A Toolkit for the I Never Ask For It Intervention: *Walking Towards Healing*

**Date:** Saturday August 11th, 2018  
**No. of Action Heroes:** 60  
**Duration:** 3 hours  
**Time:** 3 pm - 6 pm

**Meeting Location:** Commercial Street, Kamraj Road, ending around Cubbon Park:  
We will stop at 3 locations along the route, for a duration of 40 minutes each.

**DESIGNATED TEAMS:**  
**Team 1 - Garment holders (21 pairs)**  
- Garments x 21 = **42 Action Heroes** (1 garment per pair)

**Team 2 - Letter distributors and Board holders (5 pairs)**  
- Letters no.s 200 = **5 Action Heroes** w/ 40 letters each  
- Boards nos. 5 = **5 Action Heroes** w/ 1 board each

**Team 3 - Documentation (2 people)**  
- Assign role for audio recording - Jasmeen  
- Take stills - Jasmeen  
- Video recording

**TO DO:**  
**Print**  
- Get 5 boards printed (~800/board)  
- Letters (Reporting to Remember and I Never Ask For It)  
  (Keep a copy of this for partners when they do this action. However, right now we can omit the print job since we are doing it internally)

**Source**  
- 18 poles (6 long poles cut into 3) - Lisa  
- QR codes - for the videos ([https://www.qr-code-generator.com/](https://www.qr-code-generator.com/)) - link with BN website - check with Eeshita about this

**Stationery**  
- Red Markers

**Communication**  
- WhatsApp Video - for communication ([NOW THIS](https://www.qr-code-generator.com/))  
- Prepare text for Whatsapp communication.
TO BRING:
Jasmeen and Eeshita:
• 2 audio recorders from Srishti. Distribute during walk for people to share experience.
• Garments
• Boards
• Markers
• Poles

Action Heroes Preparation For Walking Towards Healing:
• Wear comfortable footwear
• Avoid bringing a bulky bag to avoid frustration during performance. Please carry ONLY essentials (wallet, ID, water bottle)
• Drink enough water beforehand and have a good lunch
• Please note: we don't have access to toilets en route. You are welcome to sign up, plan the route with us to access toilets along the way.

THINGS TO REMEMBER WHILE Walking Towards Healing:

BODY LANGUAGE + WALK: Team 1 and 2
Ask yourself what brings you to build this action. Maintain an expression in line with the spirit of the INAFI purpose. Our aim is to be visually and emotionally connected.

• Walk with your shoulders back, head raised and body upright
• Look straight ahead, no smiling, do not look directly at people
• Hands curled inwards while holding the boards and poles, to internalise and carry someone with us.
Remember to keep your intention alive through your body gesture and movement. Sudden casualness and relaxed posture can take away from the purpose of the action.

Avoid side glancing and eye contact as it can become a distraction for you and your audience. (Tip: Focus gaze ahead just above head height)
HOLDING THE GARMENTS (TEAM 1):

- Walk very very slowly. Synchronize the pace with your partner and maintain a distance of 7-8 ft (about 3-4 steps) from the pair in front and behind you. Remember you are carrying someone’s voice and testimony. This walk is your act of solidarity.

**Distance is too close. Please keep in mind as the visual consistency is important.**

- Pair with someone roughly the same height (to keep the pole straight).
- Hold the pole with your arm perpendicular to the pole.
- Keep the garment flat, uncreased and in the centre of the pole.
- Stand or walk in line with your partner, synchronizing steps in unity.
Keep your other arm straight against the body as you stand and walk. Avoid swinging while walking as this can distract and appear casual.

If the road becomes too narrow or obstructed, the lead pair may change walking position to one behind another. Follow their lead.

Remember to face the garment outwards towards the centre of the road.
HOLDING THE BOARDS (TEAM 2):

- Hold the board 4 inches from the bottom corners, keeping the board straight.
- When standing, be alert, present and conspicuous.
- Fix your gaze away from the participant and do no engage.
Make sure the board is straight. Tilting the board indicates a sense of casualness and distance from the cause, which is problematic and visually confusing to the audience.

Holding the boards on the sides can appear as if we are showing or advertising something. When we hold the boards at the bottom, we are carrying the weight of our testimonies.
DISTRIBUTING LETTERS / ENGAGING AUDIENCE (TEAM 2):

- Invite women to write on the evidence boards. Remind them they can remain anonymous.
- Invite people to hold the poles with the other Action Heroes.
- Suggestion: 1 x activates a crowd, 1 x speaks w/ Whatsapp video ready.

Invite and activate conversation in larger groups of people, i.e. families, groups of friends etc. It is more effective to gather a small crowd (5-7 people) and address them at once, sparking interest and encouraging others to join.
DEALING WITH THE PUBLIC:
The street is our site, and our stage. We are Action Heroes with intention and this must be carried throughout the entire performance, no matter the obstacles we face.

- The audience may want to engage with you. Avoid engaging in conversation when standing with the boards and garments. Your role is to hold these testimonies as witness, and carry this weight in solidarity.
- Let the letter distributors invite, activate and answer questions from the public.
- Please remain in your action/position whilst the letter givers look out and intercept such moments.

- For obstructions i.e. parked cars/immovable obstacles/large groups of people: either slow to a pause until the obstruction is cleared OR maneuver slightly, subtly return to the original position and continue. (Reference: Marching Ants)
- Ignore people that bump into you, unless it’s harassment.
- You may run into a friend or someone known to you - please keep contact to a minimal ‘hello’, returning to your action as your focus.
DURING THE STAND:

All teams will stand in strategic locations for 30-40min periods to maximize engagement with the public i.e. an intersection, a busy corner.

- Position yourself in locations of visibility, where many people are circulating or passing but avoid obstructing shop entrances, roads etc.
- Remain still in your given positions until cued to start walking again.

Avoid engaging with other Action Heroes during the performance. If you need to communicate, please do discreetly. Talking amongst ourselves can weaken the strength and integrity of our actions.
DEALING WITH THE POLICE:

- Avoid confrontation and conflict, instead may try to include them in activity.
- In case of confrontation/resistance – scatter
- Designate a common point to meet prior to beginning action. Meet at this location in the case of any issue requiring us to disperse.
- Maintain a level of street smart with people and authority

TAKING A BREAK:

Team 1: If you get tired/arm hurts, etc., ask your partner if she/he would be okay with holding the pole alone while you take a short break. Or else, both can take a short break and join in at the back of the line.

Team 2: Board holders and letter distributors to switch roles every 15 min.