


The background of the slide is a light gray gradient. It is decorated with numerous realistic water droplets of various sizes. Some droplets are clustered in the top left corner, while others are scattered across the bottom right. The droplets have highlights and shadows, giving them a three-dimensional appearance.

BASIC PROTEST SAFETY IN 2020




NOTES ABOUT THIS TRAINING

- I AM NOT HERE TO TELL YOU WHAT TO DO, BUT TO SHARE SKILLS, EXPERIENCE, AND KNOWLEDGE
 - I AM NOT A MEDICAL DOCTOR NOR A LAWYER. NONE OF THIS SHOULD BE TAKEN AS LEGAL OR MEDICAL ADVICE
 - THE INFORMATION HERE COMES FROM THE EXPERIENCES OF MYSELF AND COMRADES (INCLUDING THOSE WITH THE ABOVE EXPERTISE)
 - I HAVE BEEN TRAINING FOR 5 YEARS AND HAVE COMPLETED MULTIPLE COURSES FOR NVDA TRAINERS
 - PROTESTS ARE UNPREDICTABLE, AND NO ONE CAN GUARANTEE YOUR SAFETY OR ELIMINATE ALL RISKS
 - BUT HAVING KNOWLEDGE CAN MAKE US FEEL MORE COMFORTABLE TAKING ON RISKS
- 



WHAT WE WILL COVER

- 1. SET YOURSELF UP FOR SUCCESS BEFORE COMING TO A PROTEST
 - 2. WHAT TO BRING/NOT BRING TO A PROTEST
 - 3. GENERAL GUIDELINES ON BEST PRACTICES
 - 4. TACTICS AND WEAPONS POLICE USE AND HOW TO STAY AS SAFE AS POSSIBLE
 - 5. BEST PRACTICES FOR IF YOU ARE ARRESTED
 - 6. WHAT TO DO AFTER YOU OR OTHERS ARE ARRESTED
 - 7. HOW ELSE TO PLUG IN IF BEING IN THE STREETS IS NOT FOR YOU
 - 8. GENERAL Q&A
- 

BEFORE COMING TO A PROTEST

- DEVELOP A SAFETY PLAN
- ASSESS YOUR OWN RISK LEVEL
- IF POSSIBLE TRY NOT TO COME ALONE. IF YOU DO COME ALONE, TRY TO MAKE SOME NEW COMRADES, FIRST THING. TRY NOT TO LEAVE ALONE OR GO TO THE BATHROOM ALONE. TALK ABOUT ANY NEEDS THAT YOU HAVE (ABILITY, MEDICAL, RISK LEVEL, FEARS, TRIGGERS, ETC)
- WRITE YOUR LOCAL NATIONAL LAWYER'S GUILD PHONE NUMBER ON YOUR BODY IN SHARPIE
 - NLG CHICAGO: 773-309-1198
 - COOK COUNTY PUBLIC DEFENDER: 844-817-4448
- WRITE ANY IMPORTANT MEDICAL CONDITIONS ON YOUR ARM IN SHARPIE
- TURN TOUCH ID OFF ON YOUR PHONE
- COVER/SECURE ANY PIERCINGS
- AVOID USING OIL BASED CREAMS, LOTIONS ETC BEFORE YOU GO
- PICK A SELF CALMING TECHNIQUE BREATHE A PHRASE A SONG

The slide features a light gray background with several realistic water droplets of varying sizes in the corners. The top-left corner has a large droplet and a few smaller ones. The top-right corner has a medium droplet and a small one. The bottom-right corner has a large, irregular droplet and several smaller ones. The bottom-center has a small droplet and a medium one.

