

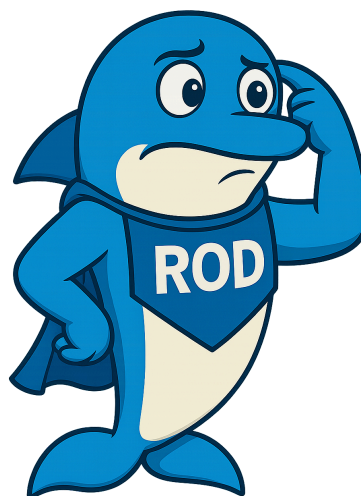


👊 Quick Protest Safety & De-Escalation Guide

Be Seen. Be Heard. Be Smart. Be Safe.

🎒 Before You Go: Pack Smart

- **Small backpack:** keep hands free, store essentials.
- **First aid kit:** bandages, antiseptic, eye rinse.
- **Water:** bring 2+ bottles (for drinking & eye rinsing).
- **Snacks:** protein bars, fruit, etc.
- **Mask:** for ID protection and tear gas defense.
- **Goggles:** swimming or lab goggles help with tear gas.
- **Bandana soaked in vinegar or lemon juice** (sealed in a bag) for gas exposure.



📱 Phone Safety

- **Airplane mode** before arrival to reduce tracking.
- **Disable Face ID/Fingerprint Unlock** — use a PIN only.
- **VPN** enabled if service is used.
- **Location services OFF** for all apps.
- **Don't post photos or video until you're home** — timestamp/location metadata can be used to track you.
- **Legal aid number written on your arm.**



Dress for Protection

- **Comfortable, dark, nondescript clothing.** Avoid logos or bright colors.
 - **Hair up and secured tightly.** Avoid braids/ponytails that can be grabbed.
 - **No jewelry, no loose items.**
 - **Closed-toe shoes.** (Running shoes or boots preferred.)
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Stay Safe, Stay Smart

- Stick with your group. Have a meetup plan if separated.
 - Follow protest organizers and peace marshals.
 - Remain calm, peaceful, and aware of exits/routes.
 - De-escalate if tensions rise. Do not argue with agitators.
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If You See Someone Causing Harm or Damage:

1. **Sit down immediately.**
 2. **Place your sign in your lap or clearly visible.**
 3. **Do not engage or shout.**
 4. **Let law enforcement clearly see who is and isn't responsible.**
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If Exposed to Tear Gas:

- Do **NOT** rub your eyes or face.
- Use water or **saline to flush eyes** (not milk).
- **Leave the area immediately.** Get to fresh air.
- Remove contaminated clothes as soon as possible.
- Don't touch your face until you've washed your hands.



Know Your Rights

- You have the right to protest peacefully.
 - You do **not** have to answer police questions.
 - Say: "I am exercising my right to remain silent."
 - Ask: "Am I being detained?" If not, walk away calmly.
 - If arrested, **request a lawyer immediately.** Say nothing else.
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After the Protest:

- Check in with your people.
- Document incidents safely if needed.
- Only post when home and secure.
- Hydrate, decompress, and know your voice made a difference.