

EVERYDAY ACTIONS ARE DIRECT ACTION



RADICAL MOVEMENTS TOWARD A MORE JUST FUTURE

A DIRECT ACTION HANDBOOK

0.7
/
2020



BLACK LIVES MATTER

A GUIDE TO ORGANIZING & PROTESTING SAFELY

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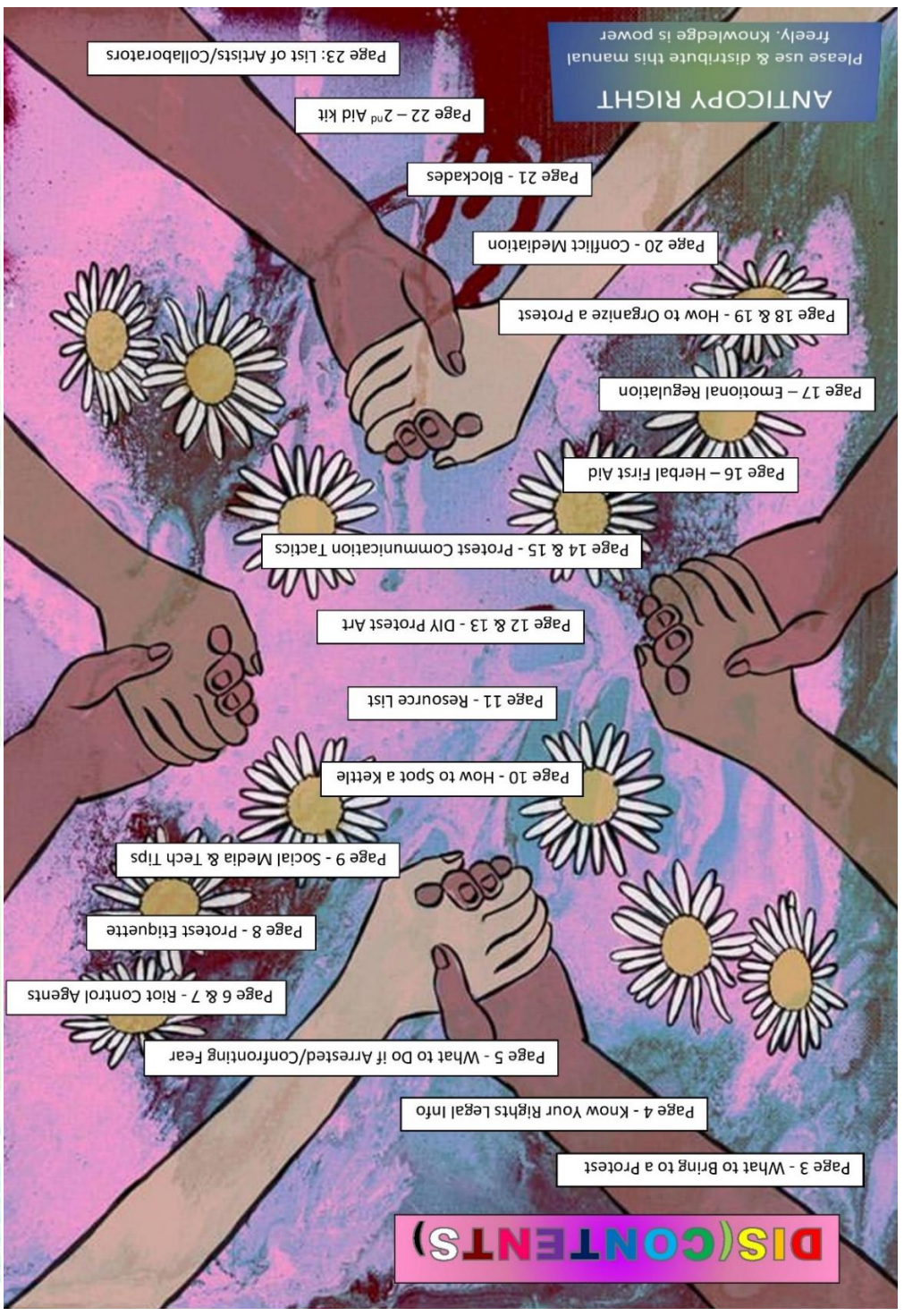
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ANTICOPY RIGHT
 Please use & distribute this manual
 freely. Knowledge is power



SECOND AID IS HOW YOU TAKE CARE OF OTHERS



SECOND AID KIT

A HELPING HAND

PROTECTION

Shatterproof glasses

Welders gloves [for picking tear gas canisters]

Extra Latex Gloves

Pens Markers and Note Cards

Money!

CHEMICAL BURN
TEAR GAS
REMEDY
Mineral Oil
Pepto bismal
70% Alcohol
Pure Castille Soap

Assortment of bandages and Gauze.

Medical Tape

ESSENTIALS

LOTS OF WATER!!!
for hydration and for wounds.

