



WHAT IF THERE IS A CONFLICT?

Nonviolence and **safety** are always first priority. Flip the card for the ABCDs of Conflict De-escalation.
[source: *nonviolence.rutgers.edu*]



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Assess the scene, identify the conflict

Breathe: focus, calm, count to 10, remember why you're there

ChOOSE if you will get involved and how?

De-escalate (6 Ds):

👉 **Direct Intervention:** Open non-threatening body language | hands visible/empty | active listening | lower volume/slow movement | don't touch agitated people/police

👉 **Delay:** Wait it out, if possible

👉 **Distract:** Direct attention elsewhere

👉 **Delegate:** Work with buddies/allies

👉 **Distance:** Put space between you + the problem

👉 **Document:** Inform people if recording + keep safe distance