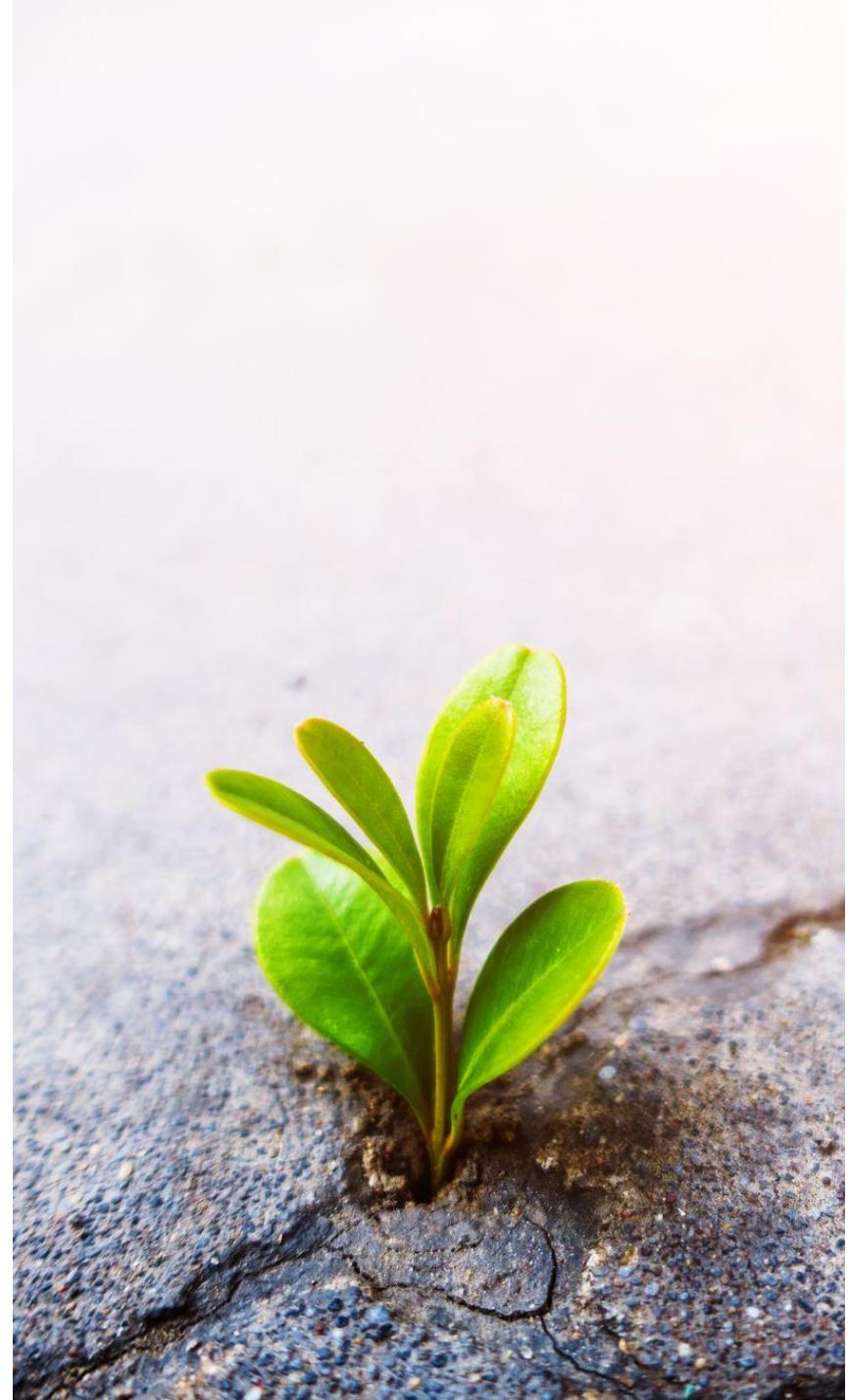
-Gwendolyn Brooks



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

10

香港

HONG KONG

香港

圓拾

10



×

POST

THE SATURDAY EVENING POST JANUARY 25 - 1964 20c

A distinguished Republican can tell you
THE GOP CAN WIN

A sweeping new study:
**CAN DIET PREVENT
HEART ATTACKS?**

Exotic new styles from Asia
**HONG KONG
FASHIONS**

香港時裝



Argentina's mystery quints / Dylan Thomas by Saroyan / Andy Griffith's golden corn pone

