STOPPING THE COUP GUIDE :: DEALING WITH THIZEATS

FIZOM ASSESSMENT TO (TZE)ACTION; DIGITAL TO PHYSICAL

Compiled Fall 2020

Welcome to a curated, non-exhaustive but representative, collection of resources to support action, in this time of political uncertainty during the 2020 election process in the USA. We particularly hope that this is useful for dealing with situations where violence is likely to arise. The hope is this will be a living document, so if you have specific resources you would like to suggest for inclusion, please contact:

info@disruption-project.org

This is part of a larger collection of resources :

Movement Resources

DISCLAIMER: This is not a comprehensive collection of resources, rather an attempt to support further research or work in several relevant topic areas. The information presented here should be paired with other work and adapted to meet your local context as appropriate.

The intention is to turn some pieces into Handouts or Check lists to facilitate use and access. If you have material like this are willing to have it linked here, please contact info@disruption-project.org

THE FIZAME

We live in a time unlike any in our country's recent memory. Our president, who received three million fewer votes than his opponent in 2016, is actively undermining this year's election. His lies about ballot fraud, the sabotage at the Post Office, the preparations of Republican lawyers, and more all make it clear - they have no intention to accept the outcome of a fair election.

Threats of violence are both official and unofficial. Violence by right wing militias is a key part of their playbook as we have recently seen from Proud Boy rallies in Portland and voter intimidation by Trump supporters in Virginia. Even Trump's Dept of Homeland Security agrees - White supremacists are the biggest terror threat facing the United States. This does not include the police, themselves a huge source of violence and repression that specifically targets black and brown people in the USA. Whether Trump wins or loses we can expect the reality of right-wing violence to be part of our mobilizations for years to come. We will need to be

engaged in significant mass action; against the police, for a just transition away from fossil fuels, and to dismantle racial capitalism. It is imperative that we not let the threat of violence intimidate us as we build a new world. We must also not downplay the reality of violence and prepare for it.

John Lewis talked about their dinner at a Chinese restaurant the night before they started on the Freedom Rides: "Well, many of us, we didn't know whether we would return to Washington or be returning to our homes. Many of us, as students and young people, wrote our wills. And we signed statements because it was a very dangerous mission."

Our work and the work of our comrades around the world against authoritarianism and racial capital is dangerous, there is nothing we can say that changes that context. There are however, some things we can do to mitigate the risks of violence.

We need to get ready. That means doing three things:

- Work to Prevent violence: We need to learn who it is coming from, how to protect ourselves, how to assertively intervene and de-escalate, how to record (and minimize) threats from police and militia members, and more. The following provides resources to explore this work.
- <u>Prepare ourselves.</u> Violence is already being used against us. It is almost certain to
 escalate. Though it may be difficult to fully comprehend the risks we or others will be
 taking, it is critical that we explore the possibilities. This preparation has different
 elements:
 - Being clear about our motivations and able to hold on to why we are doing this. If we allow Trump to steal the election, it will only encourage the epidemic of police violence against Black people; it will allow him to worsen climate disruption, which will lead to more deaths in giant storms and fires. If we do not accept the risk of stopping Trump, we will face even more violence and destruction.
 - That said, we all need to decide what level of risk we can take. Each person's situation is different and people need to decide what roles they can and cannot play. We explore security issues to prepare ourselves, and we define what safety is to operate through informed consent. We can take big risks together as long as we understand that's what we're doing.

When Violence Happens.

- We explore the potential threats in conversation with each other so we can get a handle on how we may react when we hear news of, or experience, violence from state or non-state actors -- and have at the ready ways to support each other and resist intimidation.
- Be ready to harness "backfire" as a movement. -- using government repression, non-state violence and other outsized control vs demonstrators to move those watching to engage on our behalf, and to mobilize the observers against the authorities and turn sympathies towards democracy defenders.
 https://www.nonviolent-conflict.org/resource/backfire-basics/

We prepare ourselves to build power. The violence behind Trump and his supporters is a product of the illegitimacy of the system that put him in power, that divides communities against each other and destroys the planet for profit. We need to be ready to use their violence against them, to expose the corruption that led to this crisis and to begin to build a better world.

