

Non Violent Direct Action Workshop

5 hours

NEEDS BREAKS BUILDING IN!

<i>Time</i>	<i>What</i>	<i>Materials</i>
	Arrival	
15 min	Introduction <ul style="list-style-type: none">- who we are- go-round: names, why here/expectations- agenda: introduce and check that it matches expectations- mention handouts and money- group agreement: propose and ask for additions and agreement. Include parking lot and handsignals as tools	Agenda Handouts Proposed Group Agreement Parking Lot
20min	Inspiration & Motivation (in pairs and feedback to the group) <ul style="list-style-type: none">➤ Why NVDA? Why Now? Why us? What do we want to achieve? In pairs talks about what's inspiring you to take action and what you're hoping to achieve. 4 min each, make sure everyone gets a chance to talk. Feedback in a couple of sentences what your partner has said.	Empty flipchart paper

Time	What	Materials
30min	<p>“I'd Do That If ...” — Support</p> <ul style="list-style-type: none"> ➤ Set up a carousel / parallel line so participants are in PAIRS ➤ Explain the concept of the exercise – exploring personal limitations and then looking for ways to support people in overcoming them ➤ Give the group a scenario and ask them to discuss what they would need to achieve this. Repeat with new scenarios, getting participants to move on to other partners and continue the discussion ➤ Feedback after each scenario or at the end – LIST up all the support roles or tasks that emerge. <p>Possible scenarios:</p> <p>I'd run an info stall in town to encourage people to come to an action if ...?</p> <p>I'd speak at a public meeting from the stage if...?</p> <p>I would be interviewed for the radio about the action if ...?</p> <p>I would drive the mini bus to the action if ...?</p> <p>I'd sit in the road and locking to others if ...?</p> <p>I'd stay in the gates overnight if ...?</p> <p>I would join a legal support team at the action if ...?</p> <p>I would help run a NVDA workshop if ...?</p> <p>I would help cook the food at the action/after/before the action if ...?</p> <p>I would march to an oil refinery and then sit in the road to block the gates if ...?</p> <p>I'd occupy the foyer of a government office...?</p> <p>I'd occupy a government office dropping a banner from a window...?</p> <p>I'd take part in a citizens arrest of Tony Blair for war crimes if ...?</p> <p>Things that should come up:</p> <ul style="list-style-type: none"> ● Training ● Preparation: a plan, materials, people, practice. Think about what you are going to do how with whom and when. ● Legal support / briefings / bust cards ● Action ground rules ● Sharing fears/expectations beforehand – let people know what you want to do and where your limits are. ● Buddying up/ Affinity groups ● Police liaison ● Legal observers / photographers / stewards ● Media spokes person/s ● Talking to friends, family, employers in advance ● Quick decision facilitator ● Transport ● Action Support / Arrestables ● Debriefing ● Support in court 	

Time	What	Materials
10min	<p>Fashion Tips and practicalities</p> <ul style="list-style-type: none"> ➤ Ask groups to think about safety and support (including clothing etc) <p>Make sure the following are brought out where appropriate. If not summarise at the end:</p> <ul style="list-style-type: none"> • Appropriate clothing & wearing several layers, scarf and sensible shoes (also will lose belt in police office so don't wear trousers that rely on it!) • Removing jewellery, tying up hair & cutting nails • Take no knives/ weapons / drugs/ diaries/ mobilephones with lots of phones nos • Do take pen and paper, money, food drink, book, spare socks, midge repellent, • Solicitors no and legal support no • Using backpack to protect neck, spine & kidneys • Food and drink • Banner or tarp for peeing on site 	
40 min	<p>Legal Briefing using role play / talking through it. (optional)</p> <ul style="list-style-type: none"> ➤ Legal Briefing – 20 mins ➤ Rights on arrest role play – 20 mins ➤ Being arrested – Role Play <ul style="list-style-type: none"> 1. Ask who has not been arrested – Grab them 2. Issue Caution: “I am arresting you for committing a Breach Of The Peace. You do not have to say anything but anything you do say will be taken down and may be used as evidence against you.” 3. Carry/walk to van, take them to processing centre inside oil depot 4. Photo, name and address in portacabin at oil depot, back in van and drive to police station 5. Meeting your friendly desk sergeant, details, search, property (if you have glasses, say you get headaches without them or they might be taken away, remember your books) 6. Locked up in cell 7. (Being interviewed, no comment or full?) 8. Being charged, do you have anything to say....this is a good opportunity for giving your reasons...e.g., I do not feel that I have broken any laws as Is breaking far larger international/humanitarian laws bla bla.... 9. Samples being taken (DNA, finger prints) 10. Being released – warning letter? Undertaking? Straight to court? <p>Discussion & feedback</p> <ul style="list-style-type: none"> ➤ Court – support? What can they do and consequences of the conviction <p>Importance of Legal Support both on the ground and at home</p>	
5min	<p>What is an affinity group? What are the benefits of working in affinity groups?</p> <p>These are small groups of people who prepare for and take action together. Affinity groups are organised in a non-hierarchical and self-sufficient way and can either act on their own or as an autonomous group within larger protests. Working in an affinity group is your best protection in the course of the action.</p> <p>Roles and tasks can be split up between members, and you can support each other emotionally and in case of arrest or injury. A good size is 6-12 people. It's useful to form sub groups of 3-4 people who act as buddies.</p> <p>Mention the need to discuss: hopes and fears, action guidelines, limits etc in affinity group. Need to get to know each other and work as a team – sticking together throughout the action and looking after each other.</p>	