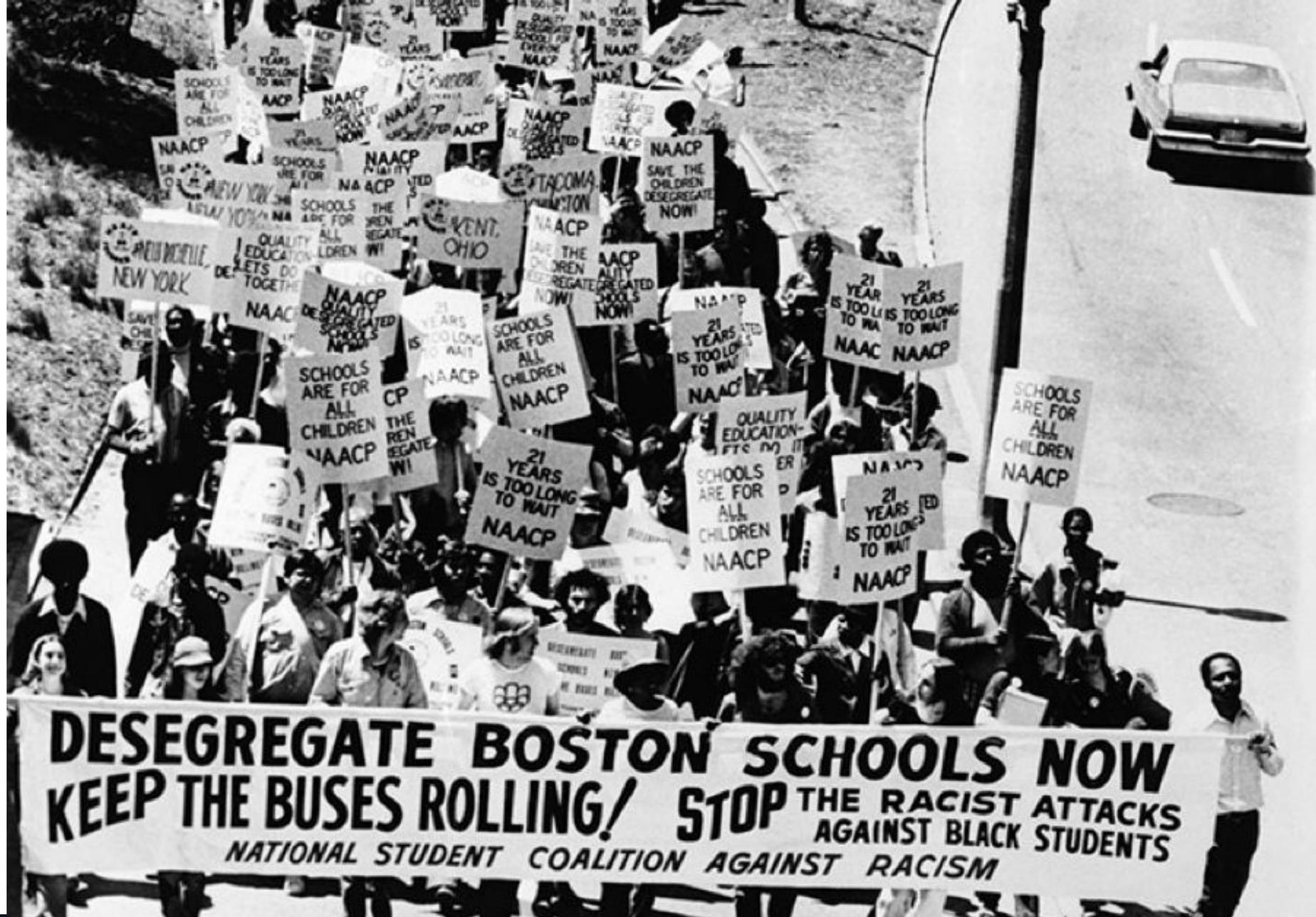






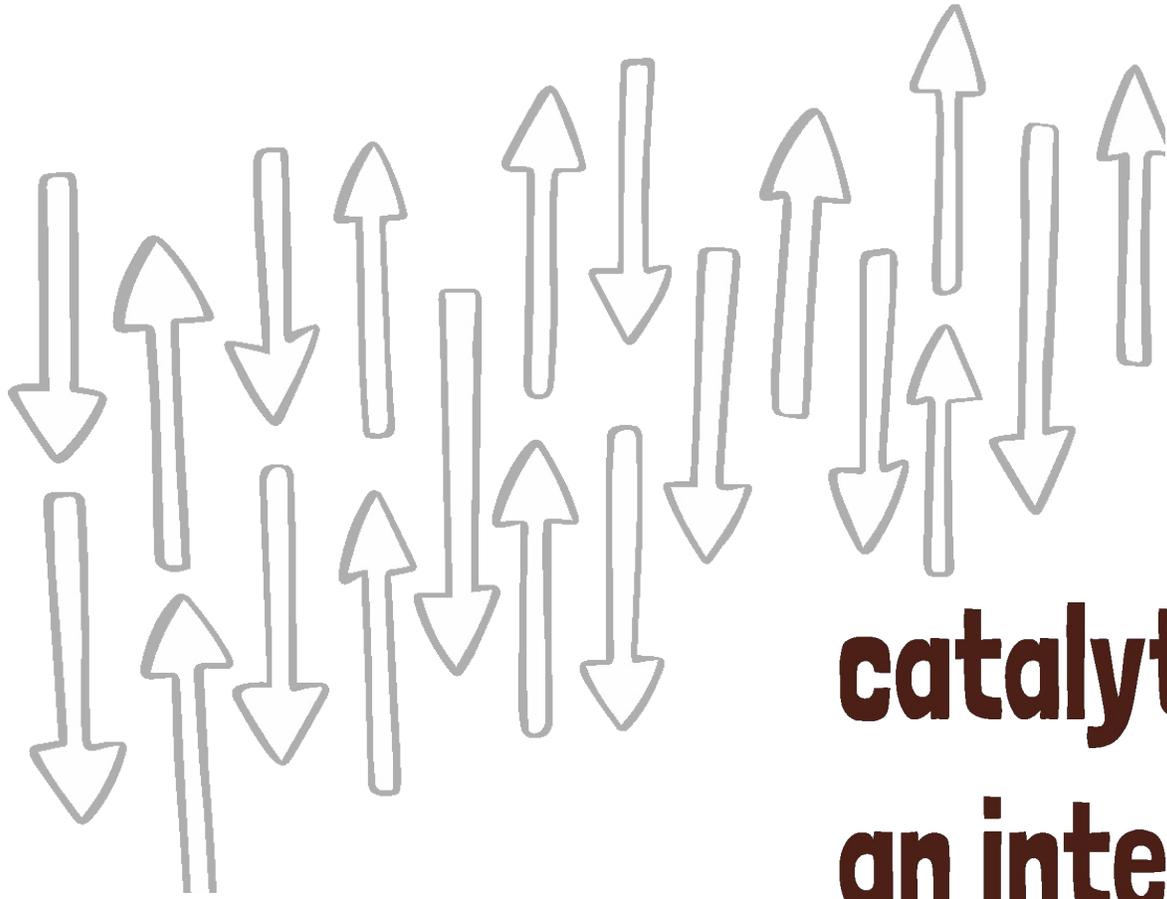










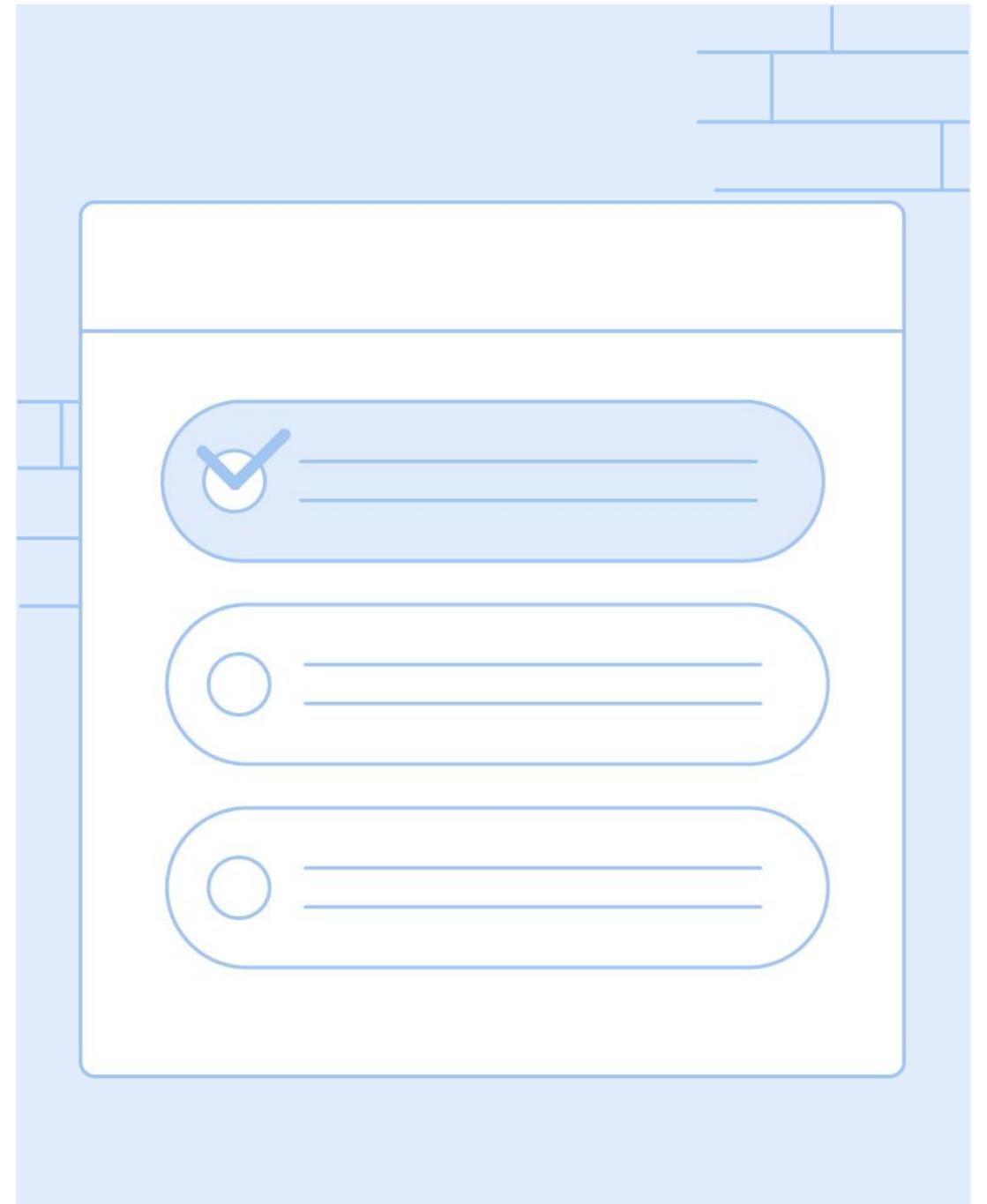


**catalytic love is
an intentional
decolonizing act**

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.