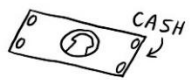
Liquid Energy like GU or electrolyte rich drinks.

Rescue Remedy

bandana soaked in vinegar keep in a ziplock bag [DIY Gas mask] However the real thing is always better!

Shatter-Proof Container with lid. [So we can collect samples of chemical weapons the pigs use]

what to bring to a protest:



(WRITE EMERGENCY #'S ON YR ARM)



what to wear:



Don't wear...
> jewelry
> easily identifiable clothing
> open-toed shoes

> make up
> oil-based lotion or Vaseline
> contact lenses
> tampons
(can trap chemicals like tear gas)

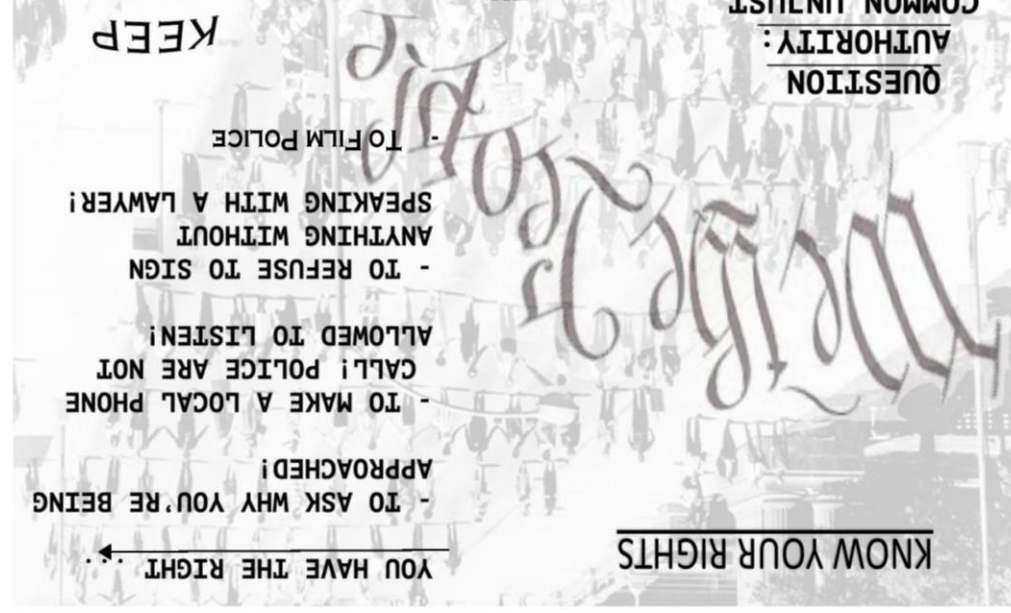


If you bring your phone:
> turn off touch/face id
> turn off cellular data
> go on airplane mode
> download the Signal app (encrypted texts) to keep in touch with friends

IG: @burnoutcitycomics

KNOW YOUR RIGHTS

- YOU HAVE THE RIGHT TO ASK WHY YOU'RE BEING APPROACHED!
- TO MAKE A LOCAL PHONE CALL! POLICE ARE NOT ALLOWED TO LISTEN!
- TO REFUSE TO SIGN ANYTHING WITHOUT SPEAKING WITH A LAWYER!
- TO FILM POLICE



QUESTION AUTHORITY:

COMMON UNJUST ARRESTS HAPPEN DURING UPRISINGS AND PROTESTS

THE U.S. CONSTITUTION EXISTS TO PROTECT AND ALLOW ALL CITIZENS TO HAVE FREEDOM OF SPEECH AND EXPRESSION.

IF ENCOUNTERED BY POLICE, REMAIN CALM AND PROTECT YOURSELF FROM FURTHER INSPECTION.

If police ask to see your phone, tell them you do not consent to the search of your device

KEEP YOUR HANDS VISIBLE!



The 1st amendment protects your right to be on public property but not private. Be aware of the boundaries

DO NOT CROSS

RECLAIM OUR STREETS BY UTILIZING BLOCKADES



GALVANIZED METAL FENCE > Private property making for bad bike lock location. Can be dismantled by lifting & unhooking at hinges or reclaimed with signage & affirmations. Protestors can be locked to the fence for sit-ins or occupy sites



>WOODEN ROAD BLOCKADE Used as crowd control, these barricades can be repurposed by protestors



POLICE BIKES > Pigs can fly after all. Be wary, these are used to kettle protestors

> WATER CANNONS These are weapons – may cause hypothermia, and direct/secondary trauma. Harmful chemical agents have been used in the cannons. For more info go to aclu.org/fact-sheet/water-cannons

DIRECT ACTION BLOCKADES

- Things you can blockade:**
- ❖ Highways
 - ❖ Police Precincts
 - ❖ Gov't Buildings
 - ❖ Computer Rails

- Types of Blockades:**
- ❖ Body Blockade (lock arms – don't interlace fingers)
 - ❖ U-Lock Barrels and Stumps

Blockade: Any hindrance or obstruction to action &/or traffic; to beset a hostile force.