IF YOU ARE PREGNANT


- PLEASE TAKE EXTRA CAUTION.
- PHYSICAL ASSAULT AND CHEMICAL WEAPONS CAN BOTH INDUCE MISCARRIAGES

ELEMENTS OF A PROTEST SAFETY PLAN

- TELL SOMEONE THAT YOU ARE GOING. SET A CHECK IN TIME, AND MAKE SURE THEY KNOW TO START CALLING AROUND IF YOU MISS YOUR SET CHECK IN TIME. IT CAN BE HELPFUL IF THEY HAVE THE FOLLOWING INFO:
 - LEGAL NAME (AS IT APPEARS ON ID)
 - DATE OF BIRTH
- HAVE A PLAN FOR THE CARE OF KIDS, PETS, PLANTS, ETC
- HAVE ANY NECESSARY MEDICATION ON YOUR PERSON
- DEVELOP AN EXIT PLAN THAT TAKES INTO ACCOUNT CURRENT TRANSIT OPTIONS/CLOSURES
- MAKE SURE SOMEONE NOT AT THE PROTEST HAS A SPARE SET OF HOUSE/CAR KEYS



WHAT TO BRING TO A PROTEST -- NECESSITIES


- DRINKING WATER (OR SOMETHING WITH ELECTROLYTES) AND SNACKS, BONUS IF YOU BRING ENOUGH FOR OTHERS – TRY TO STEP TO A BIT AWAY WHEN LIFTING YOUR MASK TO EAT OR DRINK
 - WATER IN A SQUIRT TOP BOTTLE FOR EYE FLUSHES (SEPARATE FROM DRINKING H₂O)
 - ANY MEDICATIONS YOU MAY NEED FOR 48 HOURS – ESP INHALERS AND RESCUE MEDS
 - GLASSES – NOT CONTACTS– SECURED TO YOUR FACE
 - MASK, HAND SANITIZER
 - PHONE NUMBER FOR NLG
 - HAT
 - WEAR CLOSE-TOED SHOES! EVEN WHEN IT'S HOT
 - SOME TP/WIPES: YOU WILL LIKELY HAVE TO PEE BEHIND A DUMPSTER
- 

WHAT TO BRING TO A PROTEST – HELPFUL, BUT OPTIONAL

- SOME BASIC FIRST AID
- BACK UP PHONE BATTERIES AND CORDS
- BRINGING YOUR ID IS A CHOICE
- EXTRA CLOTHES LAYERS, ESP LONG SLEEVED
- SUNSCREEN, BUT TRY TO AVOID OIL BASED, WHICH CAN BIND TO CHEMICAL WEAPONS, BUT YOU WOULD RATHER HAVE OIL BASED SUNSCREEN THAN A SUNBURN IF YOU WILL GET HIT
- FACE SHIELDS
- GOGGLES OR GAS MASKS CAN BE USEFUL FOR CHEMICAL WEAPONS, BUT ALSO MAY MAKE YOU A TARGET
- HAIR TIES, MENSTRUAL PRODUCTS (ESP TAMPONS)
- BULLHORN – IF YOU HAVE RHYTHM! IF YOU ARE A WHITE PERSON, BE MINDFUL OF HOW AMPLIFIED YOUR VOICE IS
- WEATHER-SPECIFIC STUFF




WHAT NOT TO BRING TO A PROTEST

- ‘DON’T BREAK THE LAW WHEN YOU’RE BREAKING THE LAW’: LEAVE CRIMINALIZED SUBSTANCES, WEAPONS, ETC. AT HOME
 - ANYTHING THAT COULD IN ANY WAY BE CONSTRUED AS A WEAPON
 - ANY VALUABLES
 - LONG OR BIG JEWELRY
- 




SUGGESTED PROTEST ETIQUETTE

- PROTECT YOURSELF AND YOUR COMRADES
 - IF YOU ARE NOT PART OF THE DIRECTLY AFFECTED COMMUNITY, FOLLOW THE LEAD OF OTHERS AROUND TONE, ACTIONS, ETC. DO NOT BE AN INSTIGATOR.
 - YOU ARE IN CHARGE OF YOUR OWN BODY, BUT REMEMBER THAT YOUR ACTIONS DO IMPACT PEOPLE AROUND YOU. TAKE THAT RESPONSIBILITY SERIOUSLY.
 - DO NOT LECTURE/SHAME OTHER PROTESTERS WHO MAY ENGAGE IN ACTIVITIES YOU WOULDN'T OR WHO TAKE RISKS YOU WOULD NOT. OUR MOVEMENT HAS ROOM FOR DIVERSITY. MOVE AWAY FROM THEM IF YOU FEEL UNSAFE.
 - REMEMBER THAT THE STATE'S SURVEILLANCE APPARATUS IS STRONG. ASSUME YOU ARE ON CAMERA.
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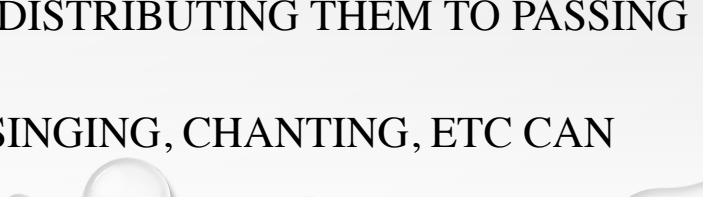