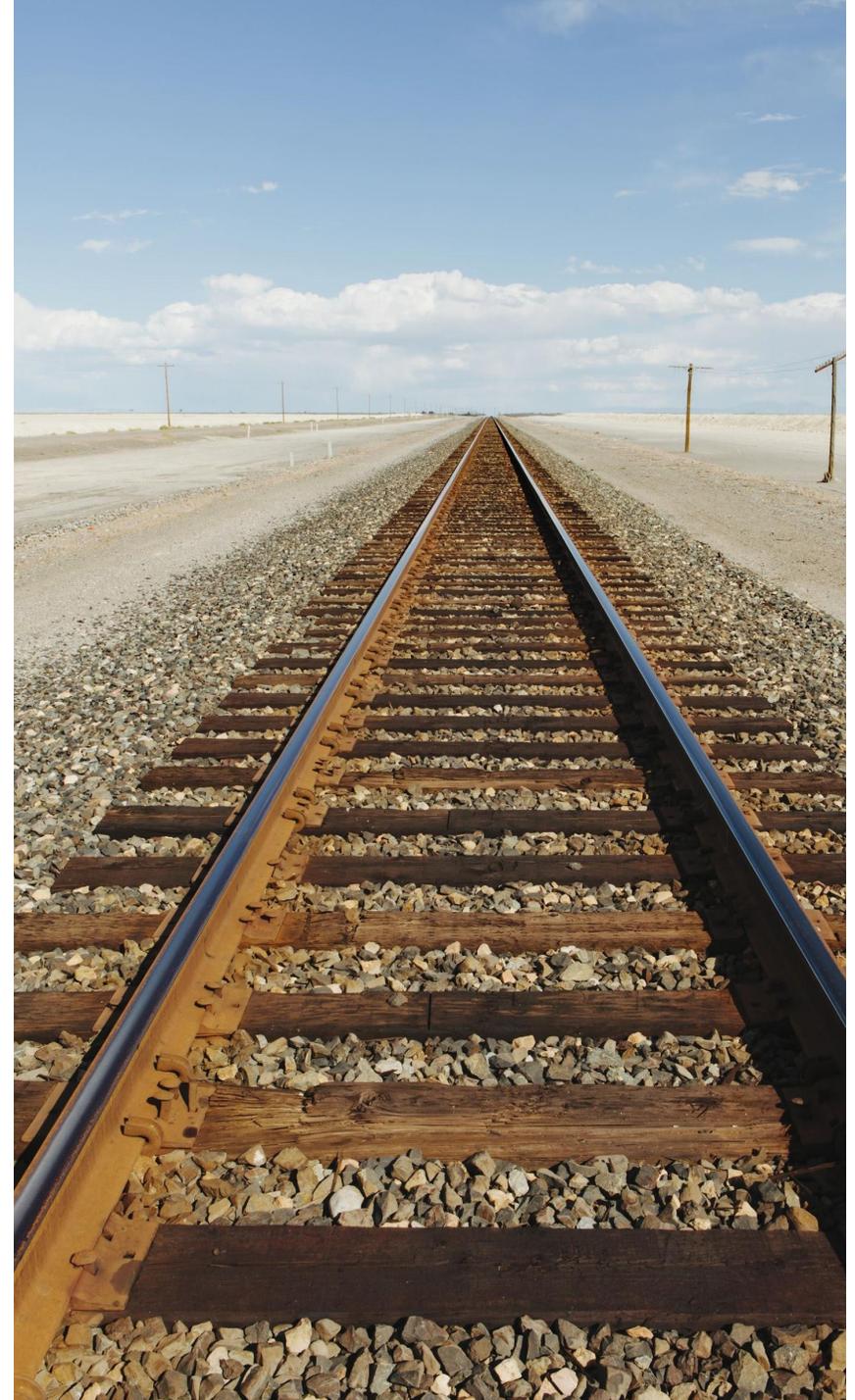


The image shows a light blue document with a white header and a list of three items. Each item is contained within a rounded rectangular box. The first item has a blue checkmark in a circle on the left and two horizontal lines for text on the right. The second and third items have an empty circle on