For more info visit: <https://www.sproutdistro.com/catalog/zines/direct-action/basic-blockading>

LET'S TALK ABOUT IT

Tension is inherent in a protest. Here are some useful tips to keep in mind if you find yourself mediating conflicts that arise from this tension.

ASSESS

- Are you able to handle this right now?
- Do you have a safe space to talk?

CONNECT

- Introduce yourself!

BREATHE

- Pause
- Stay Calm
- Observe
- Move slowly & deliberately

LISTEN

- Notice Body Language
- Active listening
- What are their needs?
- Ask clarifying questions

EMPATHIZE

- Reflect back words & emotions
- Don't blame or accuse

ASK FOR HELP WHEN...

- Feeling overwhelmed
- Talking in circles
- Person is hostile or escalating
- Misunderstanding
- Evident health issues or distress

SPEAK YOUR TRUTH

- What are your needs?
- Use "I" Statements
- (I Feel that...)

Remember we are all human and we're all (un)learning. You don't need to agree to validate their emotional experience. Hold space and let them share.

IF YOU ARE ARRESTED

- remain calm, do not physically resist
- ask if you can leave. if the answer is yes, calmly walk away.
- if you can't leave, remember your right to remain silent.
- be sure to write the number of your local bail out organization on your arm
- have a private lawyer on speed dial. National lawyers guild has low cost 4 pro Bono lawyers

MANAGING FEAR THROUGH MEDITATION

When inciting fear is used as an oppressive and repressive tactic, the act of facing and experiencing fear itself becomes a revolutionary act. Daily meditation helps your mind habituate the process of breaking down fear. "Fear comes and goes, goes and comes, while the mind sees both the going and the coming. [Mind] recognizing fear in that instant is free of fear. So as your mind recognizes fear and self-grasping, lean into that awareness... rest in an instant of freedom of mind." -Barbara Du Bois, "Brave, Generous, Undefended: Heart Teachings on the 37 Bodhisattva Practices"

"I must not fear. Fear is the mind-killer. Fear is the little-death that brings total obliteration. I will face my fear. I will permit it to pass over me and through me. And when it has gone past I will turn the inner eye to see its path. Where the fear has gone there will be nothing. Only I will remain." -Litany Against Fear, "Dune"

- how do you make complicated issues understandable?
- what will the tactic communicate to our audience,
- to our target, or to the community?
- how will the tactic carry a persuasive story?

MESSAGE

- will the action be solemn, jubilant, angry, or calm?
- will the energy attract or repel people we want to engage?

TOPE

- can we leverage unfolding events or new developments as opportunities?
- does the political moment hold potential for us or vulnerability for our opponents

TIMING

- is this action worth the limited time, energy, and resources of our group?
- if we are working in coalition, where does the action capacity come from?
- how do we distribute labor equitably?

RESOURCES

- celebrating victories (or successful collaborations even if you haven't "won" yet) is a key piece of building relationships across difference. celebrate now,

CELEBRATE!

as small as they seem, it will keep the momentum going!

DEBRIEF

- what were the action's highlights?
- where was there room for improvement?
- how did the action impact the base of people participating in the campaign?
- how did the planning deepen or strain relationships between organizers?
- Between groups or organizations?
- how did it pressure your target?
- what are your indicators of success?
- don't forget to figure out
- next steps for follow up!

text adapted from:
organizing cools the planet
by hilary moore &
joshua kahn russell
street art by tinho

HTTPS://WWW.ACLU.ORG/FACT-SHEET/KINETIC-IMPACT-PROJECTILES-FACT-SHEET

TEAR GAS

UNLIKE THE NAME, CANISTER-DEPLOYED TEAR "GAS" IS ACTUALLY A POWDER THAT CAN ACCUMULATE ON CLOTHING, SKIN, AND ENTER THE EYES + AIRWAY.

