
boundaries

Boundaries can be *soft* (things you are flexible on given the right circumstances) or *hard* (things that are a hard no). They can also change over time as you yourself evolve.

You are entitled to define your own boundaries related to: working conditions and scheduling, touch/partner work, payment, travel standards, costuming, etc.

Hard

- *If we are dancing on concrete, I will wear sneakers or supportive shoes.*
- *I need to have a break every two hours to drink water and have a snack.*

Soft

- *I don't like to work after 10pm, but I can do it this week if we start later in the day.*
- *I will rehearse the day of the show, but I need 2 hours before the performance to myself.*

consent

Consent: voluntary and knowing permission

How would you like to be asked for consent (verbally and non-verbally)?

How do you like to ask for consent?

Option

No, however:

Can I touch your knee?

No, however you can touch the area just above it.

Hard boundaries are great, and sometimes new alternatives keep the momentum going, provide new possibilities, and give opportunity for creative input.

touch

List or draw places on your body where you don't like to be touched when in class or in rehearsal. Also recognize this can change due to the situation, how you feel, who is in the studio, etc.

Think about: lifts, falls, partnering, contact improv, receiving/giving corrections, choreographic and instructional proposals, and how costumes impact touch and choreography.

no: the politics

Rejection can be hard to take and hard to give, and it's also part of healthy interactions.

Where no exists, true yes exists also.

How do you express no?

(No can be verbal or non-verbal)

Activity

Practice getting rejected, practice rejecting people.

Ask to touch someone, they say: no.

You say: thank you for your boundaries.

checking in

What questions can you ask yourself to acknowledge how you feel?

How would you like your instructors, choreographers to check in with you?

Listen to your body. Notice discomfort and consider your emotional, psychological, financial, situational needs.

- *Where are my shoulders, are they up around my ears and tense?*
- *How am I responding to feedback? Am I easily irritated and anxious?*
- *How is my sleep? Am I able to go to sleep easily or do I lay awake nervously thinking?*
- *What are my energy levels?*

abuse

What is abuse and how is it exercised in dance?

- *Inconsistent scheduling that doesn't regard that dancers are freelancers who have other jobs.*
- *Promoting atmospheres of isolation and competition.*
- *Microaggressions about gender, race, etc.*