



prepared + peaceful

training for being in and around the Capitol

Each of us is here because we're committed to something important. How we express that commitment matters. Remember, the whole world is watching.

For your safety, the safety of others, and the safety of the protest, we ask that you plan ahead, consider your options carefully, and get whatever support you need to remain calm and peaceful in the event that we are asked to leave.

Nothing written here is intended as legal advice. We just want every person in and around the Capitol to make informed choices about if, how, and when to leave.

NONVIOLENCE

Nonviolence is a philosophy, a lifestyle, and a strategy. Here we address it as a strategy to:

- Keep the public on our side
- Inform our interactions with counter-protestors
- Inform our interactions with police (who mostly support the goals of this protest)

Strategies that support our ability to practice nonviolence include:

- Connecting with others
- Planning ahead, visualizing nonviolent responses, role-playing
- Staying sober and free of alcohol/illegal drugs
- Song, prayer, meditation, compassion—remaining centered, calm, and focused on purpose

CONNECTING WITH OTHERS

Affinity groups are a long-standing way of organizing nonviolent protest. Consider forming a small group of people you already know or meet here to:

- Watch out for each other
- Know each other's contact information
- Help each other stay healthy and safe (food, sleep, medications, mood, etc.)
- Have a designated meeting place if you get separated
- Decide together what actions you'll take
- Support each other to leave if anyone can't stay nonviolent
- Have a plan for what to do if you are at risk of arrest

BEING WELL

One of the biggest health concerns in a situation like this is burnout. Take time to take care of yourself. Use your affinity group to support you.

- Breathe consciously. Even a few deep breaths can make a real difference in your ability to think clearly. Make a habit of breathing consciously 10-15 minutes every day.
- Rub your feet! At the end of a day at the Capitol, get the blood circulating, then elevate your feet so they're less swollen in the morning.
- Be sure to take all medications as prescribed. See "Being Arrested" (back) for how to prepare if your meds are critical to your moment-to-moment well-being and you plan to risk arrest.

PLANNING AHEAD

To avoid unintended consequences, consider in advance: **"If the police ask us to leave, will I leave when asked, or will I refuse respectfully?"** This is your individual choice. Opinions differ on whether or not it would be useful for the movement for people to be arrested. If you are told to leave, you have **three choices: Leave peacefully, cooperative civil disobedience, or passive civil disobedience.**

(OVER)

LEAVING PEACEFULLY

- Follow police instructions
- Do not interfere with arrests of others, even verbally
- Leave—walk, don't run
- Meet up with your affinity group to confirm that everyone is away who intended to be away
- Provide planned support for anyone in your group who stayed



CIVIL DISOBEDIENCE is the active, professed refusal to obey certain laws, demands, and commands of a government. It is a nonviolent resistance tactic that involves finding ways to achieve our goals without harming people.

- If you choose to stay, breathe, sing, center, pray, meditate, remain calm
- Recall the police are largely in support of the protest goals and want to keep the charges minimal

COOPERATIVE CIVIL DISOBEDIENCE

- Respectfully let the officer know you do not want to leave but will cooperate physically
- Stand & hold your hands together in front of you
- Do not react/resist/pull away in any way to avoid escalated charges
- You may be given a citation on the spot and released, or transported to a processing center & given a citation (\$150-500 fine & a court date)

PASSIVE CIVIL DISOBEDIENCE

- Respectfully refuse to leave
- Sit down or go limp
- This will likely result in arrest, and if done completely nonviolently should be a misdemeanor
- Do not react/resist/pull away in any way to avoid escalated charges
- See “being arrested” below

BEING ARRESTED

- Recognize that remaining limp while being physically removed can be extremely challenging, can be dangerous to you, and could possibly be considered resisting arrest, a greater charge.
- Don't make sudden moves around the police or touch them—this could be construed as assaulting an officer, a greater charge.
- Consequences could be different for non-US citizens, students, minors, people with outstanding warrants or past criminal records. Get legal advice before deciding to risk arrest.
- The police may use zip ties to cuff your hands. Keep your hands, arms and shoulders as relaxed as possible. Use very gentle shoulder rotations to keep the blood moving. If your hands are behind your back and swelling, get them above your heart by going down on your knees and bending your head forward, so your hands rest on your back.
- You can ask where you are being taken, but if you aren't told, don't worry.
- Once in police custody, cooperate fully as you are transported, fingerprinted and photographed. If you resist, you must be jailed.
- Don't lie to the police. Give them your real name and contact information. Not to do so is a crime.
- Provide information about medical conditions or medications. If it is important that you continue medications while in custody, be sure to bring several days' supply with you in the original prescription bottle. Also have with you a doctor's note specifying the importance of those meds to your health. Without this, your treatment will likely be delayed—perhaps significantly.
- Don't answer other questions. Say, “I want a lawyer. I will be silent until I get a lawyer.”
- The ACLU and lawyers hired by the unions will be tracking who is arrested and will do their best to make sure everyone gets legal support, as long as they are simply in trouble for nonviolent civil disobedience. Our understanding is that they will NOT give legal assistance to people who get charged with assault on an officer, drug charges, etc.
- Legal support is being coordinated through the number below. During the day, a person will answer. At night, a recorded message will provide the numbers for people on call that night.

608.257.0040

- Write this number *on your body*. If arrested, you will not have your cell phone or notebook.

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