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A note on our multiple pandemics

We recognize we are in unusual times with multiple pandemics-- facing COVID19 along with systemic oppression and social injustices that demand our in person action. Those of us who take risks and go to the streets are facing multi-layered risks in a pandemic; even as police use chemical weapons on us, risk factors with Covid-19 increase as well. As a community we say "We keep us safe" and this includes assessing and accessing adequate and appropriate safety gear, follow up care protocols, including trauma support, and integration with Mutual Aid work if possible. There are no easy answers, and everyone must do their own risk assessment.

Here are some safety tips, generally and during Covid: https://friendlyneighborhoodstreetmedic.tumblr.com/

Work to Prevent violence

General Principles And Approach Around Political Violence

Pre-incident Indicators And Flashpoints Of Group Violence

The most important thing we can do in action planning to prevent violence is to focus on a situational assessment and awareness. This involves answering questions in three stages:

Action Planning and Design: Are we designing our activities to minimize potential violence or assault? Should we use tactics of concentration or dispersal? (Eg: everyone in one place, occupying one specific space over time vs. many smaller geographically separate events. Note that there are pros and cons to this choice; in repressive and violent situations dispersal may be safer.) Are we stationary or mobile? If we are sitting still, do we need a protective perimeter (vehicles or barricades)? How will the space be accessible and to whom? If we are moving, how will we keep people together, safe and in communication? Do we need vehicles for security, transport, buffer? See this list for possible roles and responsibilities: Pre-During-Post Action Checklist

Action Flow: How are decisions getting made? What are the safety team's protocols? Have people been trained, and have they worked together before? How do interveners/de-escalators fit into the safety team or are they separate? Are there plans for response based on different scenarios of violence? What support structures/teams (medics, legal, media, etc) will be on site, and what is the communication plan (digital, cellular, bicycle, mobile people, etc)? What are the options for activities if conditions shift?

Outward focus, watching for extremists: Always important but more critical in these times. Who can be expected to show up-- which right wing aggressors? What are their characteristics: dress,

activities, etc? Are people onsite and in other locations monitoring movements of right-wing forces and authorities? This could be folks on our side driving around, or monitoring social media or more. Here are some ideas for preparation to monitor the Right:

Things That You/Your Group Could Do

- Monitor + Document Right wing websites, Reddit, Social Media for indications of their plans.
- Link up with local/national researchers who may already be doing this work.
- Monitor + Document Left social media, websites, etc to anticipate counter-events
- Monitor + Document Police Scanners during events
- Put in place on the ground reporting on authority movements/reconnaissance/watch groups
- When possible, and exercising great caution, infiltrate local right-wing Facebook groups, community forums or in-person gatherings, to gather intel on plans & possible threats of violence. Link up with local/national researchers who may already be doing this work.

The ecosystem of militias is complex and constantly evolving. Not all militias are white supremacist or believe themselves to be clearly right-wing. Militias have shown up this summer in a range of roles, as armed fascists who want to commit violence against protestors, as people protecting small businesses, and as somewhat misguided co-conspirators who want to keep everyone safe. Also, many militias hate the police, while others conspire with them. In some parts of the country, where county budgets have been slashed, militias play a vital role in delivering services. Many militia members also believe in the theory of nullification and constitutional sheriffs, with the belief that the sheriff is the highest law of the land and supersedes even the federal government. Just as there is no one coherent organization called Antifa, neither is there one characterization of militias.

Resources On Right Wing Extremism

- Paramilitaries at Your Protest -- PRA
- <u>50 State Catalog</u> -- Georgetown Law (ICAP) Identifies each state's constitutional and statutory provisions that can prevent private militia and paramilitary activity.
- Hate Map -- Southern Poverty Law Center
- Map of incidents of right wing violence and the groups behind them. DemLabs
- Kenosha vigilante mobs used to suppress peaceful protests

Additional Background on White Nationalism, Community & Protest Security

A Look Through The Other Side's Lens

- Items Tagged with 'protest security' -- SecurityMagazine.com
- Demonstration and Protest Preparedness -- AlliedUniversal
- Security Guard Information Manual -- Federal Protective Services manual
- White Nationalism -- research from PRA

 Unredacted FBI Document Sheds New Light on White Supremacist Infiltration of Law Enforcement -- Intercept

