

Indivisible Enumclaw Techniques for Non-Violent Protest and De-Escalation

We are delighted you are joining us for a **peaceful** protest against the undemocratic actions of the Trump administration. First and foremost, this is a *peaceful* and *non-violent* protest. We are committed to living the values that we expect to see in our leadership! Here are some strategies we've adapted from *Moveon.org* to ensure a peaceful protest and to de-escalate any tensions that may arise if we are joined by counter-protestors.

- **Stay calm and avoid confrontation.** Overall, the most important thing is to avoid confrontation, which can be difficult. If counter-protesters join our demonstration, avoid feeding into the hostile atmosphere that disrupters may attempt to create. Stay cool, calm, and respectful. Remember, we're all fellow human beings!
- **Watch your language.** Be intentional in using language that is nonviolent and inclusive at all times. Assume anything you say could end up on Fox News.
- **Ignore disruptive people as best as you can.** If you notice a person filming without your consent, or if anyone makes you uncomfortable for any reason, it's totally fine to ask them to leave the event. If they refuse, ignore them and do not engage with them. Don't let a disrupter distract from our peaceful protest!
- **Assess.** If it becomes impossible to avoid confrontation with a counter-protester, avoid getting in arguments or shouting matches. Speak calmly and walk away if needed. We have organizers on hand to help with disrupters and they can intervene if needed.
- **Only call authorities if there is a clear and present danger.** Indivisible Enumclaw holds a weekly protest on Thursdays, *and the vast majority of responses we receive from passersby are positive and supportive*. However, there are always a few people who shout disrespectful things out their car windows as they pass or make inappropriate gestures towards protestors. In cases like these, we ask that participants be mindful of the limited capacity of our local law enforcement officials and refrain from placing calls to the police or sheriff departments unless you feel physically threatened.

BEFORE YOU ATTEMPT TO DE-ESCALATE CONFLICT... (from *Right to Be* at www.righttobe.org):

Conflict de-escalation is not easy. While bystander intervention is something anyone can do, conflict de-escalation requires:

- patience,
- a willingness to listen,
- and ultimately the ability to see the humanity in everyone, even if they are hurtful.

Keep in mind that these aren't fixed qualities that some people just have and others don't. Each of us can recall moments when we could be patient and moments when we couldn't be. For each of us to figure out if we are the right person to intervene at a given moment, we must know ourselves and intuit where we're at in this moment.