LIQUID IN FORM AS A FOG OR SPRAY AND THE CAPSICUM CAN BURN EYES, SKIN AND NASAL AND ORAL CAVITIES

Pepper-spray

Projectiles

KINETIC IMPACT PROJECTILES INCLUDE RUBBER BULLETS,

BEAN BAG ROUNDS,

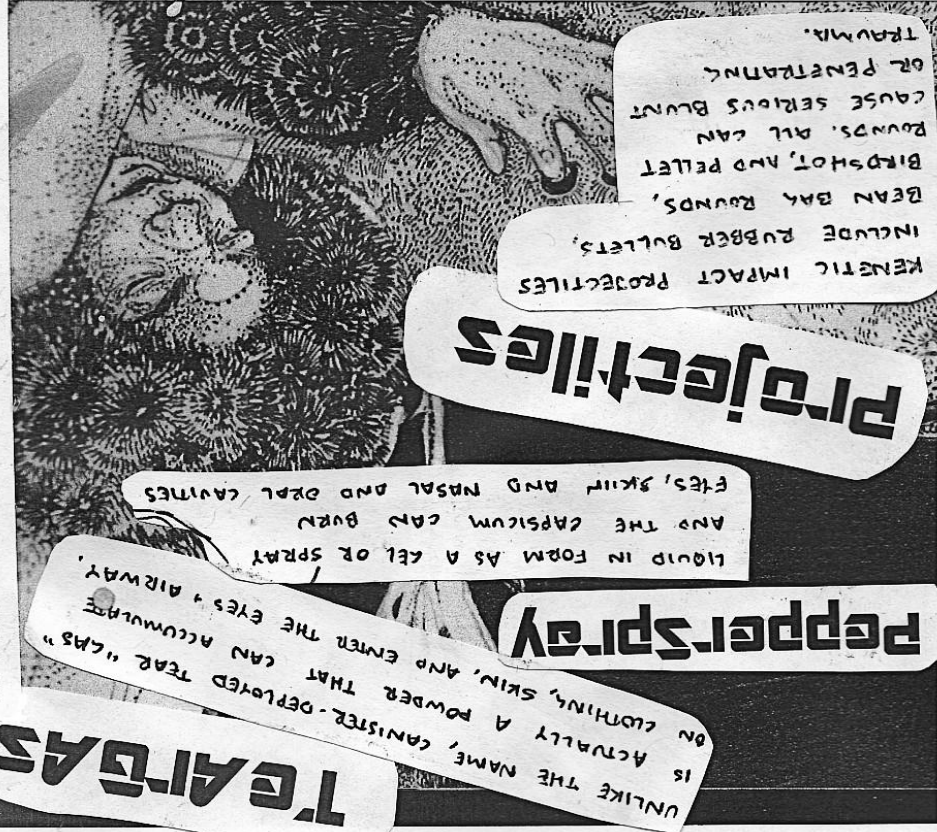
BIRDSHOT, AND PELLET

ROUNDS. ALL CAN

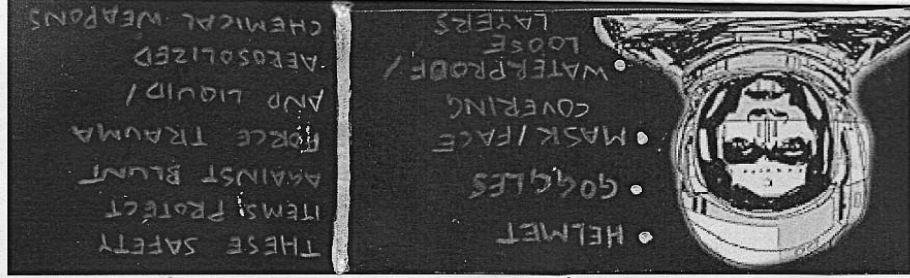
CAUSE SERIOUS BLUNT

OR PENETRATING

TRAUMA.



PROTECT YOURSELF, HONEY



A NOTE TO ALL YOU STREET MEDIC CITIES AND ALL THOSE ADMINISTERING AID

AFROFUTURISM

OUR FUTURE

AND OUR PRESENT

- ✓ new studies have shown that patients treated with quickly and aggressively FLUSHING THE EYES WITH STERILE WATER have better long term clinical outcomes
- ✓ research into traumatic head injuries indicate that instead of waking patients to check level of consciousness, it is more important to LET THEM REST, instead monitor vitals
- ✓ keep safe by keeping your knowledge current, loves

PLANNING AN ACTION/PROTEST: TACTICAL CONSIDERATIONS

• **BEFORE YOU START:** how does this tactic fit into your broader strategy and campaign plan?

• **AFTER YOU FINISH:** how do the lessons learned from debriefing the action reshape your campaign plan or make visible assumptions you've had in your strategy?

STRATEGY

- what has your group or other groups done before to address the issue?
 - how have activist groups taking action in the past affected the communities living near your action location?
 - what have the organizational or coalition relationships been like in the past?

HISTORY

- what relationships need to be developed in order to create a collaborative direct action?
- is the imperative for the action coming from the directly affected community themselves? if not, how do you plan to propose it?
- how will the affected constituency be involved in decision-making?

COLLABORATION

ALLIES

- how will the tactic affect your allies (the ones not working on this particular action) or potential allies?
- how does it affect community stakeholders? how will they receive it?
- will it strengthen your relationship or jeopardize it?

AUDIENCE

- who do we want to reach with our tactic?
- what response do we want to inspire with them?

• what message will the tactic send to the people who have power to meet our demands?

• will it pressure them to capitulate?

Or enable them to dismiss us or retaliate?

• how will you know if you have impacted your target?

TARGET

TEARGAS

DO get to a well-ventilated area

DO NOT touch your face

DO cough & spit,

DO NOT wear contact lenses

allow fluids to leave the body

DO monitor breathing - if the person has asthma bring them to a medic

DO NOT remain in the direction the wind is blowing

DO flap arms/body

DO NOT pick up teargas canisters WITHOUT using heat-resistant gloves

to dispel

tear gas powder

DO bend over to

rise hair & face

DO try to keep

eyes open

PEPPERSPRAY

DO immediately blink

DO NOT rub or touch the eyes!