the left and two horizontal lines for text on the right. The document is set against a background of a light blue brick wall.

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

Chat 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.



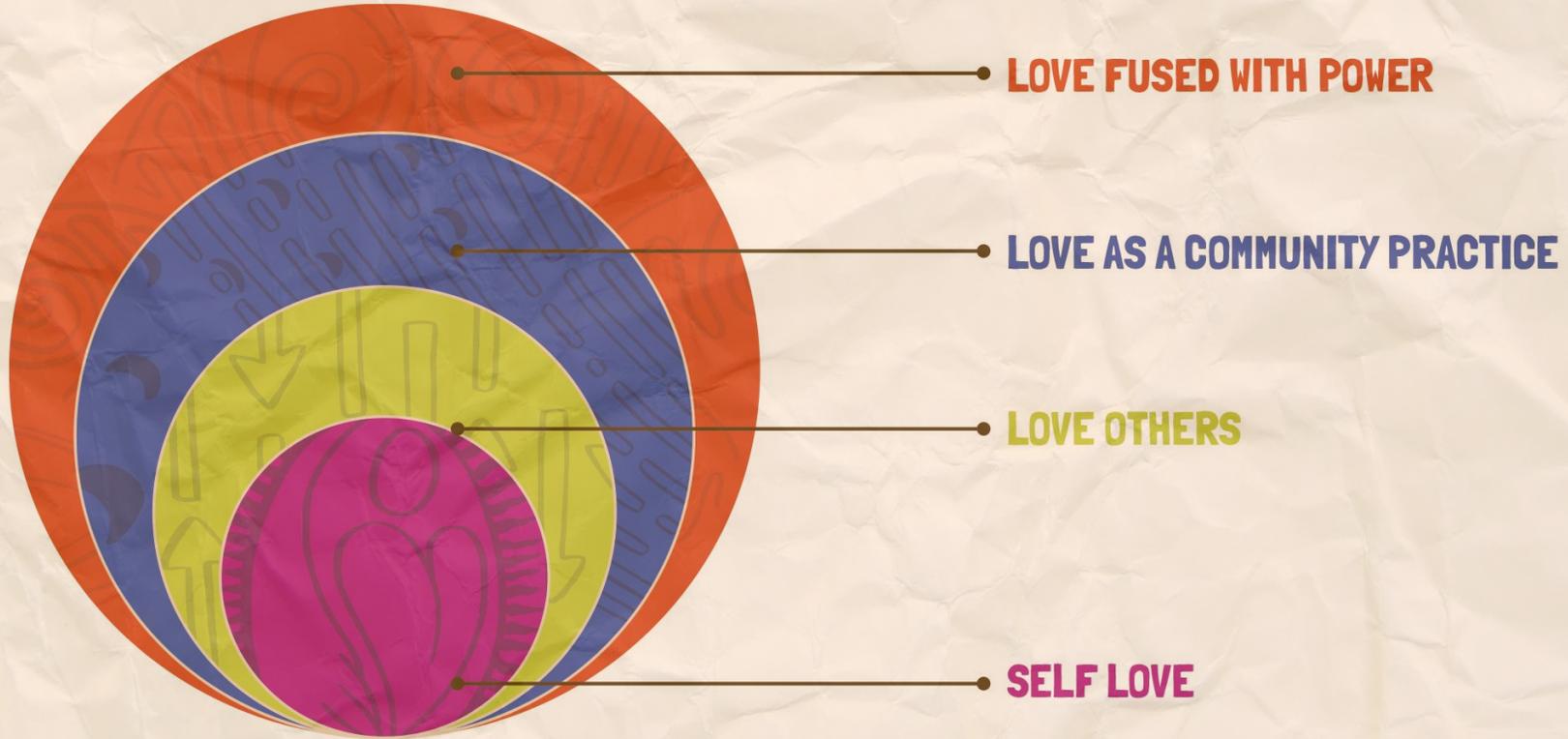
**Who / What benefits when
we *don't* love ourselves?**



