

COMMUNITY INTERVENTION

*STREET JUSTICE &
COVID EDITION
verbal skills 101*



empowerment for protest.

HOW TO SUPPORT VOICES IN YOUR COMMUNITY

- 1. BEFORE YOU GO TO A PROTEST,** consider what level of involvement you feel comfortable with: this can change daily, just keep checking in with yourself
- 2. AT THE PROTEST** We want to be aware of surroundings so if we are in danger we can be aware of what our options are, including getting away quickly
- 3. CHECK IN WITH YOUR PRIVILEGE.** before you get involved (if u are white, listen & elevate BIPOC voices)
- 4. TRY USING AN ACTIVE VOICE:**
active voice describes a sentence where the subject performs the action stated by the verb. It follows a clear subject + verb + object construct that's easy to read.

UPSTANDERS VS BYSTANDERS

GOALS OF INTERVENTION:

reduce harm

demonstrate solidarity

show others an alternative to remaining passive

I. WHAT'S THE DIFFERENCE?

An upstander's goal is to intervene safely to support the targeted person, and interrupt injustice in the community whereas a bystander is a witness role

RED FLAGS OF WHEN 2 GET INVOLVED -

-PUBLIC SAFETY
CONCERNS

-CHILDREN PRESENT

Try these phrases:

1. "No"
2. "Stop"
5. "That's not funny"
6. "That's not OK"
7. "That is hate speech"
8. "We all belong here"

USING A BOUNDARY SCRIPT

Name the behavior - "When you..."

Say how it makes you feel - "It makes me feel..."

Direct what needs to change - "So I need u to..."

BEING AN ACTIVE WITNESS-

SUPPORT TARGETED PERSON Let person/people know you are concerned. Ask if they need help. Puedo ayudarte? Give them power: ask what they need---

o Tactics:

Pretend to know them, start conversation

Things to say:

"This is not okay"

"You don't deserve this. I'm here for you"

"I love your coat. Where'd you get it?"

"Would you like to walk away together?"

PRINCIPLES OF DE-ESCALATION:

Speak calmly and in a low, soothing tone

Avoid interruption, or talking over-each other

Active listening // Acknowledge their perspective

“I hear that you are upset right now”

o Show physical signs of listening: nod, lean-in

Empathy// Let them know you care.

Avoid “You-statements” // Ex: “You are freaking out”

o Use “I-statements instead” // Ex: “I need you to calm down”

Avoid demands // Ex: “You better...” instead: “Stop doing that”

Use strong but non-threatening body language

o Have hands up, to show you don't want trouble

o Stand tall and confidently, but give them space

o Neutral facial expression

Strategic Lying can be helpful! Lie if u must!

DISTRACT PERPETRATOR

- o Get between the target person and perpetrator if can do so safely (don't get too close)

- o Tactics:

- Start an innocent conversation with perpetrator. Ex's:

- Ask for directions

- Tell them something is on their face or clothes

- Spill or drop something

- Sing a song

ENGAGE OTHER ALLIES

or people in positions of authority (not police) to get involved

- o Single people out to engage them to help. People are more likely to help when asked directly than when a whole group is asked.

- Ex's:

- "You...go get a medic"

- "Come with me"

- "Call so and so"

- "Go that way"

AFTERCARE

DON'T POST VIDEOS or PHOTOS w/o checking 1st. People could lose job, be deported or worse.

1. Stay if possible and check in with person targeted---
Help them get to safety – accompany /walk to their car or group of friends . Suggest a safe house or create a plan.

Aim to give them their power back:

“I’m sorry they did this to you”

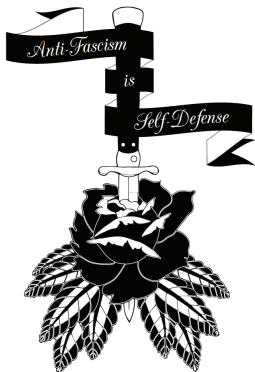
“ How can I support you?”

"What do you need right now?"

2. Collective and Self After-Care: Get support
Focus on what you did and not what you didn't do
Remember who was responsible – not you: shaming ourselves or others is never helpful. We have different levels of real and perceived risk depending on our race, class, gender, sexuality, national origin, immigration status, criminal record, disability, age, employment, and past experience of trauma

YOU'RE A BAD ASS!

2020 / JUSTICE FOR BLACK LIVES



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