

Protesting and the Pandemic

With the latest of too many senseless deaths in the Black and Brown communities being layered on the stress, anxiety, and fear of our current health and economic crisis, there is a lot of emotion bubbling to the surface, as well as potentially harmful tactics, used in these peaceful spaces. **If you choose to demonstrate peacefully, in accordance with the First Amendment, please prioritize your safety.**

- Wear a mask to protect yourself and others
- Remain 6 feet apart
- [How To Protest Safely During the Covid-19 Pandemic \(in person protests\)](#)
- ACLU: [How to Protest in a Pandemic](#)
 - Consider spaces for activism online
 - Drive-by protests
 - Donate money, time, and resources to organizations/businesses which align with your values
 - Vote and be counted
 - Display signs and messages in your windows and on your sidewalks
- [How to Stay Safe and Healthy at a Public Demonstration](#)
 - Buddy up
 - Consider what items to bring with you
 - Consider your medical needs
 - Make a plan, including a meeting place with peers, if you need to leave quickly
 - Follow lawful instructions of a police officer and a public official, such as staying behind a barricade
- [Know Your Rights as Protesters](#) (available in English and Español)
- Know that change takes a combination of strategies, including organizing, protest, electoral engagement, accountability for those who commit violence, legislative and policy changes, and more
- Find communities and organizations that align with your identities, experiences, relationships, and goals - partner to lift each other up – care about one another and acknowledge both individual and shared struggles during this time