

## Abbreviated tip sheet

### Safety Planning

- Protest with a friend or in a small group. Stay with your group and make a plan for where to meet if you get separated.
- Always be familiar with the locations and routes you will take. Identify locations of health services on the route.
- Consider your exit plan including safe spaces (apartment, house) where you could shelter.
- Wear sturdy and comfortable shoes that do not slip off easily.
- Do not wear things that can be easily grabbed (jewelry, flowing clothes, loose hair, handbag)
- Bring water, snacks, toilet paper and sanitary pads. Do not use tampons as you may not be able to change frequently. Consider toilet needs in your planning.
- Fully charge your mobile phone and bring a power bank.
- Be sure your phone is password protected and consider digital safety and security.
- Plan for what to do if you cannot use your phone. Write down contact numbers and put them in your shoe or write them on your body.
- Be familiar with local services available to support women such as emergency health and mental health services and have their contact information.

### If tensions begin to escalate

- Follow your instincts. If a situation starts to feel unsafe, it is best to leave.
- Be aware if anyone has joined your group who you are not comfortable with.

### If a woman is sexually harassed or assaulted

- Remove the woman from the crowd, if possible with the support of another woman who she may trust more quickly. Tell her that you will help her.
- Respect the woman's personal space. Do not crowd her or touch her unnecessarily.
- Give extra clothing to the women, if needed.
- Identify a place to get first aid supplies, if needed.
- If the woman is comfortable, help her to go to a private and safe space. Once there, help her to contact anyone she would like to reach.
- Be open to listen but do not pressure the survivor to describe what happened. One of the most important things you can say is "I believe you."
- Survivors may need emergency medical care or mental health services. Provide contact information, and offer to accompany her.
- Do not give advice. Respect her decisions.

### After the protest

- "Extreme crowd control" (pushing, water cannons, rubber bullets, live fire) can take a serious toll on mental health. Taking care of your well-being is critical.
- Have a plan in place for what happens after a protest. Pay attention to how you feel, seek social support, and reach out to a mental health professional if you experience intense fear, difficulty to sleep, nightmares, anxiety or other negative emotions.
- If women are targeted systematically, activists will need to further contextualize safety strategies and ensure adequate support and referral points are available and known.