RECOGNIZING IMPORTANT PEOPLE

- LEGAL OBSERVERS: GREEN HATS
 - MEDICS: RED CROSSES, USUALLY IN TAPE, SOMETIMES ON BACKPACKS
 - COPS, NATIONAL GUARD: THEY ARE THE ONES WITH THE GUNS
 - WHITE SUPREMACISTS: THEY MIGHT ALSO HAVE GUNS
- 



DURING A PROTEST

- THINK ABOUT WHERE YOU WANT TO PLACE YOURSELF: FRONT, END, OUTSIDES, INSIDES
 - IF YOU NEED MEDICAL OR LEGAL, USE THE PEOPLE'S MIC
 - DRINK WATER. DEHYDRATION CAN GET SERIOUS
 - BE AWARE OF YOUR SURROUNDINGS
 - CHOOSE YOUR BODY POSITION – ARE YOU AND THE PEOPLE AROUND YOU WALKING, SITTING STANDING, ETC?
 - DON'T RUN UNLESS THERE IS A REASON TO RUN
 - IF YOU DON'T WANT TO BE IN THE HEAT OF THE ACTION, BUT DO WANT TO BE SUPPORTIVE, BRINGING CASES OF WATER AND DISTRIBUTING THEM TO PASSING PROTESTORS CAN BE REALLY HELPFUL
 - KEEP YOUR MASK ON – RUNNING, COUGHING, SINGING, CHANTING, ETC CAN TRANSMIT COVID
- 



POLICE TACTICS


- **THE NUMBER 1 TACTIC POLICE USE IS FEAR.**
 - TRY TO STAY CALM. YOU WILL MAKE BETTER DECISIONS FOR YOURSELF AND BE MORE EFFECTIVE AT HELPING OTHERS
 - DON'T START OR SHARE RUMORS – THESE CAN LEAD TO PANIC
 - EVEN IF YOU NEED TO GET OUT OF A PROTEST, DO NOT CAUSE/PARTICIPATE IN A STAMPEDE
- 

POLICE TACTICS, CONT'D

- PUSHING
 - LOWER YOUR CENTER OF GRAVITY, BEND YOUR KNEES, TRY NOT TO FALL OVER
 - PROTECT YOUR HEAD, NECK, AND FACE
 - IF YOU ARE LINKING ARMS, LINK IN THE FRONT RATHER THAN THE BACK. TURN TO THE PERSON NEXT TO YOU AND SAY, 'IF I SAY 'DROP', LET MY ARM GO'
- KETTLING
 - THIS IS OFTEN A SIGN THAT COPS ARE ABOUT TO BEAT YOU, BE ATTENTIVE AS TO WHERE YOUR BODY AND OTHERS' ARE POSITIONED
 - IT IS POSSIBLE TO SOMETIMES BREAK A KETTLE BY USING AVAILABLE OBJECTS – BE AWARE OF LEGAL RISKS