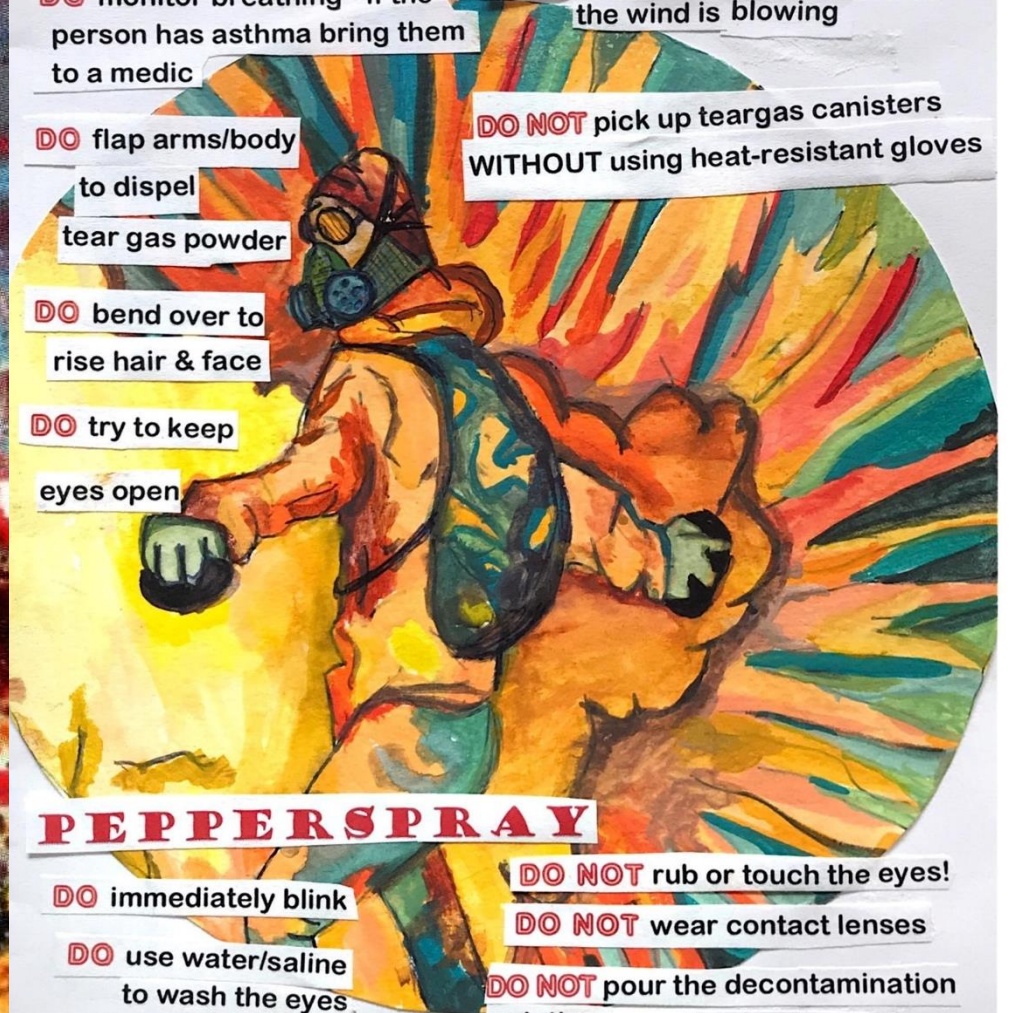
DO use water/saline to wash the eyes

DO NOT wear contact lenses

DO wash face with non-oil based soap

DO NOT pour the decontamination solution over the forehead

DO NOT wear oil-based sunscreen or lotion



EMOTIONAL REGULATION

before, during, + after a protest

BEFORE!

meet with your comrades in a safe place to get centered
- if you have time, meditate/take some collective deep breathes
to calm your central nervous systems - try doing this for at
least 5 minutes together

- share why you are protesting, why it matters to you, so you can
connect + get rooted in your purpose and that of your comrades
- state your boundaries (at what point would you need leave...
if tear gas is denotated? if police presence intensifies?)
- set intentions - what kind of involvement are you planning (being
on the frontlines, medic, mutual aid, chanting and marching)?
- whether you live with mental illness or not, make an exit plan in
case you or your comrades have a panic/anxiety attack, get
emotionally overwhelmed, or need to leave for any reason.
knowing that you have a plan and a clear way to leave can
provide some emotional security in what will always be an
uncertain context (the protest!)

~DURING~

your breath is yourbff - remember to breathe!!!!

