

PROMOTING SAFE BOUNDARIES AT THE JAM

The Wednesday Dance Jam

The Wednesday Dance Jam asks that participants honour each other's boundaries by engaging in appropriate and respectful verbal and non-verbal contact. The following are some guidelines to help create and sustain an open, safe, expressive and respectful dance space for all.

Guidelines for Asserting Your Boundaries

- There is a Jam facilitator at every Jam. Please talk to this facilitator if you have any concerns.
- You can always refer a Jam participant these guidelines if you feel they would benefit from an education on such issues.
- When asked to dance you have the right to accept or refuse the dance without needing to give a reason.
- These verbal and psychical cues are usually a successful way to end a dance.
 - Hands together in prayer look at you partner and nod your head
 - Tell you partner thank you for the dance and then walk way
 - Tell you dance partner that you would rather dance on your own
- If your dance partner did something that you did not like it can be helpful to give them feedback. For instance, if they grabbed your arm in a way that you did like then you could ask them not to grab you and explain how grabbing decreases the level of safety because it prevents the grabbed person from being able to make their own movement choices.
- Understand that solo dance improvisation is welcome at the Jam and you do not necessarily ever have to dance with a partner

Boundary Guidelines

- Avoid wearing strong perfumes or essential oils,
- Exercise basic hygiene and avoid having strong body odours (i.e. take regular showers and wear clean clothes).
- Do not wear jewellery, watches or clothing with buttons that may injure a partner.
- Do not purposely touch another dancer in any areas of the body that are considered private
- Do not grab or lock another dancer into a position because by doing so you are not allowing them a choice as to how they want to move.
- Practice letting go of each dance experience. No matter how amazing a dance was, try to let go of any expectations for future dances, or what meaning the dance may have once the it is over
- Do not follow someone around the studio.
- Avoid caressing another dancer with your hands during a dance.
- Let someone disengage or end a dance with you, when they want to.
- If someone declines when you ask them to dance, do not pressure them into dancing or ask them their reason.
- Do not think of the Wednesday Dance Jam as a place to find a date.

Policy

Physical, verbal and/or sexual harassment will not be tolerated at the Wednesday Dance Jam. If an individual is not able or willing to follow the guidelines listed above, they will be asked to leave and will not be allowed to return to the Wednesday Dance Jam. If you feel uncomfortable with another dancer's behaviour towards you during the Wednesday Dance Jam, please speak to the jam facilitator who is present at every jam. They may speak to the person in question and/or offer you some suggestions as to how to maintain and protect your boundaries. Know that you have the encouragement and have permission from the Wednesday Dance Jam to decline, disengage, or end any dance; and to assert your boundaries when you feel uncomfortable, or when you would rather dance alone. We welcome communication with you, and thank you for your participation.