CATEGORIES POLICE WEAPONS

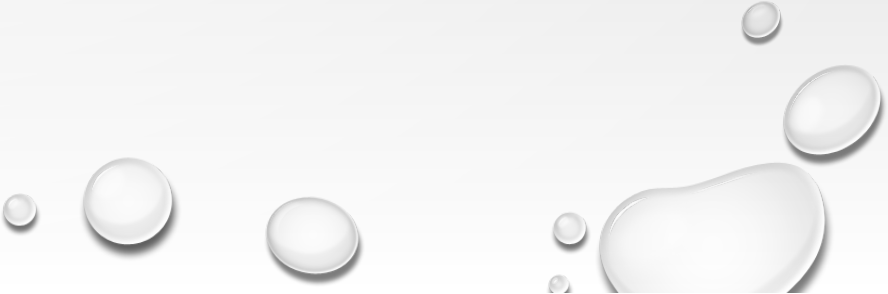
- CLOSE RANGE WEAPONS: HANDS, BATONS, TASERS, BIKES, HORSES, VEHICLES
 - IMPACT AND CHEMICAL : TEAR GAS, PEPPER SPRAY
 - SOUND/LIGHT WEAPONS: FLASH BANGS, SOUND CANNONS
 - PROJECTILE WEAPONS: RUBBER BULLETS, LIVE AMMUNITION
- 

HAND TO HAND WEAPONS

- THE BEST THING TO DO IS AVOID THEM. IF YOU CANNOT AVOID THEM, PROTECT YOUR HEAD, NECK, AND FACE FIRST. SECOND PRIORITY FOR BODILY PROTECTION MAY BE DEPENDENT ON OTHER MEDICAL ISSUES (IF YOU ONLY HAVE ONE KIDNEY, FOR EXAMPLE)
- IF YOU HAVE BEEN HIT AND HAVE MORE THAN SUPERFICIAL WOUNDS, CALL FOR A MEDIC OR TRY TO GET TO ONE IF YOU CAN MOVE
- NOTE THAT SOME OTHER KINDS OF WEAPONS (LIKE TEAR GAS CANISTERS) CAN ALSO BE USED AS IMPACT WEAPONS, SO PAY CLOSE ATTENTION TO WHEN COPS PUT ON THEIR OWN MASKS OR BEGIN TO LAUNCH PROJECTILES

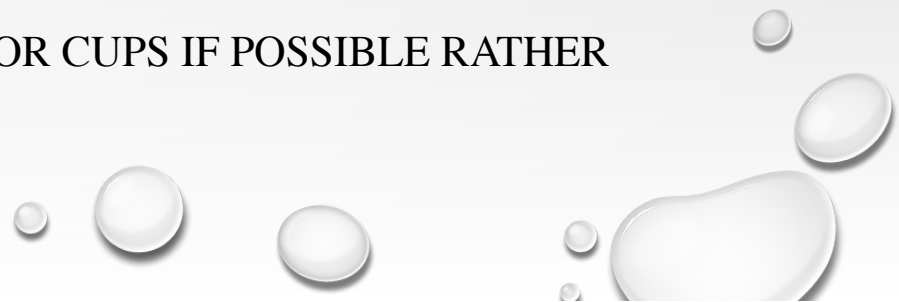


IMPACT AND CHEMICAL WEAPONS – WHAT THEY ARE

- BOTH TEAR GAS AND PEPPER SPRAY ARE CHEMICAL WEAPONS. TEAR GAS HAS BEEN BANNED ON THE BATTLEFIELD SINCE WWI.
 - TEAR GAS AND PEPPER SPRAY ARE DIFFERENT!
 - TEAR GAS CANISTERS ARE VERY HOT AND CAN START FIRES
- 



IMPACT AND CHEMICAL WEAPONS – WHAT TO BRING


- IF YOU HAVE A FULL FACE SHIELD, BRING IT WITH YOU.
 - INHALERS! IF YOU HAVE **EVER** USED AN INHALER, BRING IT. CHEMICAL WEAPONS ARE IRRITANTS AND CAN CAUSE SERIOUS RESPIRATORY PROBLEMS
 - GAS MASKS ARE THE MOST EFFECTIVE, BUT THEY CAN ALSO MAKE YOU A TARGET.
 - BANDANAS. IF YOU SEE THEM GEARING UP TO LAUNCH, TRY TO WET YOUR BANDANA. THE WATER CAN SEAL HOLES IN THE FABRIC TEMPORARILY
 - PALESTINIANS USE RAW ONIONS
 - IF YOU ARE MENSTRUATING, WEAR TAMPONS OR CUPS IF POSSIBLE RATHER THAN PADS OR PERIOD UNDERWEAR
- 