Alternatives

- <u>Alternatives to Calling the Police</u> -- Examples Of Existing and Potential Initiatives
 Toward Comprehensive, Systemic Transformation Of Community Protection.
- Unarmed Civilian Protection Case Studies and Best Practices -- Nonviolent Peaceforce
- <u>Strengthening Civilian Capacities to Protect Civilians Against Violence</u> -- Nonviolent Peaceforce
- Don't Recreate Policing With Our Community Watch: Quick tips for non-Black neighbors
- WeCopWatch
- Alternative Community Security: Initiatives and Stories

Case Studies And Lessons Learned

- What Police Can Do Differently When Protesters Are Armed and Violent -- 2017 post-Charlottesville
- Far Right/Militias/Police -- Political Research Associates
- Contractors Are part of the Team in Trump's 'Law and Order' Blitzkrieg -- Bill Conroy,
 Medium

Observation/Documentation for Onsite events

Here are two tools you can use for observation and assessment of the extremists:

SALT-D

SALT and Document ("SALT-D")

SALT - a quick acronym for Community Security duty to assess threat and risk level

Size - how many people / description of people

Activity - what are they doing? Agitated? Armed?

Location - Where are they? Where are they going?

Time - What time is it? What time did you see them?

DOCUMENT

- If possible, get photo/documentation
- Know symbols and groups associated with them (example of Third Knights fascist groups more disciplined than Young Patriots so different threat associated with each group)

DECIDE: How does this information change or not what you are doing?

Early Warning/ Early Response Chart to use for preparation, example:

Type of threat	Responses			
	Before	During	After	
UCP deployment at a p	olitical demonstration			
poor or lack of communication	practice; use digital, hand signals, flags, runners, bikes, etc	clear lines of communication; secure loops if needed; redundant formats	debrief	
Security Team not prepared, vetted or visible	(visibility, training in de escalation, sources of information, mental and physical preparation)	armbands, buddy system, high experience paired with newer members	debrief, more training	
Lack of Coordination with organizers or other safety crews	clarify requests (+ gather information)	clear line		
police	research, monitor, have political connections to be able to deliver messages to sympathetic electeds	monitor behavior and communications/scanner; assign teams to follow		
Medical/ Health emergencies	Contact/coordinate with street medics			
Unknown location; Police kettling	know routes, have maps, use advance scouts			
Counter Protestors	Research what kind of behavior do they usually display? How do we identify them?	Assign teams to monitor. Document . Have prepared crew ready to interposition if needed.		
weather	Watch the weather. Dress Appropriately. Bring supplies (ponchos, hot beverages, etc			
Distrust by community	talk with local people, meet with organizers, etc			

Crowd Violence Safety & Survival Strategies & Techniques

Planning and onsite assessment are the critical first steps towards managing situations in real time. When there is threat of violence, the importance of the general preparation guidelines and principles are amplified. As noted above, scenario forecasting and training can help prepare your team and then prevent violence. Simple things like using hand signals, sounds, flags, group text messaging and assigned roles of Traffic guides or security teams can have outsized effect in a crisis moment, enabling a team to frame the outcome.

See this link for a way to start identifying the potential Roles + Responsibilities for effective events .

Pre-During-Post Action Checklist and Affinity Groups Action Roles/Street Smarts/Personal Prep

Successful campaigns and movements share a commitment to planning-- which supports innovation in tactics and response, as well as the ability to train and build capacity. There is no substitute for experience -- training and practice is key. Using creative tactics to anticipate, deflect, and undermine violence is all part of innovation, and will provide ways to keep our side/demonstrators/defenders/activists focused on goals and on- issue/appropriate strategic response. For creative action ideas, see BeautifulRising.org.

Prepare ourselves

Personal Preparation

Personal Prep

Grounding: The ability to show up and perform at our best and make the healthiest decision often starts individually. Violence often emerges from chaos, so our ability to be calm and have a plan can be critical. Practice centering/grounding/focusing when possible, and know your own limits.

Get relationships/papers in order(to your kid, your cat, your car, your neighbor your legal things!) In order so that on the street/frontline you are not held back by unfinished business/ can focus in the moment . Knowing where your support is: for your dependents (kid, chickens, other responsibilities)Develop a personal support plan and contingencies (physical, financial, emotional, etc). Here's a free, easy-to-use tool for a will: FreeWill

Physically: being rested, hydrated, not sick, in shape to do what you plan (if the plan includes walking 10 miles, can you do that?) Keeping up a physical/cardio/flexibility exercise routine if you have one to be ready. And showing up dressed right, with needed supplies.

