

# IMPACT Violence Prevention

## **IMPACT International is now IMPACT Violence Prevention ®**

IMPACT International -- the umbrella organization for local groups that teach the IMPACT method of empowerment self-defense – is proud to announce our new name: **IMPACT Violence Prevention.**

IMPACT classes are known for giving students an experience of practicing physical & verbal skills in realistic scenarios. Our commitment to realistic scenarios with suited instructors remains, & our mission & vision has grown. Our new name, **IMPACT Violence Prevention**, reflects our commitment to connecting the IMPACT method of empowerment self-defense to a broader change strategy. This has meant working to incorporate a more explicit racial & disability justice analysis into our work to end gender-based violence. It has also meant expanding our programs to include work that is not limited to practice with a padded assailant.

Members of **IMPACT Violence Prevention** are engaged with our local communities. We collaborate with leaders, stakeholders, & those most affected by violence to develop diversified education & advocacy programs that bring healing, safety, & change. These programs include:

- Activism & Advocacy around Missing & Murdered Indigenous Women & People
- Anti-Bias & Anti-Bullying
- Assertiveness & Boundary Setting
- Body-based healing
- Bystander intervention
- De-escalation
- Healthy Relationship Education
- Interrupting race-based harassment
- Interrupting harassment based on sexual orientation, gender identity, &/or disability
- Organizational change for abuse prevention
- Policy advocacy
- Professional training for educators, human service providers, & managers
- Protest Safety
- Sex Education
- Sexual Harassment Prevention
- Technology & Online Safety
- Workplace Safety

IMPACT Violence Prevention is unified around these strategic priorities:

**Culturally specific IMPACT self-defense programs** to meet the needs of our communities. The most viable self-defense strategies vary widely based on a person's race, gender presentation, class, disability, & geographic region. Programs offer those most affected by violence skills that are relevant & viable for them. This means no two IMPACT classes are identical, but each one is responsive to the needs & realities of the local community.

**Accessibility** -- We teach safety skills that work for a wide range of body types, fitness levels, & abilities. We are committed to the leadership of people with disabilities in our organizations and collaborating with disability advocacy groups. We challenge ableism both in our classes & in our work in order to make our programs accessible & effective.

**Building the leadership of women, queer, & trans Black, Indigenous & people of color** through starting new IMPACT chapters led by women/nonbinary people of color or building leadership within existing organizations.

**Coalition building & collaboration** -- IMPACT organizations are partners in local, statewide, & national efforts to prevent abuse & violence. These include state sexual assault & domestic violence coalitions, national initiatives to end violence against LGBTQIA+ communities, & efforts to end the epidemic of missing & murdered Indigenous women.

Like many historically white-led feminist organizations, in order to realize our vision we are engaged in ongoing education & organizational change.

Members of IMPACT Violence Prevention:

DC IMPACT

IMPACT Bay Area (CA)

IMPACT Boston (New England)

IMPACT Chicago

London Centre for Personal Safety

Prepare Inc (NY, NJ, PA, CT)

Resolve (NM)

Turtle Mountain IMPACT (ND & sovereign tribal land in the upper Midwest)