IMPACT AND CHEMICAL WEAPONS – IMMEDIATE RESPONSE

- WATER DOES PUT OUT THE CHARGE OF A TEAR GAS CANISTER, THOUGH IT TAKES A LOT. PLUNGING THE CANISTER INTO A BUCKET OF WATER, OR PUTTING A TRAFFIC CONE AND THEN DOUSING WITH WATER HAS BEEN EFFECTIVE IN THE RECENT HONG KONG PROTESTS
- FLUSH EYES WITH A FORCEFUL STREAM OF H₂O AT LEAST 2-3 TIMES. BE AWARE THAT THIS WILL BURN, BUT IT IS THE BEST IN THE LONG RUN. DO NOT PUT WEIRD THINGS IN YOUR EYES, AS THEY CAN CAUSE INFECTION. NO MILK, NO BAKING SODA, NO WEIRD THINGS IN YOUR EYES!
- WASH OTHER AFFECTED BODY PARTS, TAKE OFF AND BAG CLOTHES IF YOU HAVE SPARE. IF THE CHEMICAL HAS NOT AEROSOLIZED AND IS POWDERED, BRUSH THE POWDER OFF FIRST AND THEN RINSE WITH WATER
- IF SPRAYED IN THE MOUTH, GARGLE AND SWISH WITH H₂O OR MILK AND SPIT – DO NOT SWALLOW!
- TEAR GAS CANISTERS ARE VERY HOT. TOUCHING THEM CAN BURN. IF YOU ARE GOING TO REDIRECT A CANISTER, IT IS BEST TO USE AN OBJECT RATHER THAN YOUR HAND TO DO THAT
- IF A CANISTER HAS BEEN LAUNCHED AND YOU CANNOT GET OUT OF THE WAY, MAKE SURE IT HITS YOU IN THE LEG RATHER THAN THE FACE



IMPACT AND CHEMICAL WEAPONS – LATER RESPONSE

- WHEN YOU GET HOME, STRIP AT THE FRONT DOOR AND BAG YOUR CLOTHES. THEY WILL STILL HAVE RESIDUE ON THEM, SO TRY TO AVOID BEING IN ENCLOSED SPACES WHILE WEARING CONTAMINATED CLOTHES
 - IT MAY TAKE SEVERAL WASH CYCLES TO GET CLOTHES CLEAN. DO NOT DRY CLEAN.
 - SHOWER THOROUGHLY WITH THE COLDEST WATER THAT IS COMFORTABLE. USE A NEUTRAL SOAP. ANGLE AFFECTED BODY PARTS AWAY FROM OPEN WOUNDS AND GENITALS, AS RUNOFF CAN BE PAINFUL
 - FOLKS WITH THICKER, COARSER, OR CURLY HAIR MAY WANT TO WASH HAIR TWICE
- 

SOUND AND LIGHT WEAPONS

- FLASH BANGS/SOUND GRENADES
 - THESE CAN BE SCARY, BUT THEY ARE MOSTLY INTENDED TO DISORIENT
 - IF THEY GO OFF CLOSE TO YOU, THEY CAN IMPAIR HEARING (MOST OFTEN TEMPORARILY)
 - COVER YOUR EARS
 - IF THEY HIT DIRECTLY, THEY CAN ALSO CAUSE BURNS AND SOMETIMES FIRES, SO TREAT THEM ALSO LIKE PROJECTILE WEAPONS
- SOUND CANNONS
 - CAN IMPAIR HEARING, CAUSE DIZZINESS AND HEADACHES
 - COVER YOUR EARS AS TIGHTLY AS POSSIBLE FOR THE DURATION OF THE SOUND
 - THESE ARE DISTANCE WEAPONS, SO MOVING AWAY WILL ALLEVIATE THE EFFECT, BUT BE CAREFUL NOT TO STAMPEDE, AS OTHERS MAY BE DIZZY AND DISORIENTED. THEY SHOOT IN A CONE FORMATION, SO MOVE PERPENDICULAR TO THE SOURCE