Time	What	Materials
15min	<p>Roles on actions</p> <p>Explain there are many roles necessary to help make an action go smoothly and whilst they may not all be 'glamorous' action roles they are just as vital to the success of an action.</p> <p>Ask participants to get into small groups 4-5s (same groups as before?) and ideasstorm - What roles might you need on an affinity group action?</p> <p>Feedback: ask groups to shout out roles and explain what they are to the other groups</p> <p><i>Cover some/all of the following: Facilitator, transport, spokesperson, police liaison, media liaison, video/photographer, legal observer, legal support, first aider, action participants, action support</i></p>	
10min	<p>Grounding and Awareness</p> <p>Being centred and aware is vital to staying safe. Some simple exercises... Try out shallow and deep breathing. How does each feel? Peripheral vision. Get people to walk around swiftly for a bit, without bumping into each other and staying aware.</p>	
25min	<p>Passive Resistance & Fashion Tips</p> <ul style="list-style-type: none"> ➤ Facilitators DEMONSTRATE passive resistance sitting down or lying - showing the difference between tense & relaxed then participants PRACTICE in 3s or 5s as appropriate – <i>ask groups to think about safety & support (including clothing etc)</i> ➤ Emphasise: <ul style="list-style-type: none"> Body awareness (ask them to stand for one minute and relax and think about their breathing and any localised pains they may have?) Groundedness and the importance of The difference between <i>passive resistance</i> (going limp so you have to be carried away, can be seen as “resisting arrest”) and <i>active resistance</i> (struggling, wiggling while arrested, could be seen as “assaulting an officer”) It’s your choice so you can get up and walk at any time Keeping your head off the ground, tensing your neck if needs be ➤ Ask for comments and experience from the group <p>Simple Blockading Techniques</p> <p>With volunteers DEMONSTRATE:</p> <ul style="list-style-type: none"> ➤ Sitting in a line arms linked – VOLUNTEERS <ul style="list-style-type: none"> • Ask how it feels? What are the strengths and weaknesses? • When/where would we use this technique? ➤ Sitting in a circle (face in) arms & legs linked – VOLUNTEERS <ul style="list-style-type: none"> • Ask how it feels? What are the strengths and weaknesses? • Mention communication, being aware of letting someone go when they’re in pain and watching each others backs • Talk about other techniques such as using banners etc to prolong sit down blockades • When/where would we use this technique? ➤ Bring out any more fashion tips & support issues as appropriate, if time then practice lying down and linking arms etc. ➤ Facilitators talk about arm tubes and their uses (mention the need for support people, esp. for people with both arms in tubes! Length of the tubes, need to practice quick entry into tubes, making sure and tape/chain round wrist is comfortable 	

