



DEMOCRACY IN ACTION

LIVING OUR UU VALUES

Rally & March Safety Tips

The Democracy in Action Team is providing information on actions to take to publicly express our UU values, centered on love and calling us to defend our neighbors and our democracy.

What should I bring?

- Signs, if you like - Here is a [list of ideas](#) for your signs if you make them at home.
- Comfortable shoes and clothes that are appropriate for the weather
- Hands-free backpack so you can carry your sign
- Water & snacks
- Sun hat and glasses (sunscreen too!)
- Charged-up phone and/or charger
- A buddy, or find a buddy at church
- A musical instrument, if you feel like making some noise!!

How can I stay safe at a rally or march?

The organizers are committed to non-violence and organizers will be providing folks on hand trained in de-escalation. Here are a few tips and helpful resources:

- Bring your cell phone, have a buddy and share numbers. Basic phone security is to have a password (not fingerprint or facial recognition) to open your phone.
- Since we won't be able to be sure we can stay together the whole time, don't leave without telling your buddy.
- It's a good idea to stay in touch by phone/text with someone off-site that knows that you are going to the rally, knows when you plan to go home, and that you can let know when you get home safely.
- Always stay aware of your surroundings and take notice of those around you and how they're behaving. Keep an eye on the exits, should you need to leave quickly.
- Avoid direct engagement with hostile individuals. Don't engage in verbal antagonism; use de-escalation skills and/or move away if concerned
- Taking video of police activity is legal, but it's important to protect the privacy of fellow protesters by refraining from posting photos or videos in which others can be identified.
- [How to protest safely](#) by the National Resources Defense Council
- Indivisible's guide to [Safety, Security, and Digital Preparedness](#)
- [ACLU guide to protestors' rights](#)

We encourage you to pay attention to your own comfort level and what feels right to you. It is within our values to prioritize your safety and the safety of your family. Don't feel pressured to attend if you don't feel physically able or if you have particular concerns (for example,

undocumented family members, etc.). We will carry you in our hearts with us as we march and know that there are so many ways to show up for justice in these difficult times.

Other ways to get involved?

Marching and protesting is just one way! For more ways, request to get on our mailing list for weekly action updates by emailing DemocracyInAction@firstunitarianportland.org.

Check out the [First Unitarian Democracy in Action weekly email](#) with ideas of how to plug in to churchwide, state, and national actions and events.