RUBBER BULLETS

- RUBBER BULLETS IS ACTUALLY A LARGE CATEGORY OF 'LESS LETHAL' WEAPONS, SOME OF WHICH DO INDEED HAVE METAL INSIDE THEM. THEY INCLUDE ALSO WHAT ARE CALLED: BEAN BAG ROUNDS, PLASTIC BULLETS, SHOT PELLETS, AND OTHER VARIANTS
- CONTRARY TO POLICE PROPAGANDA, THEY CAN BE LETHAL
- MOST OFTEN, RUBBER BULLETS WILL CAUSE BRUISING, SWELLING, AND BONE FRACTURES, THOUGH THEY CAN CAUSE INTERNAL BLEEDING.
- TRY TO AVOID GETTING HIT, PROTECT YOUR HEAD, FACE, AND NECK IF YOU CAN'T
- IF YOU GET HIT, TRY TO MOVE TO SAFETY, APPLY PRESSURE TO STOP ANY BLEEDING, GET CHECKED OUT BY A MEDIC, AND GO TO A HOSPITAL IF YOU HAVE SEVERE SYMPTOMS

DE-ARREST

- IT IS SOMETIMES POSSIBLE TO PREVENT OTHERS FROM BEING ARRESTED. THIS CAN BE A POWERFUL WAY FOR PEOPLE WITH MORE PRIVILEGE TO PROTECT THOSE WHO ARE MORE VULNERABLE
- THERE ARE SERIOUS LEGAL RISKS THAT COME WITH THIS STRATEGY
- PUT YOUR BODY BETWEEN COPS AND COMRADES TO DISTRACT OR TRY A YANK-AND-RUN
- IF YOU CAN RISK IT, TRY TO DE-ARREST

BEST PRACTICES FOR DOCUMENTING

- FOCUS ON THE COPS, NOT THE PROTESTERS. TRY TO GET NAMES AND BADGE NUMBERS IF POSSIBLE.
- BE AWARE THAT FILMING CAN MAKE YOU A TARGET
- BE MINDFUL THAT LOOKING DOWN AT YOUR PHONE MEANS YOU AREN'T LOOKING AT WHAT'S GOING ON AROUND YOU
- IF THEY TELL YOU TO STOP FILMING, YOU MAY SAY LOUDLY ON CAMERA, 'I AM EXERCISING MY LEGAL RIGHT TO FILM ON-DUTY POLICE OFFICERS. I AM TAKING A STEP BACK' AND THEN TAKE THE STEP BACK
- MAKE SURE YOUR PHONE IS OUTSIDE OF GRABBING DISTANCE AT ALL TIMES
- CAN BE HELPFUL TO USE AN APP THAT IMMEDIATELY BACKS UP TO THE CLOUD: COPWATCH (IPHONE), MOBILE JUSTICE (ANDROID)
- YOU SHOULD DOCUMENT THE WEAPONS THAT ARE USED, EITHER IN REAL TIME OR AFTER THE FACT
- CONTACT NLG AFTER THE FACT AND OFFER TO SHARE FOOTAGE YOU HAVE OF POLICE-PERPETRATED VIOLENCE. THIS MAY BE HELPFUL IN COURT CASES



CHICAGO ACTION MEDICAL
presents
HANDCUFF INJURIES
and what to do about them



Congratulations on getting out of jail! Before you head back to the streets we want to talk about **handcuff injuries**, the most common injuries people get when they are arrested.

Handcuff injuries happen when zip tie cuffs are put on too tight. After you were arrested, you may have started to feel **pain, tingling, or numbness** in your hands, wrists, and arms, and those feelings may be continuing now.

All of these are signs of **nerve damage**. Nerve damage happens when a nerve is pinched or when blood flow gets cut off for an extended period of time.