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.**

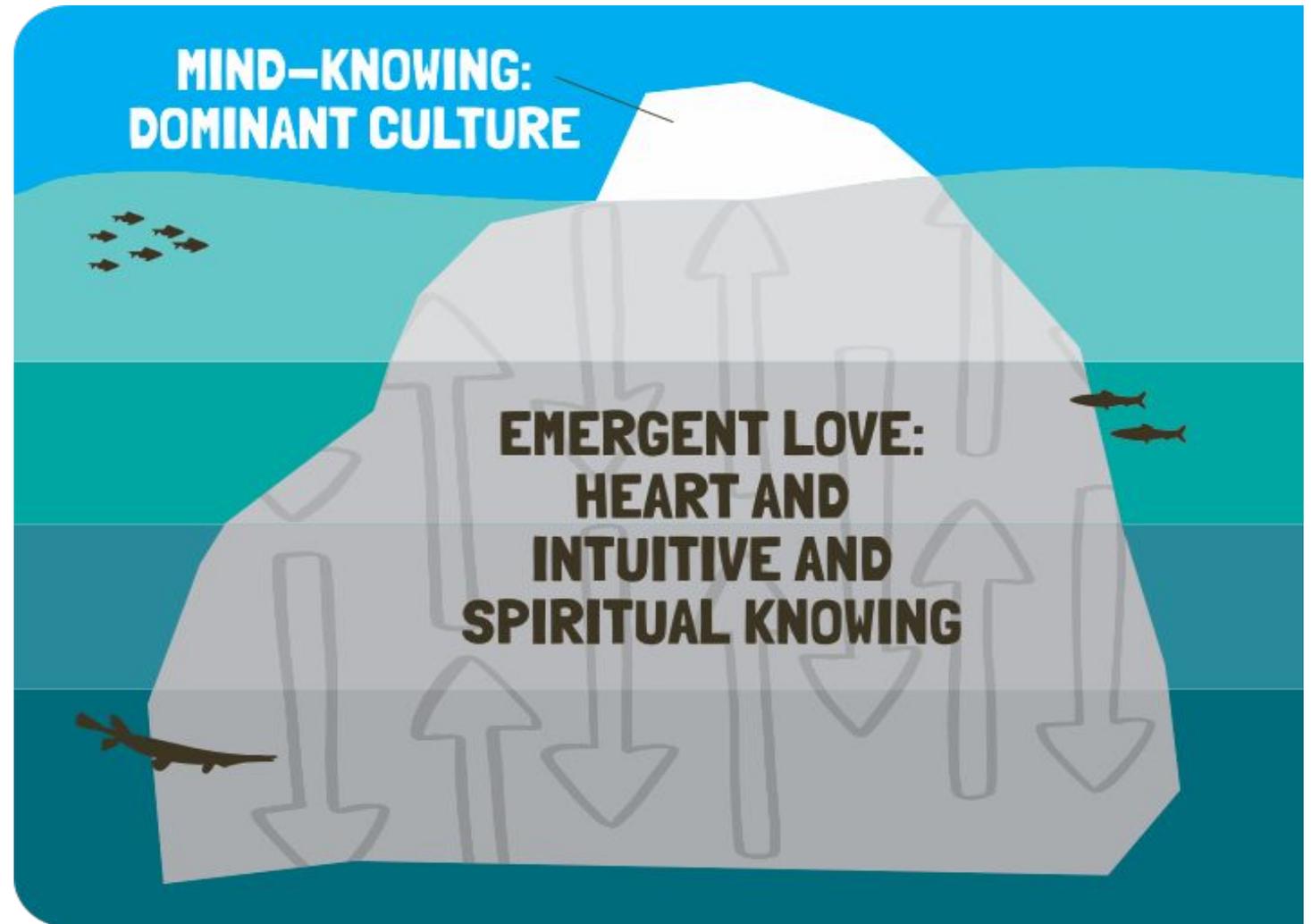
GINA MOFFA, LCSW

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

the past

the future

my energy

my self-talk

who i follow on social media

my words

algorithms

IN MY CONTROL

the media

my response

my self care

my attitude

my boundaries

