



Handy Protest Packs

**Come to protests
prepared !**

**PROTECT
THE PROTEST**

**AMNESTY
INTERNATIONAL**



Stay smart.

Tips for using smart phones during protest

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Behind the tears-

The abuse of teargas
and its effects on
your health

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**Build a
safety net**



**Strengthening your
digital security.**

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**Rest is for
the strong!**
Keeping up with
the tiresomeness
of bad news and
vicarious trauma



**Water is a
hard element.**

**The dangers of
water canons**

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A raised fist holding a sign with text. The background is a gradient of blue and green. There are yellow starburst shapes in the upper right and lower left.

**Well beings-
protest well.**

Caring for one's
well-being as an
advocate

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Unplugged = Unseen

How internet shut-
downs are a human
rights issue

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