Here are some things you can do to help your body recover from a handcuff injury:

- Clean any **cuts** or **scrapes** with soap and warm water
- **Massage** and **stretch** your arms and hands and wrists
- If you are in pain, massage with **St. Johns Wort oil** (which you can get at places like Whole Foods) 3 times a day until all symptoms go away
- Eat your **fruits** and **veggies** and try to get good meals three times a day
- **Drink water!** Keep a bottle of water on you all the time and remind yourself to drink

You may want to **document your injuries** for legal purposes. Go to a well-lit area and take many pictures of your hands, arms, cuts, and scrapes, along with any other injuries, and talk to the **National Lawyers Guild: 312-913-0039**

Nerve tissue will regrow at a rate of approximately 1 inch (2 cm) per month. **If you have no feeling whatsoever in any part of your hands, wrists, or arms, see a doctor immediately.**

Please direct all questions, comments, and porcupines to:
chicagoactionmedical@riseup.net.

IF YOU ARE ARRESTED

- DECIDE WHETHER TO COOPERATE OR NOT BY GOING LIMP
- DEMAND YOUR PHONE CALL AND CALL NLG
- DO NOT TALK ABOUT THE ACTION. ASSUME YOU ARE UNDER SURVEILLANCE AT ALL TIMES AND ANYTHING YOU SAY WILL BE USED AGAINST YOU AND YOUR COMRADES. TALK ABOUT LITERALLY ANYTHING ELSE
- ONLY TALK TO THE COPS TO MAKE DEMANDS – FOOD, BATHROOM ACCESS, MEDICATION, MEDICAL ATTENTION, ETC. OR TO ANSWER ADMINISTRATIVE QUESTIONS RELATED TO YOUR BOOKING – NAME, ADDRESS, ETC.
- TRY TO DOCUMENT ANY INSTANCES OF FURTHER POLICE MISCONDUCT (LIKE PHYSICAL VIOLENCE, HARASSMENT, SEXUAL AND/OR TRANSPHOBIC HARASSMENT, ETC) – NAMES, BADGE NUMBERS, TIME, AND WHAT HAPPENED. SHARE THEM IMMEDIATELY WITH THE LAWYER IF YOU ARE ABLE TO TALK TO THEM
- YOU HAVE A RIGHT TO AN ITEMIZED RECEIPT OF PROPERTY THAT IS TAKEN FROM YOU DURING BOOKING

REMEMBER THAT COOK COUNTY HAS HAD BEEN A HOTBED OF COVID-19

JAIL SUPPORT

- GETTING ARRESTED FOR THE MOVEMENT IS AN IMPORTANT SOCIAL SERVICE
- MAKE SURE PEOPLE ARE NOT ALONE WHEN RELEASED
- PRESSURE THE CITY TO RELEASE PROTESTERS
- LETS THEM KNOW THAT PEOPLE ARE WATCHING, MAY REDUCE MISCONDUCT
- COPS MAY TRY TO MESS WITH YOU
- WHAT TO BRING: FOOD, WATER, CHARGED PHONE BATTERIES, EXTRA MASKS, CAR IF YOU CAN OFFER RIDES, \$\$ FOR FOLKS TO TAKE UBER/LYFT, PEOPLE ALSO APPRECIATE CIGARETTES, LIGHTERS, AND COFFEE
- AS PEOPLE ARE RELEASED, GATHER THE FOLLOWING INFO AND PASS ON TO NLG IF AN NLG PERSON IS NOT ON SITE:
 - LEGAL NAME AS IT APPEARS ON ID
 - DATE OF BIRTH
 - CONTACT INFO (PHONE AND EMAIL)
 - WHAT THEY WERE CHARGED WITH
 - COURT DATE

