

An illustration of a diverse group of people in a community setting. In the foreground, a man with a beard and sunglasses, wearing an orange jacket, is talking to another man in an orange jacket. To the left, a woman with blue hair and a red top is holding a megaphone. In the background, a person in a red shirt has their arms raised, and another person is holding a white sign. On the right, a man in a white shirt and sunglasses is talking to a woman in an orange dress. The background is a mix of light beige and dark blue.

Safety and Security Training

Staying Safe While Participating in a Non-Violent Protest, Rally, or Public Demonstration

learning objectives

- Understanding Your Rights
- Situational Awareness and De-escalation
- Digital and Personal Security
- Medical and Emergency Preparedness
- Post Action Support



Staying Safe & Protected

Emergency Contacts

- **Write down 1-2 emergency contacts.** Store these numbers on paper or your body in case your phone is lost or confiscated.
- **Make sure someone outside of the protest knows your whereabouts** and can check in on you if needed.

Know Your Rights Cards

Provide pocket-sized **“Know Your Rights”** cards with a legal aid hotline number or number to a local lawyer experienced in protest defense.

Ex. National Lawyers Guild or ACLU

Legal Support

Establish a Bail Fund to help cover bail costs or appoint a lead to pick up arrestees in order to ensure quick release for those arrested.

Create a legal defense fund, connect with movement lawyers, or hire a local lawyer for a 15 min Q&A session before an action to educate participants on how to stay safe and informed.

How To Identify & Handle Agitators and Infiltrators



Encouraging Illegal Activity

Pushing for violence, property damage, or confrontations

Acting Suspiciously

Unfamiliar individuals avoiding chants, asking unusual questions

Trying to Divide or Escalate

Isolating protesters, urging reckless actions, or disrupting group unity

Once Spotted:

Alert Trusted Organizer or Safety Leads

Record! (if safe)

De-escalation Techniques



Stay Calm and Use a Neutral Tone

Speak slowly and avoid aggressive Body language to prevent further tension.

Redirect Focus

Shift attention away from conflict by leading chants, refocus on the protest's purpose or moving people toward a safer area

Use Non Threatening Body Language

Keep hands visible, avoid sudden movements, and maintain an open posture to show you're not a threat

Set Boundaries

If someone is trying to provoke a reaction, firmly state, **"We are here peacefully,"** and remove yourself and others from the situation

Record!

Make sure that you are documenting any and all instance of tension with opposition, police officers, or within the crowd

Understand Your Rights

Even during these trying times, we still have rights.

The Constitution protects our ability to protest, speak out, and assemble peacefully. While authorities may attempt to limit these rights, knowing them empowers us to stand firm, advocate for change, and protect ourselves legally.



Know Your Legal Protections

First Amendment Rights

Five Key Freedoms:

Speech, Assembly, Press, Religion, and Petition.

While these rights are fundamental, they are not absolute

State Laws

These laws determine where, when, and how you can demonstrate.

- Permits for marches, amplified sound, or large gatherings
- Curfews or restrictions on blocking streets

Law Enforcement

Police are allowed to monitor protests, enforce local laws, and intervene if they believe public safety is at risk.

They can detain or arrest individuals suspected of breaking the law, but cannot use excessive force or retaliate against peaceful demonstrators

Engaging with Law Enforcement

Reasons to Notify Law Enforcement:

- Required by law or necessary for securing permits
- Concerns about large crowds or known counter-protests
- Established trust with local officers or officials who are supportive of de-escalation