- protests can be: traumatizing, empowering, triggering,
electrifying, joyful, brightening, confusing, cathartic - it's normal
to feel a spectrum of emotions. if you get anxious/disoriented:
let a comrade know, understand that it is okay to leave at any
time. if you want to stay, you cannot leave, or if arrested, utilize
breathing techniques - slow down and breathe in 1 second
through your nose, exhale 1 second out the mouth, then inhale
2 sec, exhale 2 sec, then up to 3, 4, 5 second intervals.

AFTER

REST! and! reflect with your comrades + by yourself

- give yourself time to process + reflect on what went down-- what
brought you joy, what was hard, what you learned, what you will
change for next time

- take care of your body! sleep, eat nourishing foods, nap, rest
- know that it is okay to feel all kinds of ways after a protest
- call a bud, write in your journal, be gentle with yourself

HEY WHITE PROTESTERS (and non black)

DO PUT YOUR
BODY BETWEEN
BLACK
PEOPLE AND
THE COPS.



DO COME PREPARED
WITH FIRST AID,

WATER, PROTECTIVE
GEAR.

SHARE IT.

DO NOT ATTEND
ARMED, YOUR PERMITS
DO NOT MATTER - IF YOU
ARE ARRESTED OR SEEN
WITH A WEAPON THE
COPS WILL USE IT TO
JUSTIFY THEIR EXCESSIVE
FORCE AGAINST POC.



DO NOT TAKE
THE MIC. THIS
IS NOT ABOUT YOU.
IF YOU KNOW A
BLACK PERSON HAS
SOMETHING TO
SAY, HELP THEM
GET THE MIC.



DO NOT POST VIDEOS
OR PICS, ESPECIALLY
WHERE FACES
ARE VISIBLE.

LEAVE DOCUMENT-
ATION TO PEOPLE
WHO KNOW WHAT
THEY'RE DOING -
COPS WILL ID
PEOPLE BY THEIR
SHOES.

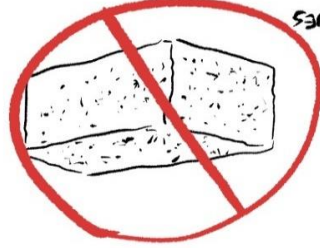
DO NOT START SHIT.

HOW MUCH YOU HATE
THE COPS, HOW MUCH YOU
LIKE BREAKING SHIT, HOW

ANGRY YOU ARE - NONE
OF THAT MATTERS. THE
DECISION TO RISK BLACK LIVES

IN AN EXPRESSION OF RAGE IS NOT YOURS TO MAKE.

YOU WILL NOT BEAR A MAJORITY OF THE CONSEQUENCES



HERBAL FIRST AID

Tinctures or capsules are more convenient than teas. Consult an herbalist prior to building your kit.

YARROW or SHEPHERDS PURSE

Homeostatic/styptic. Powder herb in a coffee grinder, put a few pinches on wounds to staunch bloodflow. When bleeding has stopped, remove with witch hazel and disinfect.



WILLOW BARK TINCTURE

Analgesic, anti-inflammatory. For headaches, pain relief, inflammation. Not a sedative.



LAVENDER and or ALOE ESSENTIAL OIL

Emollient. For burns caused by heat or friction. Apply after the wound has been cooled down with water. For headaches, apply lavender to temple and between eyes.



VALERIAN TINCTURE

Sedative, nervine, muscle relaxant, analgesic, anti-spasmodic. Use for panic, trauma, insomnia.



GINSENG

Nervine, stimulant. Use for low energy situations when you have trouble concentrating.



TEA TREE/TYME ESSENTIAL OILS

Anti-septic, anti-microbial. Use these oils to disinfect wounds.



CHAMOMILE/ EYEBRIGHT INFUSION

Eyewash. After ocular weapon decontamination treatment, this is a good secondary treatment for soothing and repairing ocular tissue.



WITCH HAZEL

Distilled it works as an astringent, anti-inflammatory. Good for removing particles from wounds before disinfecting and slowing bleeding. Good primary treatment for bruises, sprains, contusions, abrasions, inflammation and nosebleeds.



GINGER SYRUP/ MEADOWSWEET INFUSION or TINCTURE

Anti-emetic. For nausea, vomiting, etc.



TECH TIPS

BEFORE A PROTEST

If you do bring your phone:

- Disable Touch & Face ID
- Turn off location services
- For Android users: turn on Encryption Services
- Keep your phone off as much as possible
- Use encrypted messaging apps like Signal
- Faraday bags block remote alteration of wireless devices

Think about leaving your phone at home. US police use stingray devices that impersonate cell towers & trick cell phones into transmitting their locations & identifying info

Minimize your surveillance risk:

- Wear clothing without logos, bright colors, etc
- Wear a face mask/bandana & sunglasses
- Cover any tattoos or distinguishing features

ASK YOURSELF:

Why do you want to record this protest?



