

# Defensive Actions Guide

Strategies for Trans Survival Against State Violence, Fascist Attacks, and Organized Hate





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The **Trans Army Defensive Actions Guide** is a tactical response toolkit for trans individuals, collectives, and autonomous cells operating under hostile conditions, from police surveillance to far-right violence to organized state repression.

This manual offers **real-world tools** for fortification, evasion, disinformation resistance, mental health protection, and post-action trauma recovery. It centers those most targeted: disabled trans people, BIPOC trans folks, neurodivergent comrades, migrants, and poor trans communities.

**You do not need to be a fighter to defend.**

**You need a network.** A plan. And the will to stay alive.

Inside, you'll find:

- How to reinforce a space, plan escape routes, and harden your personal security
- Self-defense skills, non-lethal deterrents, and regionally legal weapon training
- Anti-surveillance tactics, from umbrellas to radio jammers
- Protocols for community patrols, copwatch, and post-action trauma care
- What to do if you're doxxed, tracked, infiltrated, or detained
- Signal-safe comms, burner phones, and jail support protocols

**This guide is not optional. It's essential.**

We defend not because we love peace, but because we love each other. This manual outline defensive strategies for trans individuals, cells, and communities under threat from rising authoritarianism, organized hate groups, and state repression. This is not about appealing to the law. This is about not dying.

Trans Army fights for the survival of all trans people, not just the "good" ones. This guide is tactical, unapologetic, and inclusive of neurodivergent, disabled, undocumented, Black, Indigenous, migrant, and poor trans folks.

**No peace with transphobes.**



## **I. PHYSICAL SECURITY**

### **1. Situational Awareness**

- Practice mental mapping of exits, hiding places, and choke points.
- Learn to recognize signs of surveillance, stalking, or scouting behavior.
- Avoid routine patterns when possible (routes, times, locations).

### **2. Barricading & Fortification**

- Reinforce doors with steel bars or folding braces.
- Use door cameras, motion-activated lighting, and window security film.
- For vehicles: keep a go-bag in the trunk, reinforce windows with tint + shatterproof layers.

### **3. Self-Defense Skills**

- Get trained in trauma-informed, consent-based self-defense (e.g. IMPACT, RAD, local queer instructors).
- Learn improvised weapons use (flashlights, keys, hot liquids, umbrellas, bike locks).
- Non-lethal deterrents: pepper spray, personal alarms, tactical flashlights.

### **4. Weapons Access**

- Where legal, consider firearms training, safe handling, and secure storage.
- Connect with leftist or trans-run gun safety orgs (e.g. Pink Pistols, Trigger Warning Queer & Trans Gun Club).
- Build relationships with queer gunsmiths and trans-friendly ranges.
- Consider regional laws for open vs. concealed carry, magazine restrictions, and state reciprocity agreements.
- Recommended: tourniquet training and bleeding control kits (e.g. Stop the Bleed).

## **II. DIGITAL & INFORMATION SECURITY**

### **1. Communications**

- Use encrypted messaging apps (Signal, Session, Threema).
- Avoid Facebook Messenger, SMS, or Instagram DMs for sensitive info.
- Set up disappearing messages and avoid screenshotable content.

### **2. Devices**

- Use burner phones or Faraday bags during actions.
- Install app lockers, disk encryption, and anonymized browsing (e.g. TOR).
- Keep all devices updated, disable geolocation, turn off Bluetooth/Wi-Fi when not in use.

### **3. Doxxing Protection**

- Scrub your info from people search engines (use tools like DeleteMe or Canary).
- Use a pseudonym for organizing. Set boundaries around face/voice in media.
- Don't trust journalists without a proven track record.



### **III. COMMUNITY PROTECTION & MUTUAL AID**

#### **1. Patrols & Watch Systems**

- Create community safety patrols for events and hot zones.
- Use walkie-talkies or encrypted radios. Train in de-escalation.
- Document fascist presence, but don't engage without clear advantage.
- Practice visual hand signals and use standardized watch schedules.

#### **2. Copwatch & State Encounter Prep**

- Practice asserting rights. Role-play ID refusal, silence, and searches.
- Know local laws, particularly around gender marker IDs and "loitering."
- Train jail support cells, collect emergency contact lists.
- Build "jail buddy" protocols for civil disobedience scenarios.

#### **3. Mental Health First Aid**

- Create trauma support teams. Use peer-led models.
- Recognize signs of panic, shutdown, and burnout. Don't medicalize.
- Use zines, chat groups, or Telegram bots for decompression practices.
- Share simple grounding tools (5-4-3-2-1 method, cold water resets, communal breath work).

### **IV. HARD TARGETING AND COUNTER-SURVEILLANCE**

#### **1. Making Yourself a Hard Target**

- Travel in groups. Use decoys and misdirection.
- Be unpredictable. