Escape Plan

Who can I discuss my safety plan with ahead of time and utilize as my safe person at the presentation?	
What are signs you are getting overwhelmed and how would you like this person to excuse you?	
What boundary conversations do you want your person to look out for and respond for you?	
Where is your nearest exit in the presentation space? Is there a quiet space in the area or nearby?	
What tools can you use to regulate in these moments?	
How will you know if you are ready to return to the event?	
How will you know if you do not want to return to the event?	