Protests
are
not
photoshoots

AFTER A PROTEST

- Don't post photos while the protest is going on
- Remove identifying features & faces in your photos. Do not blur faces, etc. them out with black
- Screenshot the photos you want to post to social media. This removes the metadata that lists your coordinates (or check out the app Image Scrubber)
- Use a VPN to post

MORE ON PROTEST
 amazing accomplice:
 LISTEN TO THE ORGANIZERS. LISTEN TO BLACK VOICES!



AIRDROP?

Hong Kong protesters have relied mainly on airdrop to share information about upcoming events. This allows you to even have your phone on airplane mode.



TIPZ TIPZ TIPZ

DOWNLOAD: SIGNAL -
 WHATSAPP is also useful but not as secure (they're apps)

GOOGLE: "HONG KONG PROTEST HAND SIGNALS"

and get a thousand images of hand signs protesters used to communicate in the Hong Kong protests of 2019-20. You can share these with your protest group and decide what signals work for you. Or make your own!

WAYS TO COMMUNICATE WITH COPS:



TURN LOCATION SERVICES OFF

You don't want timestamped records of where you've been. So-called "authorities" have the potential to obtain these later on.



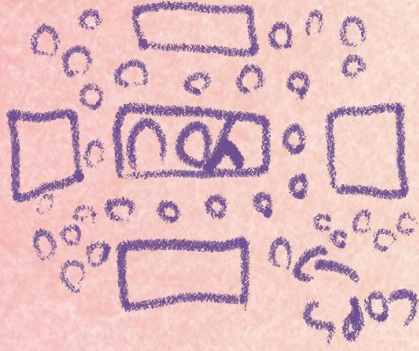
BLUR ALL FACES SCRAP ALL DATA

Cops use photographs on social media to track down and arrest protestors!

If you're an aspiring photographer and feel intimidated by this, don't, we DO need people to document our histories, but DO NOT post immediately on social media, DO NOT show identity markers, and DO get yourself a mentor to think through your work with you.

HOW TO SPOT & ESCAPE A KETTLE

1 "KETTLE"



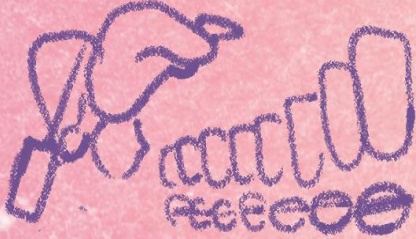
A "kettle" occurs when police surround protestors on all sides Be aware of cops coming from different directions

3 STAY AWARE



Stay vigilant and aware of your surroundings. Look out in all directions. Keep an eye out for large prisoner transportation vehicles.

2 EXPLOIT



You will be enclosed for an unknown amount of time. They will not be honest with you about when you can leave. You may be stuck for hours. You may be arrested.

4 GO BACK



When you notice the signs of a kettle, go back the way you came as soon as possible!

PROTEST COMMUNICATION

Movements will develop their own communication strategies and verbal and non-verbal signs. The **FIRST STEP** to successful communication is to listen to the organizers. **LISTEN** to Black voices!



One important symbol is the RAISED FIST.

The raised fist is a symbol of **POWER**, **RESISTANCE** and **SOLIDARITY**. But borrowed from rescue efforts in natural disasters, it also has a very practical use: it has become a sign used to request **TOTAL SILENCE** (as a communal pause or to hear an announcement).

We must mention there have been efforts to coopt this as a symbol of White Supremacy – but we shall not be erased. Let us honor historic struggles and not give in to cooptation.

So, again **LISTEN**, be aware of the crowd, look around to see if this means **CHANTING** or **TOTAL SILENCE**. *And if you feel uncomfortable raising a fist because of the implications of Whiteness, raise a palm or a peace sign.*



MIC CHECK!

A great tool we can borrow from Occupy Wall Street is the **people's microphone**. This is a way to deliver a speech to a large group. The speaker begins by saying "MIC CHECK", people nearby **RESPOND** "mic check", the speaker says a **SHORT PHRASE**, then pauses. Those that can hear what the speaker has said repeat the phrase in **UNISON**. After the first wave is finished, if the crowd is very large, this may require two or three waves of repetition. When everyone is finished the speaker says another phrase, then pauses again as people respond (repeat), until the message is complete. This amplifies the speaker's voice without need for equipment.

[WRITE A PHONE # ON YOUR ARM IN SHARPIE, DONATE SOME CASH, ETC]

FREE LEGAL ADVICE

BAIL FUNDS

- www.nationalbailout.org National Bailout
- <https://bailproject.org/> The Bail Project
- NAACP Legal Defense and Education Fund (212)-965-2200
- <https://www.knowyourrightscamp.com/legal> Know Your Rights Initiative
- <https://www.aclu.org/know-your-rights/protesters-rights/> Protester's Rights
- <https://www.nlg.org/massdefenseprogram/> - National Lawyers Guild

Look online to find your local NLG chapter and their phone number, as well as:

- ❖ "Know your rights" trainings/workshops;
- ❖ Meetings with, and advice to, organizers about protest actions, and legal consequences;
- ❖ Legal Observers at protests and other actions;
- ❖ Help with setting up and running jail and bail support programs;
- ❖ Legal representation in case of protest arrests

