

REVOLUTION & US

A POCKET GUIDE TO DIRECT ACTION

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+5 CHANTS

TO WEAR

- Comfortable, non-identifiable, breathable clothing that conceals your whole body. Tie up your hair. No jewelry.
- Mask/face covering to protect from COVID-19, chemical weapons, the surveillance state, and more.
- Eye protection, shatter-resistant
- Gloves, heat-resistant

TO CARRY

- Lots of water
- Backpack/drawstring bag
- Photo ID
- Cash with small change
- Small umbrella to shield from tear gas
- Sharpie to document info in case of emergency
- First aid kit with hand sanitizer, bandaids, Neosporin, alcohol wipes, disinfectant, cold compress, throat lozenges, clean hand towels, and ziplock with a bandana soaked in apple cider vinegar or water (to help with breathing during chemical exposure)
- Protective herbs and crystals

TIP For those who menstruate, do not wear a tampon—it can absorb the chemicals if you get tear gassed.

INTRO

IN DEFENSE OF BLACK LIVES (M4BL.ORG)

- WE DEMAND an end to the war against Black people.
- WE DEMAND the rights of protestors be respected.
- WE DEMAND a divestment from police and investment in Black communities.
- WE DEMAND immediate relief for our communities.
- WE DEMAND local schools and public institutions cut ties with the police.
- WE DEMAND repair for past and continuing harms.
- WE DEMAND economic justice for all our people.
- WE DEMAND community control.

IT IS OUR DUTY TO FIGHT FOR OUR FREEDOM. IT IS OUR DUTY TO WIN. WE MUST LOVE EACH OTHER, AND SUPPORT EACH OTHER. WE HAVE NOTHING TO LOSE BUT OUR CHAINS.

ASSATA SHAKUR

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HOW TO PROTEST

GO WITH A GROUP (NEVER ALONE)

- Find a small pod of comrades to be accountable to your safety, and you to theirs. They will be your first contacts in the event of emergency.
- Before the action, share your contact info and any legal and/or medical issues. Write down each other's phone number and birth date on your body in Sharpie.
- Walk together, stay tight, leave together. Cops are trained to split groups apart at intersections, force you onto the sidewalks, and kettle the march. Regroup if divided, and take up as many lanes as possible.

MOVE WITH INTENTION

- Scan your surroundings at all times. Stay physically present. Watch your pod's back.
- March with traffic to keep the march together; march against traffic to lose cops and vehicles tailing you.
- Barricade the back. Drag objects into the street behind the march to break up their lines.
- Get free or get moving. When encountering cops, don't linger too long or else they'll kettle the protest. Do what you can to protect others, but keep it moving.

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CHECK-IN FIRST

We all differ in our capacity to protest or risk arrest, and doing so is not the only meaningful way to contribute. Before participating in actions, weigh how it may impact you and those you care about.

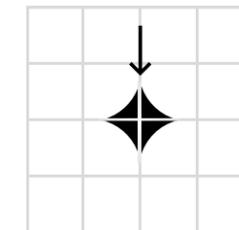
- Are you a caretaker for others or a primary source of income? If you're arrested or hurt, will the people you look after be okay?
- Could being arrested jeopardize your immigration status?
- Are you on parole? Have you been arrested before?
- Are you at higher risk if exposed to COVID-19? Do you live with elderly or immunocompromised people?

When you step up to the frontlines, you're accountable to the safety of everyone fighting alongside you, not just yourself. This isn't a photo-op or an excuse to center yourself—it's about the responsibility we share to protect our communities when the state does not. If you're not careful or prepared, your actions can be harmful.

Don't recklessly put yourself in harm's way. Getting hurt or arrested during a pandemic, even as an organized effort, can be a high-cost, low-benefit action. Living to fight another day is more important than trying to die a hero. The revolution needs you.

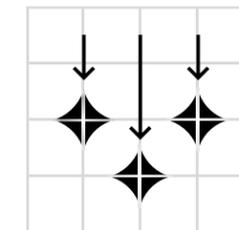
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BEWARE OF COMMON POLICE TACTICS FOR BREAKING UP AND KETTLING GROUPS



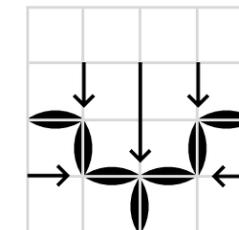
①

Cops make a rush toward the center of the protest.



②

Protesters scatter into smaller groups that are pursued or blocked off by more cops.



③

Cops use tear gas and rubber bullets to cause panic, while boxing in protestors with barricades. Cops begin to make arrests.

HOW TO PREPARE

EMERGENCY CONTACTS

- Numbers & birth dates for those in your pod (see p.6).
- An emergency contact—someone not attending the action that you trust. Make sure they have your name, phone number, and birth date, and plan to check in with them after the action. They'll be your backup contact if your pod gets hurt or arrested too.
- Your local National Lawyers Guild jail and legal hotlines. They'll connect you to a lawyer for free if you're arrested or witness an arrest. If you're in NYC, Good Call NYC, 1-833-3-GoodCall (346-6322), is also a good option.
- Your local jail support group. They'll help you track down arrested comrades, bring them supplies (food, first aid, chargers, PPE, etc.), figure out bail hearing and arraignment info, and help them get home safely.

TIP Write these numbers on your body in Sharpie.

SHOW ME WHAT COMMUNITY LOOKS LIKE.

THIS IS WHAT COMMUNITY LOOKS LIKE.

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FIND YOUR ROLE IN THE MOVEMENT

FRONTLINE

- Use boards, umbrellas, and large objects to form a first line of defense against projectiles and tear gas.
- Relay to comrades when police are advancing using signs or encrypted messaging apps (e.g. Signal).
- **DO NOT** set large fires while COVID-19 is still a threat. The smoke will carry and damage the lungs of those already at risk.

DEFENSE

- Pull large objects and debris into the street to cut off cops and their vehicles.
- Use water and traffic cones to extinguish fires and teargas canisters.
- Obstruct surveillance infrastructure—cameras, sensors, drones, and cop visors with lasers.
- Protect medics. Shield them as they move and treat injured comrades.

STRATEGY

- Use encrypted messaging apps to report on police strategies, document aggression, and coordinate movements in real-time.
- Map out police movement and traffic. Lead them into oncoming traffic to lose them.

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DON'T RECORD UNLESS ABSOLUTELY NECESSARY

Generally, unless you're filming police aggression because no one else is, there's no reason to televise your participation in a protest. It distracts you and directly endangers the collective. Cops use our social media to identify, track, and harm protestors. Be watchful with your eyes, not your cameras.

ON WITNESSING POLICE AGGRESSION

- It's your constitutional right to film cops, and you should state so if challenged. Cops can not confiscate your footage without a warrant.
- Cops will often tell you you're filming too close and interfering with their arrest. If challenged, clearly announce that you are taking a step back while resuming your right to film.
- If you film police aggression on your phone, send the video to your emergency contact (not pod) ASAP in case your phone is confiscated.
- DO NOT stream it live or post footage immediately online. Be mindful before sharing traumatic imagery with others. Cops will also use your footage track and harm protestors.
- You can also become a trained legal observer. bit.ly/nlgchapter

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IF YOU GET ARRESTED

- You may be taken to a jail far away, in an arbitrary location. This helps cops make it hard for others to track you down. They may keep you for up to 24 hrs.
- You should be afforded a phone call. Call your local National Lawyers Guild jail hotline, or Good Call NYC (see p.4). Make sure they help you get your bail and arraignment info.
- Your pod should contact jail support with your information. They'll try to find you and meet you with food, chargers, first aid, and a ride home.
- As soon as you can, document the violence. Write down everything that happened to you—from the moment of police encounter to the conditions of detention—somewhere safe, and with time stamps.

IF SOMEONE ELSE GETS ARRESTED

- Don't linger or cops will kettle the protest. If you can try to de-arrest them (free them from custody), do. If not, make sure you have their name and birth date for jail support (get them to shout it if you don't already know). After, keep it moving.
- Relay their name and birth date to a legal hotline and jail support (see p.4).

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DON'T SNITCH

- Offer whatever you can to the movement, and take care not to police the way others show up.
- DO NOT snitch to the cops or media, ever.

**WHAT DO WE WANT?
JUSTICE!**

**WHEN DO WE WANT IT?
NOW!**

**IF WE DON'T GET IT...
SHUT IT DOWN!**

**IF WE DON'T GET IT...
SHUT IT DOWN!**

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- If someone in your pod is arrested, you can also call jails yourself to track them down. Be prepared with transportation, food, first aid, chargers, masks, and more. Try to get their bail and arraignment info.
- To get more involved with jail support, look up your local group, get trained, and sign up for shifts.

**I CAN HEAR MY NEIGHBOR CRYING
"I CAN'T BREATHE"**

**NOW I'M IN THE STRUGGLE AND I
CAN'T LEAVE**

**CALLING OUT THE VIOLENCE OF
THE RACIST POLICE**

**"WE AIN'T GONNA STOP, TILL
PEOPLE ARE FREE"**

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HOW TO STAY SAFE

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THE GOLDEN RULE: YOU WERE NEVER HERE

- Cover your face and body in plainclothes.
- MetroCards and digital payments leave a paper trail. Pay for things with cash only.
- Protect your DNA. DO NOT accept anything from people neither you nor anyone in your pod know.
- After, hide or get rid of any proof that you or someone you know went to a protest. DO NOT share any media that isn't properly anonymized.
- If you get tested for COVID-19, DO NOT tell any medical professionals you were at a protest. Insurance companies will readily deny you. In Minneapolis, contact tracing is already being weaponized by law enforcement against protestors.

DIGITAL SELF-DEFENSE

- Leave your phone at home. If you can't:
 - Turn off your phone unless needed.
 - Use airplane mode. Turn off WiFi and all location services unless needed.
 - Set up two-factor authentication on all social media.
 - Lock your phone and apps with a PIN instead of biometric data (e.g. face ID).
 - Use encrypted apps like Signal to contact your pod.
 - Hide notifications.

HOW TO CARE FOR YOURSELF

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CARE BEFORE ACTION

- Create safety and support plans in advance.
- Figure out what your capacity is. Can you protest for one hour or seven? Are you currently recovering from illness? How long can your body tolerate the weather?
- Learn the language of your body and spirit. Notice how your body chooses to respond.
- Pack a wellness bag (see p.5)

CARE DURING ACTION

- Remind yourself why you are there. Recite mantras, meditations, or chants when you need.
- Listen to how your body is responding. Are sensations telling you to slow down, eat, keep going, check in with your pod, catch up with comrades, warm up your body, breathe deeper, walk with a different contingent, or head home?
- If you are near a tree, with permission, sit under or place your spine on the tree.
- Hum to create vibration in you, taking a breath in when you need to breathe, and then back to vibration.

- Regularly delete sensitive information.
- Delete your online footprint. tinyurl.com/online-footprint

PANDEMIC RULES STILL APPLY

- Socially distance as much as you can.
- Avoid touching your face.
- When you return home, be prepared to self-isolate for at least a week and monitor for symptoms. Check in with your pod about their symptoms, too.

IF YOU GET TEAR GASSED (CHEMICAL WEAPONS, ETC.)

- DO NOT touch your face or skin.
- DO NOT pour milk on your eyes.
- DO run your face under a steady stream of water.
- DO mix unflavored antacid into the water (50:50).
- DO find fresh air circulation to blow out the particles. Try to open your eyes against the wind.
- DO let water run through your hair first while bent over before entering shower. After effects wear off, wrap a clean cloth around your head/forehead to catch remaining particles.
- DO let your body flush it out over time. Drink lots of water, eat lots of greens.
- DO seek medics if you require further assistance.

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CARE AFTER ACTION

- Take breaths that are a little deeper.
- Lift up disabled and chronically ill folks.
- Come undone: cry, laugh, dance.
- Call, visit, or welcome someone who has the capacity to hold space with you. Share how you are doing and what you might need.
- Offer up gratitude to yourself, your ancestors, and/or your pod for protecting you and supporting your capacity to engage in this action.
- A tablespoon of honey with a tiny pinch of lavender will help relieve stress and anxiety and fortify the immune system.
- Sit, stand, lay down, and breathe in silence. Find a word or phrase that needs to be spoken. On your next exhale, scream it at the top of your lungs.
- Engage in a spiritual practice that brings you into yourself, like prayer, meditation, movement, song, art.

**BACK UP! BACK UP! WE WANT OUR
FREEDOM, FREEDOM!
ALL THESE RACIST COPS, WE DON'T
NEED EM, NEED EM!**

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