

We Keep Us Safe

De-escalation strategies when fighting for a Free Palestine

The goal of de-escalation is to reduce the level of anxiety & agitation. Reasoning with an enraged person is not possible or effective. It is not about being “right” but rather about avoiding further conflict & potential harm. We keep us safe. Especially when the police are escalated.

GET TO “WE”

Turn yourself and the person causing harm into a “we” to foster a sense of unity.

MAKE THEM FEEL HEARD

Reflect or rephrase what the other person is saying to you

BROKEN RECORD

Repeat the same statement until the person causing harm corrects their behavior or exits a situation.

“I” STATEMENTS

Voice your feelings and wishes without expressing judgment.

OFFER ALTERNATIVES

Name other choices the aggressor can make, like leaving the situation. This can provide a sense of agency.

LOSE TO WIN

Proactively choose to make compromises to protect yourself or another person’s immediate safety.

