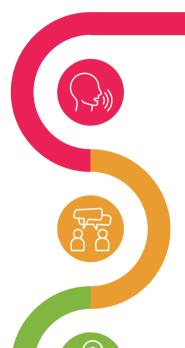# BOUNDARY

SYSTEMS PRACTICE GUIDE: PREPARING BOUNDARY-SETTING PHARSES

- Each of us helps set the tone of what is appropriate in a specific setting. Others look to us to set expectations.
- Microaggressions or inappropriate comments often catch us off-guard; it can be hard to react in the moment.
- These moments can be opportunities to learn and teach.

Practice makes it easier

01

Find phrases that work for you and practice saying them out loud. Some suggested phrases are on the next page.

Prepare for multiple settings

02

Imagine a variety of settings. Do you need to protect yourself? End the conversation? Invite others into a "teachable moment"?

Consider verbal and nonverbal responses

03

Sometimes a nonverbal gesture, such as crossing your arms or stepping back, can convey as much as a spoken phrase.

Be conscious of power dynamics

04

If you hold a position of implied power, be aware that a mild rebuke may be interpreted more sternly than your intent.

Share your success!

Tell us about phrases you have used that we should add to our list.

DRIVE@UMASSMED.EDU

UMass Chan
MEDICAL SCHOOL

DRIVE
Diversity, Representation and Inclusion for Value in Education

SYSTEMS PRACTICE GUIDE:
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SOME STATEMENTS YOU MAY CONSIDER BUILDING IN YOUR TOOLBOX

Broadly useful

- That hasn't been my experience.
- I am not the right person to talk to about that.
- Can you please share a bit more about what you meant by ____

To invite others into conversation

- I want to acknowledge that what just happened (or that language) made me uncomfortable.
- Shall we take a few minutes to discuss it together?

To protect yourself

- I can see we're not going to agree on this today, let's plan to move forward together

Upstanding

- I believe you meant well, but are aware of how ____ might be interpreted?
- I'm not sure if you're aware that is not a preferred term.

To park a conversation

- That is an important topic, and I believe it will require more time than we have right now. Let's put this conversation on hold and plan to return to it on ____, or when we have had more time to consider and invite others to participate.

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Questions? Support?
Suggestions for Improvement

DRIVE@UMASSMED.EDU