



INDIVISIBLE
HINGHAM HULL



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]

Stay informed! Scan the QR code to join our email list.

www.indivisiblehinghamhull.org

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