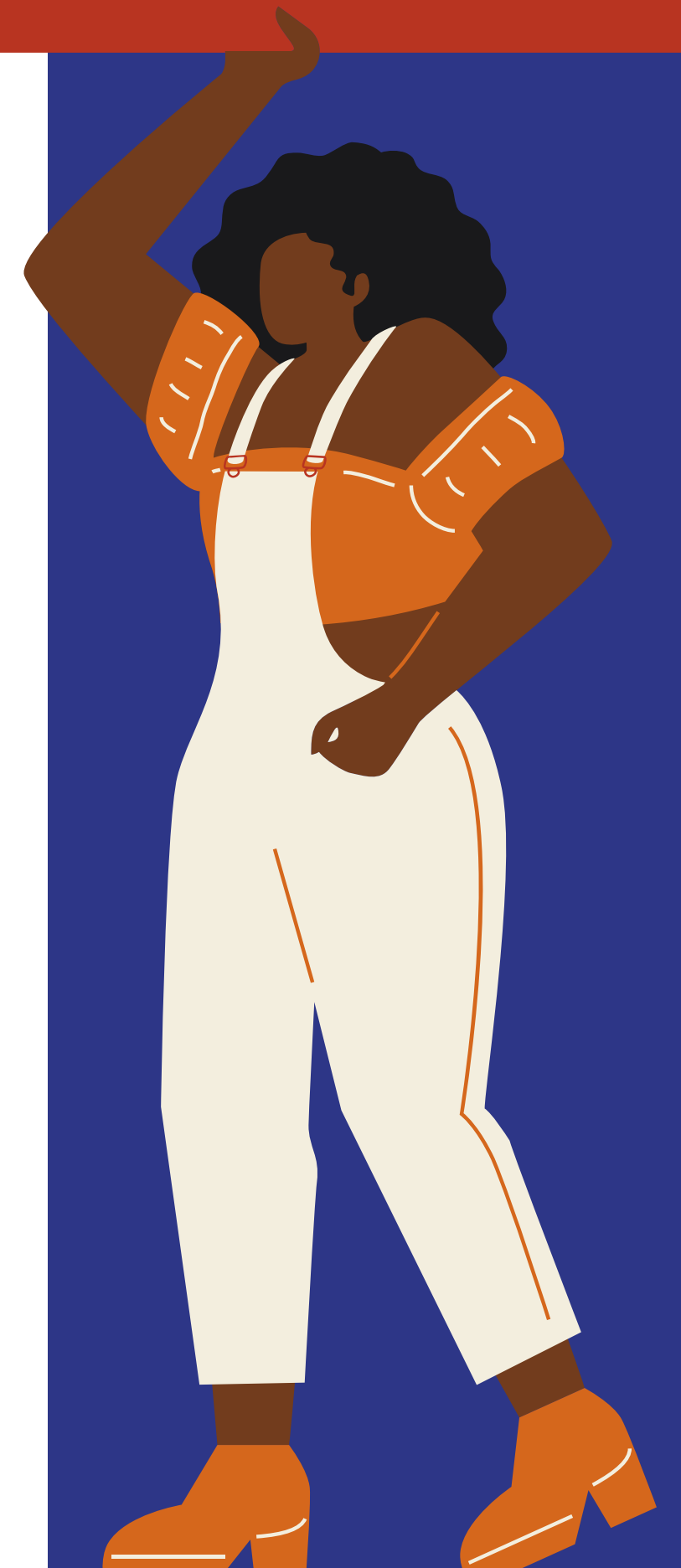
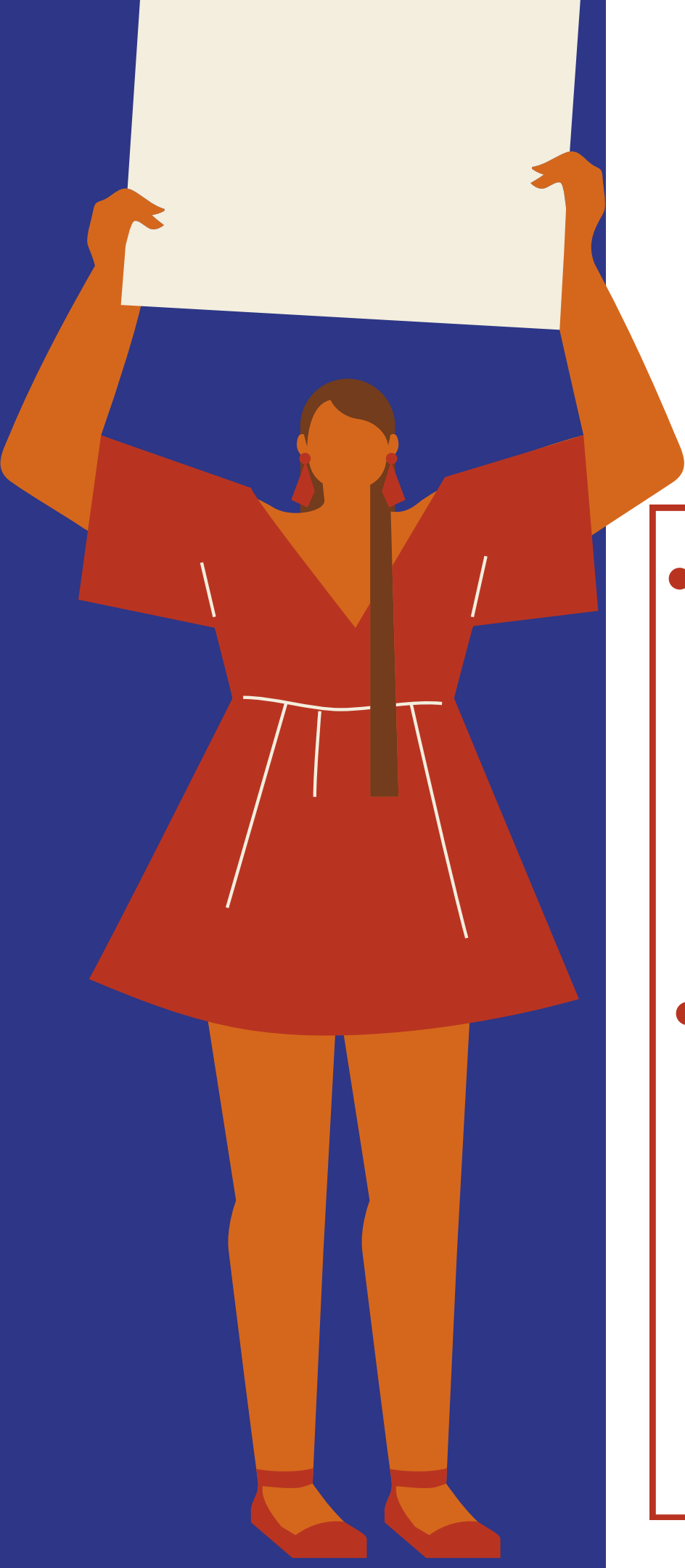
Reasons Not to Notify Law Enforcement:

- Police history of bias or violence against certain groups
- Concerns about police presence escalating tension
- No requirements for permits or expected conflict



What To Do If Arrested?

- **Your Right To Remain Silent**
 - You do not have to answer any questions beyond providing your name in some states.
 - You can say, **“I am exercising my right to remain silent and want a lawyer”**
- **Request a Lawyer**
 - You have a right to legal representation (private or public defender). If questioned, clearly state **“I want to speak to a lawyer”** and questioning must stop once you make this request. If they continue, do not answer any further questions until your lawyer is present.



If ICE Agents Appear..



Stay Calm, Do Not Run, and Activate Safety Plan

Panic can cause confusion and escalate the situation, so it's important to stay calm, and activate the safety plan

Don't Answer Questions about Immigration Status

No one is required to disclose their status. But do not lie or give false documents.

Know Your Rights

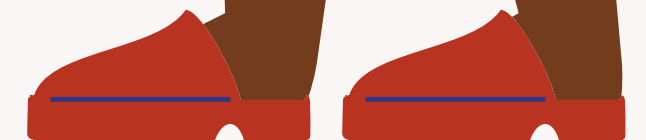
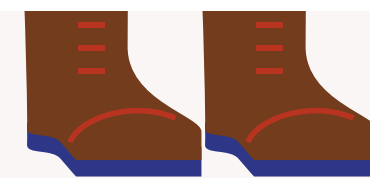
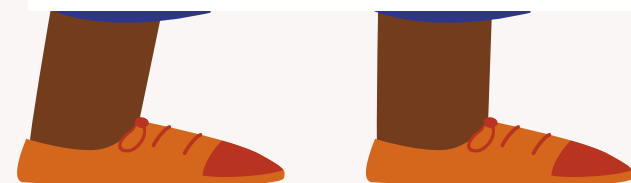
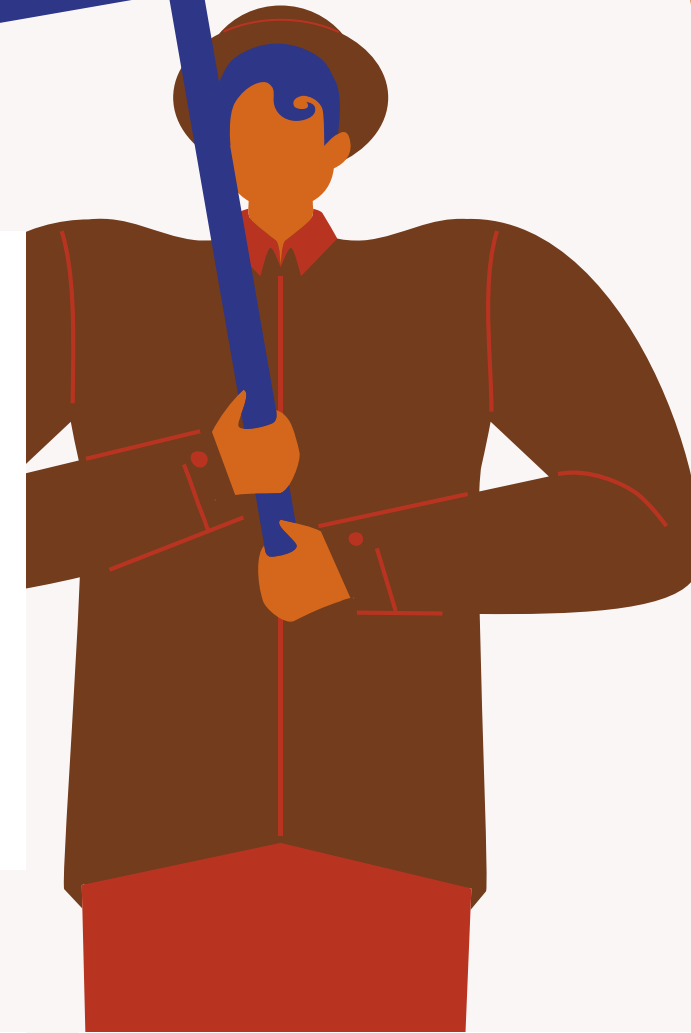
ICE cannot detain or question you without reasonable suspicion. You have the right to remain silent.

Protect Vulnerable Protesters

If someone is at risk, direct them to legal observers or to safe exit routes.

If detained..

You have a right to consult with a lawyer, but the government is not required to provide one for you. You can ask for a list of free or low cost alternatives



Digital and Personal Security

Protesting is a powerful tool for change, but it also comes with risks. Ensuring the safety of yourself and those around you requires preparation, awareness, and legal knowledge.

From understanding your rights to practicing de-escalation and digital security, taking the right precautions can help protect both the movement and its people.



