# **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**.

*If you would usually protest under other circumstances, but feel unsafe doing so because of the pandemic, know that it is alright to stay home! There are many other solidarity actions you can take from home.*

**Resources for Protesting during the pandemic:**

* Wear a mask to protect yourself and others
* Remain 6 feet apart
* Get back home before dark
* Read [Vice’s How to Protest Safely During a Pandemic](https://www.vice.com/en_us/article/akzg94/how-to-protest-safely-during-the-covid-19-pandemic)
* Explore ways to protest with the [ACLU’s How to Protest in a Pandemic](https://www.aclu.org/news/free-speech/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
* Follow tips from [Yale Student Life’s How to Stay Safe and Healthy at a Public Demonstration](https://studentlife.yale.edu/how-stay-safe-and-healthy-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
* Understand your rights by reviewing the [ACLU’s Know Your Rights as Protesters](https://www.aclu.org/know-your-rights/protesters-rights/) (available in English and Espa*ñol)*
* 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