my work on self

what i consume

other people's behaviors/beliefs

other people's opinion of me

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?

Physical Movement/Somatics

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

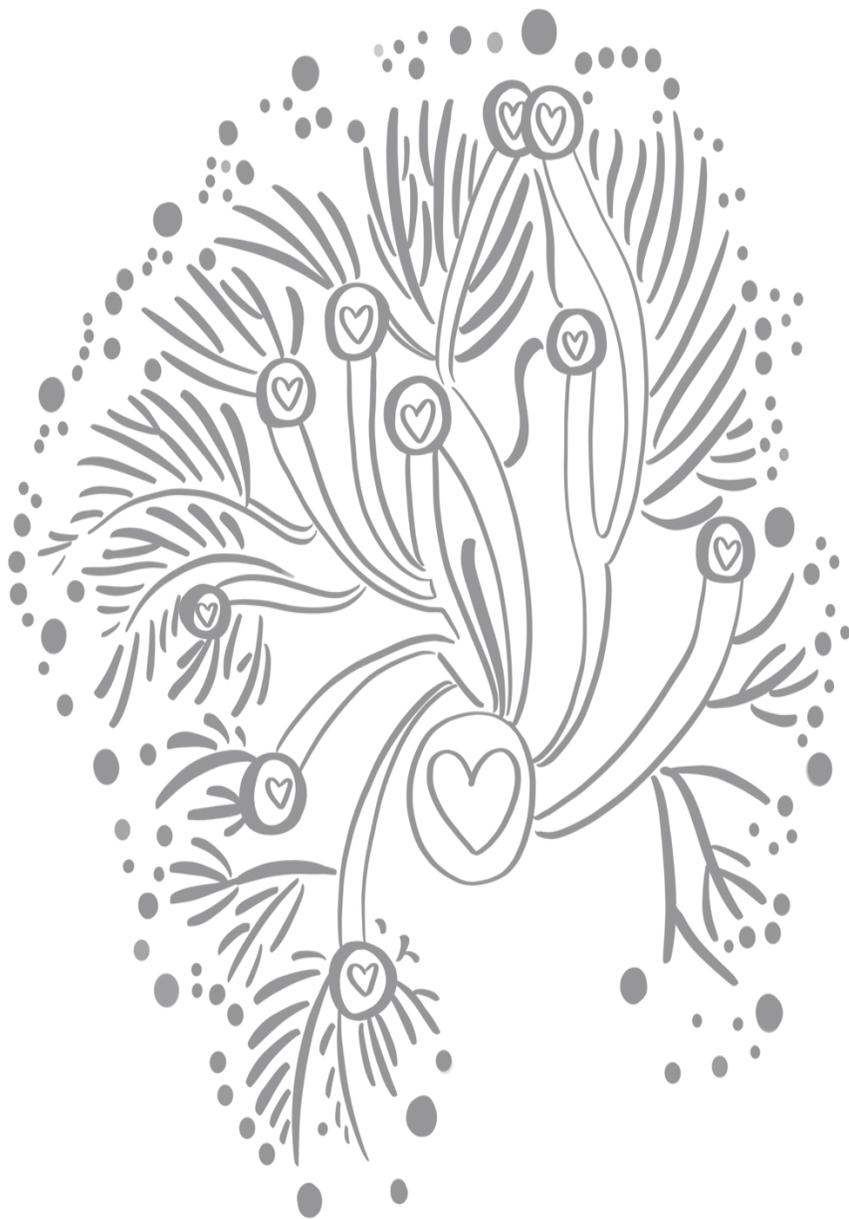
Journal Exercise

- 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.