ADDITIONAL READINGS/RESOURCES

https://docs.google.com/document/d/1yxj0kSC2-LzINUlfNMEV_Qi-7ZtWCTLSua3Z-9XFNqA/ -- Protester Safety, Therapy, Mindfulness, Anti-Racism Readings

<https://docs.google.com/spreadsheets/d/1fpdRY5fwovyt04Il6y9bToWiv4wUaloMAQERoE2A140U/edit#gid=2000819637> – National Resources List

<https://docs.google.com/document/d/1LRAlDiHgLESON8Ao2ie38B1tmtPYX32l3Ud-sfOMmyE/> --Black Lives Matter Resources and Readings

<https://drive.google.com/drive/u/0/folders/1Tqflp8DrCzCni58SB4-CEVSBjg0Kza6> – Free PDF copies of Black texts by Black Writers/Activists

ALL POWER TO THE PEOPLE A DIY GUIDE TO PHOTO ART

BANNERS:

CANVAS PROCLATH OR BTD SHEET CUT TO SIZE
PAINT, BRUSHES, ROLLER

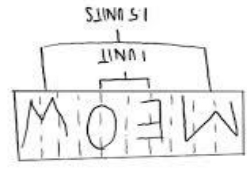
MATERIALS:

- 1 PRIME BANNER W/ BACKGROUND COLOR
- 2 LAY OUT TEXT - MOST LETTERS ARE 1 UNIT.

EXCEPTIONS:

UPPERCASE: M+W: 1.5 UNITS
I: 0.5 UNITS

LOWER CASE: M+W: 1.5 UNITS
I, J, L, T: 0.5 UNITS



- 3 SKETCH GRAPHICS / PROJECT DESIGN
- 4 PAINT CAREFULLY - WE LIKE 1 ANGLE BRUSHES
- * LET EACH PASS DRY BEFORE ADDING MORE
- PAINT: PRINT IN THIN LAYERS (NO PUDDLES)

- TOUCH-UP, AS NEEDED

MATERIALS:

FLOUR, WATER, POT, HEATING APPARATUS, PAPER POSTERS, ROLLER, BRUSH, BUCKET & A FRIEND!

WHAT PASTE:

MAKING THE PASTE

1 PART FLOUR + 2 PART WATER

~30 MINS BOIL

* USE WITHIN 2-3 DAYS *

! BY BUY "SURF-GUP" FROM LOCAL HARDWARE STORE

DESIGN YOUR POSTER

HAND-DRAWN DESIGNS - ARE GREAT FOR MORE

CREATIVE ENOYARDS. YOU CAN ALWAYS MAKE PROCLATHS TO PASTE

LARGER AREAS...



DESIGNS ARE GREAT FOR BIG CAMPAIGNS - YOU CAN HAVE THEM PRINTED OR STENCIL THEM TO DISTRIBUTE IN LARGE QUANTITIES -

PICKING A GOOD SPOT.

- LOTS OF FOOT TRAFFIC

- PUBLIC PROPERTY

- LIGHT POSTS

- UTILITY BOXES

- AVOIDS EYE-HOOD

* WORKS BEST ON NON-POROUS SURFACES

IMPORTANT NOTE:

LEGALITY VARIES BY STATE

LOOK UP LOCAL LAWS BEFORE GOING OUT - BE PREPARED FOR CONSEQUENCES

Avoid LOOPS - PPL often NO BY NIGHT - REMEMBER!

ACAB

GOING PASTING!

- 1 APPLY WHEAT PASTE TO SURFACE
- 2 APPLY POSTER TO WET PASTE
- 3 APPLY LAYER OF PASTE ON TOP OF POSTER - COVER CORNERS!



BLACK LIVES MATTER

EXAMPLES:

SAFETY 1st: BE SURE TO PAINT OUTSIDE W/ MASK / PROPER VENTILATION.

- 6 BE CAREFUL NOT TO SATURATE STENCIL W/ PAINT.

- 5 PLACE PAPER UNDER STENCIL & SPRAY PAINT DESIGN * HOLD CAN 6-8" AWAY FROM STENCIL

- 4 EACH COLOR IN DESIGN WILL NEED SEPARATE STENCIL

- 3 CUT IMAGES CAREFULLY ON SAFE SURFACE * PATCH ANY MISTAKES W/ CLEAR TAPE AND CUT AGAIN.

- 1 DESIGN IMAGE
- 2 RETAIN NEGATIVE SPACE

ALTAIR / POSTERBOARD / CARDBOARD; X-ACT KNIFE; SPRAY PAINT; RESPIRATOR; SPRAY ADHESIVE (OPTIONAL)

A B C D E F G
H I J K L M N
O P Q R S T U
V W X Y Z
1 2 3 4 5 6
7 8 9 0

CONSIDERING NEGATIVE SPACE

STENCILS: