***UPDATE: I’ve started transferring this document into*** [***Google Sheets***](https://docs.google.com/spreadsheets/d/1fpdRY5fwoyt04Il6y9bToWjv4wUaIoMAQERoE2A140U/edit?usp=sharing)***! This Google doc will not be deleted. Instead, whatever cannot reasonably be transferred there, will remain here.***

***Link to Google Sheet:*** *https://docs.google.com/spreadsheets/d/1fpdRY5fwoyt04Il6y9bToWjv4wUaIoMAQERoE2A140U/edit?usp=sharing*

***SECTION I: For People Seeking Legal Counsel***

*A* [*Spreadsheet*](https://docs.google.com/spreadsheets/u/0/d/1w24baP-I-DcL6KOPuYkxuCeL_5hbkX6tryucgj6MaOw/htmlview) *of Pro Bono Legal Service Providers (Attorneys:* [*Fill This Out*](https://airtable.com/shrgbqc3oeH0tFbyN)*)*

*National Lawyers Guild NYC:* What to do if Someone You Know is Arrested[*(Tweet)*](https://twitter.com/FreeThemAll2020/status/1266466799379451906?s=19)

***Section II: For People Who Can’t Donate or Protest***

* On Twitter, someone created a twitter thread of alternative actions people without the means to donate can take. [Here is that thread.](https://twitter.com/traderjosephina/status/1266461236012646410?s=19)
* [This document](https://issuu.com/nlc.sf.2014/docs/beyondthestreets_final) was written a number of years ago for people who cannot protest, whatever the reason may be.
* I want to encourage everyone to write to Joshua Williams, who was arrested when he was 18 during the Ferguson Uprising. He's up for parole in June. Details [here](https://twitter.com/loveformypeople/status/1266402197023096832?s=19).
* YouTuber Zoe Amira is donating 100% of her ad revenue from [this video](https://youtu.be/bCgLa25fDHM) to bail funds and memorial funds. You **cannot** skip the add for this to work properly!
* A non-official *Black Lives Matter* "[Ways you can help](https://blacklivesmatters.carrd.co/)" page.
* A [Twitter thread](https://twitter.com/esmeatgrlpwr/status/1267771312107331584?s=21) that has compiled petitions to sign.
* Amplify [Movement for Black Lives](https://m4bl.org/mutual-aid/) and their mutual aid work.
* A [Master List](https://bit.ly/2ZY1VeX) of Companies’ Support for BLM

***Section III: For People Protesting or Using Social Media***

***TIPS FOR PROTESTERS***

*MEDICAL & SAFETY ADVICE (INCL. SANITATION + PPE)*

* This [Google Doc](https://docs.google.com/document/d/1o1VSvdRvQYr-5puhJHfQx7vh3mza64P02Mbs1yE6oPQ/edit#heading=h.gu2nzabl2wr3) contains the best practices for before, during, and after protests.
* This [Twitter thread](https://twitter.com/DaShaunLH/status/1267115715074707456?s=19) contains reminders and new information about maintaining your respiratory health while protesting.
* Avoid posting and resharing photos that could help police, white supremacist groups, and employers identify the people protesting. Blur other people’s faces, tattoos, or other identifiable attributes if you’re going to post!
* *“Riot Medicine” -* [A Twitter thread](https://twitter.com/hakan_geijer/status/1260121794587037696).
* Sew or use safety pins to close up pockets and don't carry easy to open bags. Police put illegal things in them and use what they say they've found to bring cases against people.
* Write out ICE (in case of emergency contact) and notes about any required medication or medical problems. Phone numbers of doctors are not a bad idea either.
  + It is best not to bring prescription medications to the protests. If you do, you’re encouraged to bring the bottle containing your prescription. Police are likely to give you a hard time, but it’s safer to have the bottle your meds came in.
  + Avoid wearing your contacts! Tear gas is particularly harmful for you!
* If you are protesting while seated and someone begins to attack you, cover the back of your neck and your lower back with your arms.

*SOCIAL MEDIA AND COMMUNICATION*

* For people doing the heavy lifting on the ground: [A resource on deleting your digital footprint](https://twitter.com/TheBlackLayers/status/1266245501290078208?s=20). It’s best policy not to post excessively about what you’re wearing, who you’re going with, etc. to avoid drawing additional attention to yourself.
* Many people have recommended using ‘Signal’ to communicate! It is more secure than your DMs on Twitter or IG. [More on Signal here](https://www.wired.com/story/ditch-all-those-other-messaging-apps-heres-why-you-should-use-signal/). [More tips on making your phone more secure](https://twitter.com/charfefe/status/1266390268485545985) (Thread)
  + The best policy is to watch what you text and to make sure you’re not including your location on your social media posts. Turn off your location!
* [Tool](https://everestpipkin.github.io/image-scrubber/) for quickly scrubbing metadata from images and selectively blurring faces and identifiable features. *Phone or Desktop.* [Credit](https://twitter.com/everestpipkin/status/1266936398055170048)

FOR POLICE INTERACTIONS: This [tweet](https://twitter.com/DaniDraws9/status/1260257561913278469?s=19) teaches you how to set a Shortcut to film your encounters with police and to contact your emergency contact.

*ON SIGNAGE & IN-PERSON CONDUCT*

* [*A Resource Guide on Protest Signage*](https://www.instagram.com/s/aGlnaGxpZ2h0OjE4MDMxNjc1ODMxMjY4MDk5?igshid=1c597ajtkezmb)

***GENERAL SOCIAL MEDIA TIPS!***

* Avoid posting and resharing photos that could help police, organized and unorganized white supremacist groups, and employers identify the people protesting.
  + [Click here](https://www.kapwing.com/resources/how-to-add-blur-to-video/) if you’re not sure how to blur people’s faces, tattoos, and other identifying attributes.
* Do not use your social media page to discourage looting or “violent protest”. It’s counterrevolutionary to use your platform this way. Human lives are never worth less than property. There is no purpose in engaging this discussions.
  + A quick response: *"Violence aimed at the recovery of human dignity and at equality cannot be judged by the same yardstick as violece aimed at maintenance of discrimination and oppression.”* - Walter Rodney
  + Reading Material: [“In Defense of Looting”](https://thenewinquiry.com/in-defense-of-looting/) by Vicky Osterweil
  + Reading Material: [“There’s No Such Thing as a Pretty Protest”](https://level.medium.com/amp/p/1a1f4b32c722?__twitter_impression=true) by Tirhakah Love
* Do not share videos and photos of the murder of George Floyd or any other Black person who has been murdered police - or anyone for that matter! These videos are the lynching postcards of our time.
  + Reading Material: [“White Witness and the Contemporary Lynching”](https://newrepublic.com/article/157734/white-witness-contemporary-lynching) by Zoé Samudzi
* Do the work to unlearn and to fight all of your racist conditioning re: innocence and criminality.
  + Reading Material: [“Black is Crime: Notes on Blaqillegalism”](https://hoodcommunist.org/2020/02/13/black-is-crime-notes-on-blaqillegalism/amp/) by Dubian Ade
  + [Thread](https://twitter.com/FILMSHAWTY/status/1266029625626497031?s=20) of documentaries to watch to understand US policing
  + Reading Material: A [reading list](https://twitter.com/thebryreed/status/1266071139115241473?s=20) for people being radicalized by the protests taking place. Political education accompanies the work being done in the street!
  + (For Vietamese Communities) Reading Material: [AntiBlackness in Vietnamese Communities](https://t.co/Kt0zHHOxe0).
  + (For Allies) Reading Material: A [Guide to Allyship](https://t.co/2Xyw24bqZq)

***FOR PARENTS & TEACHERS WHO WANT TO TALK ABOUT RACE***

* [Your Kids Aren't Too Young to Talk About Race: Resource Roundup](https://www.prettygooddesign.org/blog/Blog%20Post%20Title%20One-5new4?fbclid=IwAR1Xg3lpkvY3t4JVCr8BF9TOa2m-2gdQxkCD_IPSmmopTquWSxbZQa6cX0Q)