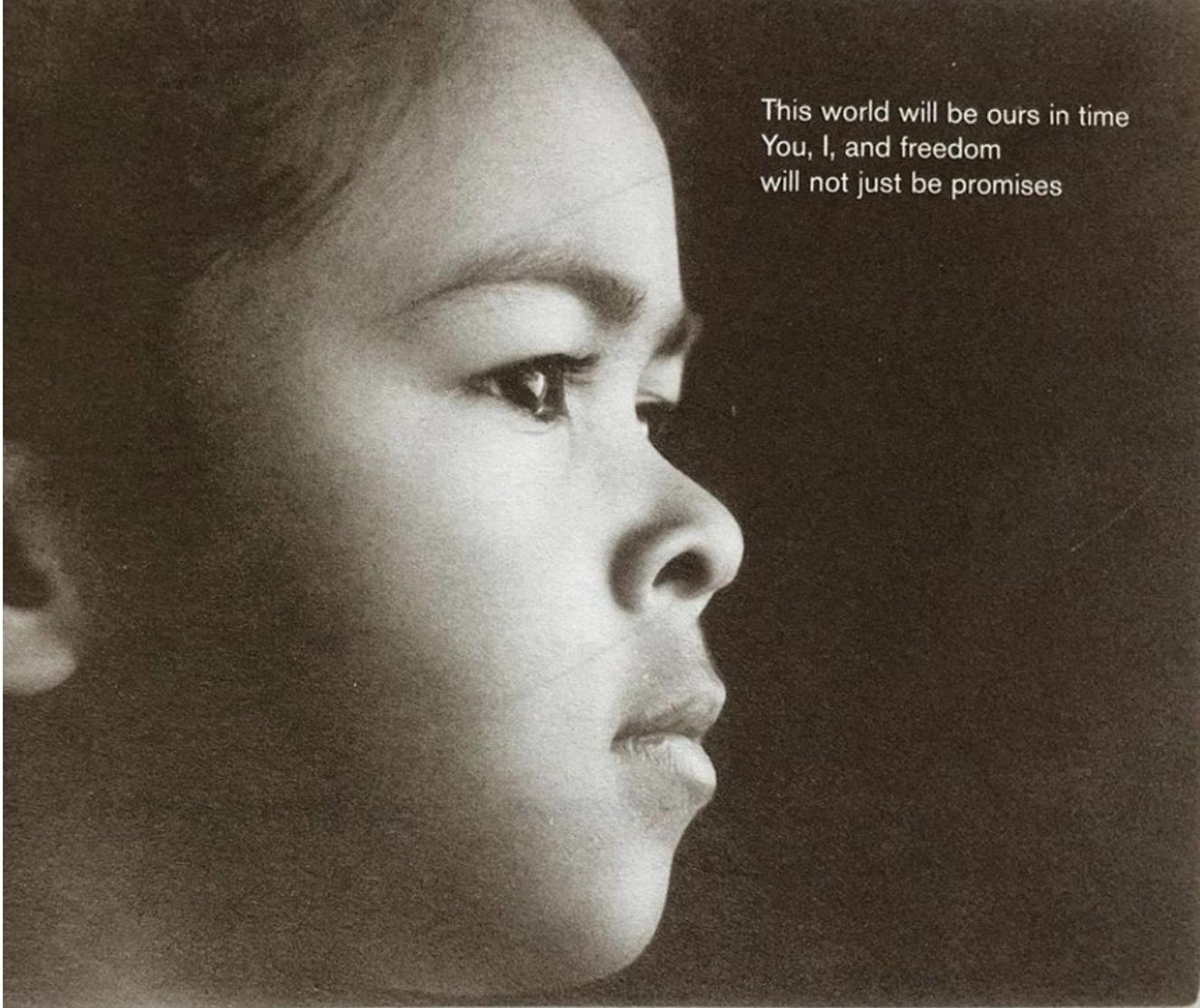




**Let us love ourselves
critically. Let us love
each other from a place
of deep empathy. Let us
practice fierce love in the
community. And let us fuse
power with love for the
rise of our people.**

**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





prevent
connect

PreventConnect.org

info@PreventConnect.org

PreventConnect.org/email – email group

Learn.PreventConnect.org – eLearning

Follow Us

twitter.com/PreventConnect

facebook.com/PreventConnect