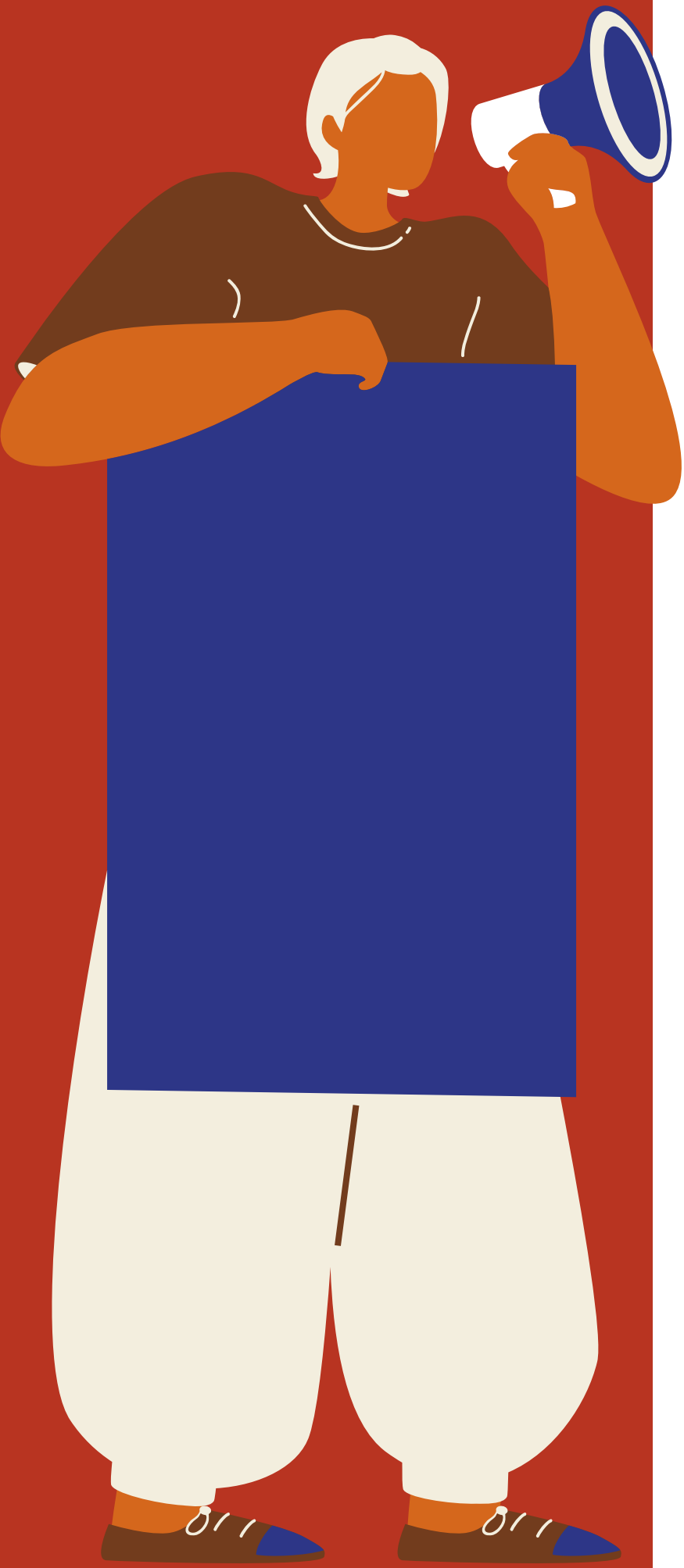
Digital Best Practices

Use encrypted messaging apps (Signal, WhatsApp)

Disable location tracking and biometrics on your phone

Protect personal info on social media by adjusting privacy settings and avoiding real-time posts





Best Practices for Personal Safety

Dress for Safety

Dress comfortably, wear protective gear if needed

Carry emergency contacts and DIY emergency kits that include bandages, saline, water, food, milk, masks, or goggles

Pair Up

Never wander off alone



SAFETY PLANNING before the Action

- Before the action meet create safety plans with your comrades.
- Share not only emergency contacts and information, but what you need when experiencing crisis: Do THIS. Don't do THAT.



Safety Planning

1. Know who your people are. Who should be called in case of an emergency?
2. Have medications on your person.
3. Share your warning signs for what you “look” like when approaching crisis.
 - a. Tell people how to support you in crisis. **DO this. DO NOT do THAT!**

Activity | Pod Mapping

Your pod is made up of the people that you would call on if violence, harm or abuse happened to you; or the people that you would call on if you wanted support in taking accountability for violence, harm or abuse that you've done; or if you witnessed violence or if someone you care about was being violent or being abused.