Train or learn some defensive or self defense postures/moves/demands (Step Back! No!) Generally having knees slightly bent, not stiff legs, and one ahead of the other in a variation on a 'warrior pose' from Yoga practice will help with balance and be more stable/ resistant to being knocked over. Somatic/embodied training is recommended. Having hands free and able to be up in front of your face for defense can be helpful.

Be realistic about what you try to control, knowing most things are out of your control. Let others control the areas they are in charge of. Make time to debrief later.

Debrief and de-tox when you can!

Here is a collection of resources that help us prepare our bodies our minds and our communications, so that we are as safe as we possibly can be in the streets:

Physical Security

- <u>Tips for Maintaining Safety and taking action during a pandemic</u> -- BlackOUT Collective +
 Movement for Black Lives
- o Protest safety tips -- Greenpeace
- o Personal Prep- Beautiful Trouble
- SAFETY DURING PROTEST -- Amnesty International

How to Dress -- Hong Kong

Emotional

- Dealing with <u>Fear</u> WRI
- Coping with the stress and strain of taking a stand WRI
- o Mental Health and Trauma Document -- Aug 12, 2018 DC Anti-Fascist Response
- o What You Can Do To Take Care of Yourself -- EMU STAR program
- o Advice for Responding to Trauma: Do's and Don'ts -- EMU STAR program
- o Mental Emotional Physical Health -- Stopping the Coup Guide
- o Strategies for Trauma Awareness and Resilience (STAR) -- Toolkit Resources-links to articles

Secure Communications

Secure Communication Tips

Data Hygiene!

Reminder: digital security is only as secure as the people using it. Using end to end encryption isn't helpful if somebody in your group is going to share (or be careless with) the information.

- Agree on what messages need to be kept (and for how long); what to delete. The best way to keep your data from getting stolen is to not have data!!
- Use secure communication when possible, when needed: most folks use signal, that's your most important app to download.
- The Organiser's Activity Book Our Data Our Selves -- Tactical Tech-- includes:
 - Introduction to Personal Data and Events
 - Event Application and Participant Data
 - Travel and Our Data Baggage
 - Social Media Data and Publicising Your Event
 - Tactical Technology Collective's <u>Security in a Box</u>
- ANTI-DOXING GUIDE FOR ACTIVISTS FACING ATTACKS | by Equality Labs
- Getting Started with Digital Security: Tips and Resources for Activists -- Center for Media Justice
- Guide to Surveillance and Security Self-Defense -- Electronic Frontier Foundation

Manuals

- Get in Formation: A Community Safety -- VisionChangeWin-most comprehensive manual
- General Action Security Tips-from comrades
- Creating a rapid response system that leverages repression for your cause -- Phil Wilmot
- Love the People #3: Sanctuary for All Community Defense -- AORTA
- Bowtie Risk Assessment : https://bowtiemaster.com/bowtie-risk-assessment/

Safe Locations

- Get in Formation: A Community Safety Toolkit -- VisionChangeWin
 - Perimeter
 - Clearing space
 - Setting up space
 - Maintaining space

Components of Building Community Defense and Community Care www.TakeActionMinnesota.org

- We keep us safe Meet your neighbors. Organized communities are safe communities.
- Elected officials have a role to play; governing in a crisis & convening
- Preparing with political education; activating the community's immune system
- Show, not tell: Celebrating, organizing and doing Mutual Aid huge part of building community and a sense of agency
- Public Documentation of Cases of Interlopers, Infiltrators and Political Actors--Twitter, WhatsApp and Facebook become big vehicles for documentation
- Address Disinformation, Increase Social Media Literacy— to stay grounded, to spot active disinformation and quell rampant rumors.
- Include Funny, relational Tweets that give you a snapshot into the culture of defenders; levity is important along with discipline and seriousness
- Use community defense and care to illustrate the world we want to live in and elevate our demands

When Violence Happens

One of the most critical things we can do even when violence seems to be imminent is to engage in Assertive Intervention/ De-escalation.

Assertive Intervention/ De-escalation

Assertive Intervention -- DeEscalation Tools & Tips from Beautiful Trouble and CPT

Assess: the scene, identify the conflict

Breathe: focus + calm, count to 10, ground, remember why you are there

Choose: if you will get involved, and how?