Time	What	Materials
20min	<p>Hassle lines and Body and Voice Control</p> <p>Hassle Lines Introduce the role-play and explain that we're going to explore our response to conflict and confrontation. This can bring up some unexpected emotions: think of it as a safe space for exploring emotions – better to discover them now than on an action! Don't feel obliged to participate though we recommend you do. Scenario: 'blockade' of the gates of a military base</p> <p>1) Employee/ protester</p> <ul style="list-style-type: none"> • Brief lines separately, then straight into role-play with no discussion of body language etc in advance. Employee briefed to be reasonably assertive but concerned about wages and feeding their family.. • De-role and debrief: look for any interesting responses such as protesters remaining silent, poor body language, raised voices, laughter, smiles, eye contact etc. • Then repeat scenario with other side of the line <p>Then back to hassle line – 2 of following 3:</p> <p>2) Angry and pissed off employee or local resident / protester</p> <p>3) Police 3 on 1</p> <ul style="list-style-type: none"> • Brief police to pick a likely suspect and to work in 3s and move in to intimidate their victim. • De-role and debrief: check whether awareness of body and voice helped. Talk about support (or lack of it) offered by protesters to the victims • What happened? How did you respond? How did it feel to be picked on? How did it feel to be ignored? What support was offered? Was it effective? If not what could have been done. Mention buddying, calling for help <p>4) Aggressive police</p> <ul style="list-style-type: none"> • Brief police to go in fast as a unit, shouting at the protesters to get back and pushing them back if necessary • What happened? What was effective? What else might you have done? 	
10min	<p>Body and Voice control</p> <ul style="list-style-type: none"> ➢ Illustrate with examples from the hassle line wherever possible ➢ Introduce the concept of awareness of body language and voice. ➢ [Pop-psychology: only 7% of verbal communication actually down to the words you use. Rest = body language (55%) and tone of voice (38%)] <p><i>Facilitators demonstrate the difference between calm and clear communication, and communication likely to induce panic/escalate conflict, with a simple voice example</i></p> <p>-</p> <ul style="list-style-type: none"> • calling for observers • calling for cameras • calling out police badge numbers <p><i>Briefly demonstrate body language – how to stay open and look neither aggressive nor passive. Talk about how body and voice can (de)escalate conflict in an action situation</i></p> <p>Using voice in other ways</p> <ul style="list-style-type: none"> ➢ All to stand in a circle and practice shouting / projecting clearly and calmly: <ul style="list-style-type: none"> • All shout 'aow that hurts! • Shout NO • Legal support 	

Time	What	Materials
30min	<p>Action Roleplay Simple roleplay scenari (ideally outside), such as blokading a gateway/sit down protest. Brief protestors that they have 5 min to prepare to blockade a gateway, that facilitators and volunteers are roleplaying the police, that once arrested and put in a van they are out of the game, that police will act as realsitically as possible (inlcuding using reasonable force)</p> <p>Debrief: Get people out of role: deep breath, shake Ask: how did that feel? Go-round with one thing that went well with the action, one thing that could have been done better (not making it personal), followed by general discussion if time</p>	
30min	<p>Quick Consensus Decision Making</p> <ul style="list-style-type: none"> ➤ Quick introduction to: <ul style="list-style-type: none"> • Why there's a need for quick decision making • Why we use consensus • Conditions and limits, also mention active participation, common goal, clarity, inclusiveness, trust in process • Description of the Quick Consensus process by facilitators. • Difference between Full Consensus and Quick Consensus • Brief Q & As for clarity • Clarify that this is not the only model of decision making but we recommend it ➤ In SMALL GROUPS use 3 or so of the following examples. Mention that you want feedback on the process not the actual decision. Ask each group to appoint a facilitator at the start of each scenario. <ol style="list-style-type: none"> 1. The police stop your bus on the way to the action and tell the driver he/she can not proceed any further (2 mins) 2. You are a support affinity group giving legal support to an action. The police have ordered you to move away behind a cordon 50 yards away, threatening you with arrest. They have started clearing protesters using what you regard to be excessive force. The protesters are calling for legal observers and cameras.(1 min) 3. An ambulance needs to pass. (20 sec) 4. One person in your group starts panicking and crying and wants to go home. (30 sec) 5. Suddenly the gates open, and a gap in the police line appears. (10 secs) 6. You're an affinity group participating in a mass action at an event at which George Bush is giving a speech. You've decided to leave the action for a while and go in search of some food. As you walk away down a side road you see several dark limousines' driving towards you.....(20 secs) ➤ Brief feedback on process after each decision ➤ Was a decision reached? Was it a quality decision? Did the group follow the process successfully? Did the process work? If so, why? If not, why? ➤ Point out that sometimes your decision can be, if dealing with police, to ask for more time. 	
15min	Dealing with Parking Lot and any questions	
15min	<p>Evaluation and closing Good/Better go-round. Questionnaires. Mention handouts and ask for donations. Thanks and good luck!</p>	<p>Good/Better flipchart</p> <p>Questionnaires</p> <p>Handouts</p>

Time	What	Materials
30min	<p data-bbox="277 136 1102 170"><i>Where Next? Optional – good for preparing for mass actions.</i></p> <p data-bbox="277 197 975 230">Action planning / Telling the story through pictures.</p> <ul style="list-style-type: none"> <li data-bbox="277 230 1310 360">➤ In groups of 4/5 or ready formed affinity groups ask them to draw each stage of the action with arrows joining (have an example) different parts together. I.e. Planning, journey there, arriving at gates, locking on, being arrested, eating etc etc. <li data-bbox="277 376 1318 443">➤ Then give everyone a different colour highlighter pen to highlight in their groups, the part that concerns them in the whole scheme of things. <li data-bbox="277 459 1267 526">➤ Explain that due to no time today, another meeting with their group could go through the actual plan of the action. <li data-bbox="277 542 751 575">➤ Make date for their next meeting 	