



Recommendations for Protesting:

1. **Prepare Before You Walk:**

A little preparation goes a long way. This includes everything from doing your homework on the issue/knowing your talking points to making sure your phone is fully charged and you're dressed comfortably. Consider turning off any biometric security features on your phone and setting a pin. If you're carrying a sign, please make sure that you've proofread your content and it is consistent with the key messages being shared by other advocates.

2. **Plan for the Best, Prepare for the Worst:**

Make sure friends and family know where you'll be, that you've packed what you need (water and snacks, basic first aid, protective face and eye covers, sunscreen/rain gear, etc.). Think of things that will be useful if you are detained (cash, emergency contact numbers, contact to legal resources, a power bank to charge your phone, etc.). Write the phone number of an emergency contact on your arm with a Sharpie so it is with you should you get separated from your belongings.

3. **Know Your Rights:**

If you are stopped by police or security, be polite, calm, and make sure your hands are visible. Ask if you are free to leave (if the answer is yes you should walk away). Ask why you are being detained, and do not consent to a search or say anything more. If you feel as if you are being detained unfairly, do your best to collect names and badge numbers. Please know that if you are violating the law, you can be arrested. (Please see the resources on page two of this document for more information on interactions with law enforcement.)

4. **Be Respectful and Kind:**

Opposition to our message and the goals that you're trying to advance have painted LGBTQ+ activist and their allies as extreme and disrespectful. Don't give them fuel. Be mindful of how you interact with others, especially those that disagree. Debating is acceptable. Launching into expletive-loaded tirades doesn't help the cause. Also assume that your interactions with opposition will be captured on camera and shared on social media, so consider the impact that the manner in which you interact will be shared, and potentially without contexts. Act better than those who hate us.

Please be aware that any kind of physical contact with a person in opposition can be construed as assault. Don't shake hands or ask for a hug. Don't spit, throw things at, or grab them.

Additional Resources on Protest and Civil Disobedience:

ACLU: Know Your Rights: Protestors' Rights:

<https://www.aclu.org/know-your-rights/protesters-rights>

Indivisible: A Note on Police Encounters

<https://indivisible.org/resource/note-police-encounters>

BLM: Emotional and Physical Safety in Protests

<https://justhealing.files.wordpress.com/2012/04/emotional-physical-safety-in-protests-blm.pdf>

BLM Seattle: Protest Safety Guide

<https://blacklivesseattle.org/protest-safety-guide/>

AFSC: How to stay safer at a protest

<https://www.afsc.org/story/how-to-stay-safer-protest>

Wired: How to Protest Safely: What to Bring, What to Do, and What to Avoid

<https://www.wired.com/story/how-to-protest-safely-gear-tips/>

Notes from a Nonviolent Training Session (1963):

<https://www.crmvet.org/info/nv1.htm>