De-escalate: use the 6 D's below

Escalate: only if this will help you reach your goal (you do have a goal, right?!)

Direct intervention:

- Use open non-threatening body language, hands visible and empty

- Use active listening
- Lower volume, slow movement
- Do not touch angry people, or police
- Use appropriate content, be flexible, sing or chant

Delay: Wait it out, if that is an option

Distract: Direct attention elsewhere

Delegate: Work with a buddy or allies

Distance: Put space between you & the problem

Document: Let people involved know you are filming, from a safe distance if possible; use ACLU's MobileJustice App or FacebookLive (uploads directly.) Remember to film the police's actions and try not the protestor's face who is confronting the police. Readout loud the police officer's name/badge number while you are filming, so it is documented.

- Here are two reference Checklists/Handouts:
 - o <u>Assertive Intervention/De-escalation Tips</u> -- Beautiful Trouble
 - Protest and Police Intervention Tips in the U.S. -- CPT Overview

General Response Principles if faced with Weapons/Threat of Physical Violence

General response principles to weapons/threats of violence

- ADVANCE or SCAN the location-- Know your potential exits and paths out. Anticipate needs. (USE SALT-D, OODA, or other structured scan.)
- HAVE A PLAN-- think about how you may move in case something happens
- MOVE OFF THE X- Get out of the target zone, the X.
- Keep Moving-- bring others with you. A moving target is harder to hit than a stationary target. Many moving targets are harder to hit than one target.

Run Hide Fight is what is generally taught to the 'public'. For those of us on the street in demonstrations/part of Security or Safety teams-- this may not be appropriate. Might be more like:

> ID threat; >Isolate/move threat from activists and/or Move others to safety;If possible, find a secure location. Nothing is as important as your physical safety, you can always take action later

If you end up in "Fight":

- Consider : Distract, Disrupt, Disarm
- DATTS--(Down and To The Side) move 'off center' of line of damage/bullet/knife/the X
- Improvise defensive materials/ disruptive items
- Know your team of first responders or be able to facilitate one on the spot
- This is covered in more detail starting on page 46 of this: <u>Active Shooter Preparedness</u> and Response in Healthcare | Steven M. Crimando

Specific Recommendations on response:

- Do not corner a person with a weapon: Give them a clear way out. This applies to armed police, military, non state militia, anyone with a weapon.
- Move slowly, intentionally, not skittishly or quickly. (Unless you are fleeing, then move decisively and quickly as possible.)
- Have hands free if possible while fleeing especially (even put your phone away/on silent if possible.)

Weapons

Guns

Specific Response Recommendations to Guns on site

If you can see the gun, you have more information than if you cannot see the gun. Take that information into account to plan flight or fight. Shooting range of guns can be very long, and so the situation can be more dangerous if the shooter is hiding at a distance.

If there are gun shots, staying with a crowd is safer. If there are less people, dropping to the ground flat (do not stick your head up) and then zig zag running (for 3-5 seconds max, as it takes that long for a shooter to focus on a target) to a safe place (thick walls, or a known space) as fast as you can.

Consider: Distract, Disrupt, Disarm (DATTS-- down and to the side)

Unfortunately many of these reference law enforcement. It is quite possible that law enforcement will not intervene if extremist violence against protestors takes place.

- Active Shooter How to Respond -- DHS.gov
- How to Respond When an Active Shooter Is in Your Vicinity -- DHS.gov
- 901: Active Shooter, Poster -- National Child Safety Council
- Active Shooter Preparedness and Response in Healthcare -- Steven M. Crimando Start on page 41
 - Bystander Intervention: Distract, Disrupt, Disarm (DATTS-- down and to the side)
 - Civilian Emergency Casualty Care (CECC)
 - Psychological First Aid (PFA)

Moving Vehicles

Recommendations for dealing with moving vehicles

If you are blocking vehicles KEEP EYE CONTACT WITH THE DRIVER AT ALL TIMES. You can judge what they are likely to do based on this and do not hesitate to talk with them.

Reality: You can't stop a moving vehicle with your body or your bike! You may get run over.

Actively secure and monitor the perimeter of demonstrations and gatherings. Set up barricades, or create a perimeter with vehicles.