POST-RELEASE

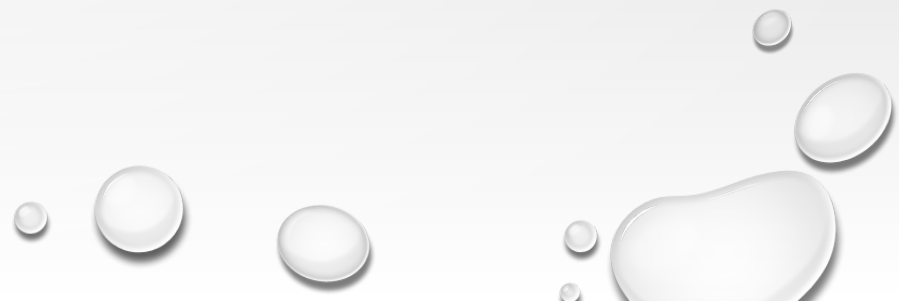
- MAKE SURE TO CHECK IN WITH YOUR LAWYERS. MENTION ESPECIALLY IF YOU WITNESSED/EXPERIENCED ANY ABUSE WHILE INSIDE, ANY INJURIES YOU SUSTAINED, ANY PROPERTY THAT WAS DESTROYED OR NOT RETURNED TO YOU
- ASK WHAT THE POTENTIAL PENALTIES ARE FOR CONTINUING TO PROTEST BETWEEN NOW AND YOUR COURT DATE, AS WELL AS ANY RESTRICTIONS ON YOUR BEHAVIOR OR MOVEMENT BETWEEN NOW AND THEN.
- EXTENSIVELY DOCUMENT ANY INJURIES. TAKE MULTIPLE PHOTOS FROM MULTIPLE ANGLES. VISIT A DOCTOR/HOSPITAL IF INJURIES ARE SEVERE

POST-ACTION PROCESSING (ADAPTED FROM BOSTON STREET MEDICS)

- FOR PROTESTERS:
 - ANY WAY YOU FEEL AFTER A TRAUMATIC EVENT IS OKAY. IF YOU THINK TALKING TO A FRIEND WOULD BE HELPFUL, THEN YOU SHOULD! YOU DON'T HAVE TO GO IT ALONE!
 - WARNING SIGNS FOR PROFESSIONAL HELP, IF PERSISTENT: SLEEP DISTURBANCES AND INSOMNIA, NIGHTMARES, HYPERVIGILANCE, ANXIETY, DEPRESSION, SUICIDAL THOUGHTS, FLASHBACKS, NEED FOR SUBSTANCES TO 'NUMB' EMOTIONS, AND A MENTAL/EMOTIONAL STATE THAT INTERFERES WITH YOUR ABILITY TO CARRY OUT YOUR NORMAL LIFE
- FOR SUPPORTERS:
 - YOU DON'T NEED FORMAL TRAINING TO SUPPORT A COMRADE
 - CONSIDER HOW AVAILABLE YOU ARE BEFORE YOU COMMIT TO LISTENING
 - KEEP THE FOCUS ON THE PERSON DOING THE DEBRIEFING
 - VALIDATE THE PERSON'S FEELINGS, DON'T QUESTION OR JUDGE THEIR EXPERIENCE
 - KEEP INFORMATION SHARED WITH YOU CONFIDENTIAL



IF YOU HAVE DECIDED BEING IN THE STREET IS NOT FOR YOU

- THAT'S OKAY – NO SHAME! FIND OTHER WAYS TO SUPPORT:
 - DRIVE PROTESTERS FROM HOT ZONES
 - DO JAIL SUPPORT, EITHER BY TAKING A SHIFT OR BY DROPPING OFF SUPPLIES
 - FUNDRAISE FOR FRONTLINE ORGANIZATIONS
 - BE AN EMOTIONAL SUPPORT BUDDY FOR SOMEONE WHO IS GOING
 - SUPPORT A PROTESTER BY WATCHING THEIR KIDS, WATERING THEIR PLANTS, POSTING THEIR BAIL, GOING WITH THEM TO COURT DATES, DROP GROCERIES OFF AT THEIR HOUSE
- 

The slide features a light gray background with a subtle gradient. In the top-left and bottom-right corners, there are clusters of realistic water droplets of various sizes, rendered with soft shadows and highlights to give them a three-dimensional appearance. The word "QUESTIONS??" is centered in the upper half of the slide in a black, serif font.

QUESTIONS??



THANK YOU SO MUCH!

- IF YOU FOUND THIS FREE TRAINING HELPFUL, PLEASE MAKE A DONATION TO:
 - YOUR LOCAL BAIL/BOND FUND
 - THE NATIONAL LAWYER'S GUILD
 - YOUR LOCAL GROUP OF STREET MEDICS
 - A BLACK-LED SOCIAL JUSTICE ORGANIZATION
- 