

The Progressive Boundary Setting System™ (PBSS)



PBSS is designed to teach students:

1. The definition of *Progressive Boundary Setting*. How to identify it. How it is used by people and society to increase respect and to limit unwanted behaviors.
2. How *Progressive Boundary Setting* is relevant. How it is applied by students and policing agents in everyday social situations. How it is used against harassment, bullying, and assault. How it is used to de-escalate conflict and deter aggression.
3. How *Progressive Boundary Setting* is the foundation of society, conflict resolution, and personal safety.
4. The definition and use of proprietary concepts and terminology:
 - *The Progressive Fence™*
 - *The Visual Fence™*
 - *The Verbal Fence™*
 - *The Physical Fence™*
 - *The Progressive Response™*
 - *The Just Right Response™*
 - *Confirmation of Bad Intention™*
 - *The Trigger to Act™*

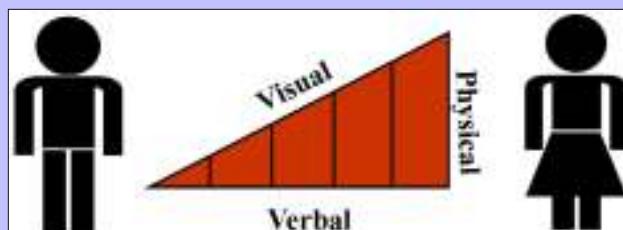
Law enforcement: Teach PBSS in your community. Email info@not-me.org

Progressive Boundary Setting™ is Fundamental to Individuals

WHAT is Progressive Boundary Setting?

Progressive Boundary Setting is a strategy for limiting unwanted behaviors. It consists of respecting, communicating and enforcing behavioral limits through progressive responses. *Progressive Boundary Setting* is performed by individuals through visual, verbal, and physical actions. It determines the *Just Right Response* to most situations of interpersonal conflict.

Much of conflict resolution and initial self-defense techniques and tactics for interpersonal conflict may be viewed as a part of the process of *Progressive Boundary Setting*.



WHEN is Progressive Boundary Setting used?

Progressive Boundary Setting can be used in both civilized and uncivilized situations. It is effective when used against both social and anti-social people.

The use of *Progressive Boundary Setting* is a pro-active method to determine the social or anti-social nature of the people in conflict. It will effectively de-escalate social confrontations.

In a potentially violent uncivilized situation with an anti-social person(s), *Progressive Boundary Setting* will provide the conviction and readiness needed to deal with a physical assault.

Progressive Boundary Setting



Progressive Boundary Setting™ forms the foundation of civilized society. It is respect for and the purposeful communication and enforcement of pre-determined actions that are designed to control unwanted behaviors.

It depends upon progressive responses by successively more powerful entities that establish and enforce rules and laws.

Progressive Boundary Setting is used by society to promote respect and to limit unwanted behaviors such as the following:



Two Examples of Progressive Boundary Setting™

Once upon a time there was a young woman named Goldilocks who lived in the mountains with her family. One day, Goldilocks decided it was time for her to learn more about life and move to one of the three villages below.

The next morning Goldilocks hiked down from the mountain to visit *Toolittleville* also known as the *Village of Fear and Submissiveness*. The first thing Goldilocks noticed was how quiet it was in the village. People walked silently down the street with their eyes downcast and shoulders slumped.

No one greeted or talked to each other on the sidewalk. It was as if they were all afraid of interacting with each other. When someone appeared to need some type of help, the residents of *Toolittleville* would simply walk on by without acknowledging the situation or offering assistance.

When Goldilocks looked closely at the *Toolittlevillers*, it appeared that a few of them seemed to be hiding their true nature. These people gave Goldilocks an uneasy feeling. Even though Goldilocks had been encouraged by her parents to be confident and speak her mind, she too felt herself becoming fearful and passive as time progressed. Goldilocks was happy to leave.

The next day, Goldilocks hiked down to visit *Toobigville* also known as the

Village of Anger and Overreaction. *Toobigville* was loud and noisy. Well before Goldilocks arrived at the outskirts of the village, she heard cars honking and people yelling.

The people of *Toobigville* walked around with aggressive facial expressions and body postures. They were quick to take offense at any provocation or perceived slight. As a result, it was common to see men and women arguing and fighting on the street. Goldilocks was happy to leave.

On the third day, Goldilocks entered *Justrightville* also known as the *Village of Progressive Boundary Setting*. She instantly realized that she had found her new home. People were either purposely going from place to place or engaging in friendly conversation. The villagers were all very clear and direct with each other. Conflicts were resolved quickly and without yelling.

If a visitor from *Toolittleville* seemed to be having a problem, a *Justrightviller* would step in and offer assistance. Goldilocks also saw visitors from *Toobigville*. If they resorted to their aggressive behavior, the *Justrightvillers* would immediately intercede and voice their disapproval.

Having been raised by her parents to be confident, to speak assertively, and to respect other people, Goldilocks felt perfectly at home in *Justrightville*. She vowed never to leave.

For individuals, the core of PBSS is based around the concept of the *Progressive Fence*.

Assume that you are walking down the sidewalk. In front of you is a street promoter handing out flyers. If you are not interested in receiving a flyer, you would engage your *Visual Fence*. You use body language to communicate that you do not want the flyer. If the promoter ignores your signal and approaches, you engage the *Verbal Fence* by stating "*Thank you, but I am not interested.*" If he thrusts his arm in front of you blocking your path, you assertively brush it aside with your hand while repeating "*Not interested!*".

Your "brush off" was your *Physical Fence*. You have used the concept of the *Progressive Fence* to communicate your feelings in an escalating manner as the situation warranted.

You are waiting at the bus stop. A man attempts to "catch your eye". You engage the *Visual Fence* and confidently occupy yourself with tasks (reading, texting, etc) in order to convey that you are not interested in interacting with him. He approaches you and attempts to start a conversation. You engage the *Verbal Fence* and state that you are "*not interested in conversation.*" He ignores your statement and comes closer. You engage the *Physical Fence* by raising both your arms in front of you with palms forward. You firmly state "*Not interested! Step back!*"

The actual phrases used are less important than the progressive nature of your responses. Your actions in both these scenarios are examples of using the *Progressive Fence* of PBSS in order to create *Just Right Responses*.