Cars hit people 104 times at BLM protests since George Floyd's death USA TODAY

Horses/Dogs

- Brief Guide to Dealing with Police Horses
- Pepper/Pepper Spray can be used to deter attacking dogs; but use on federal dogs may constitute a felony charge

Other useful safety resources

Overview

- <u>Protect your protest</u> -- Righttoprotest.org See the "Be Prepared in case Things Go Wrong" section (available in Arabic, Spanish, French)
- Protest and Police Intervention Tips in the U.S. -- Christian Peacemaker Teams
- Lessons from Hong Kong -- VICE

Dealing with Specific Equipment

TEAR GAS

- Stay Calm, don't panic. Get higher, do not crouch. Gas tends to sink.
- Cover mouth and nose with scarf or fabric
- Don't move until you see canister land; watch the direction of the wind. Move upwind
 or opposite the direction of the gas plume. It can affect you even when no longer
 visible; can also pool in tight spaces:narrow streets/ between buildings.
- o Hockey Sticks to send canister away from crowd, or heat resistant glove
- Douse with Water, use traffic cone/heavy bag to direct water over canister to extinguish (Hong Kong)

Pepper Spray:

Unlike Tear Gas Pepper tends to be unleashed at close contact. If you are doused by Pepper Spray try to get out of the fray and leave yourself room to expel mucus. Similar to tear gas, here are some antidotes:

- o Pepper Spray Treatment 10 Step Mace Antidote
- o How to: Relieve pepper spray burns

Tasers and Taser Police Shield: Heavy clothing may limit ability of taser to reach skin

How To Resist A Taser

Rubber Bullets and Bean Bags: Wear a helmet or hardhat, shatter-proof goggles and thick clothing

Concussion grenades and LRADs (LongRange Acoustic Device) The best way to deal with these devices to have helmets, hardhats, shatter-proof googles, as well as having your body fully covered

Here is a pretty comprehensive <u>Slide Deck for Tactical Safety and Security Overview</u>
Training

Crowd Safety: Stampede

Ten tips for surviving a crowd crush

Dealing with Infiltrators

Be clear about what needs to be shared on a need to know basis, or held in secrecy, and what can be and should be public. People power campaigns have been shown to be twice as effective as campaigns that rely on violent tactics because they are many times larger. In the context of preventing a coup It is a numbers game—and secrecy can inhibit a movement's potential for growth. Be as open as possible, and, also, assume you have been infiltrated if you are being effective in any way. Use small autonomous group structures (affinity groups) to limit the potential for, and impact of, infiltration. Separate public activities from those that carry greater risk if possible.

FOR ESTABLISHED GROUPS:Consider having volunteers/staff sign a non-disclosure agreement. Groups like Project Veritas seem to recognize they are judicially bound to NDAs. For example, see PV Blog here regarding a recent \$2.3M federal jury verdict in favor of Planned Parenthood regarding an illegal infiltration by an anti-abortion group.

Know the applicable state and federal wiretap law. Some states permit only one party to a conversation to record it, and don't require consent of the second party. Other states require that both parties consent to the recording. Some (perhaps nearly all?) of the one-party consent states follow the federal law which permits for only one-party consent, but has a safeguard provision where the "communication is intercepted for the purpose of committing any criminal or tortious act in violation of the Constitution or laws of the United States or of any State." 18 U.S.C. 2511(2)(d).

Familiarize yourself with general privacy law. If there's a reasonable expectation of privacy - for example, you're speaking with someone in a private venue such as your home where no one would otherwise overhear, then you have a reasonable expectation of your privacy. This is very

fact and context specific, and the guidelines will be different based on what state you are in and what the circumstances are.

INFILTRATION AT PROTESTS AND ONLINE from CLEAR CUNY / M4BL

Other Specific Skill Training and Manuals

- Third Party Nonviolent Intervention Frontline Manual -- PeaceBrigades :TPNI
- <u>Nonviolent Peaceforce</u> is the largest Unarmed Civilian Protection (UCP) organization. UCP practices include accompaniment, patrolling, proactive presence, inter-positioning, rumor control, and Early Warning/Early Response. <u>[UCP Methods Chart]</u> All can only be undertaken after engagement with affected communities, incident mapping and communication with as many of the stakeholders as possible.
- <u>DC Peace Team</u> trains and deploys unarmed civilian protection and accompaniment units to hostile conflict zones, as well as offers training in nonviolent communication, bystander intervention, restorative circles, and meditation.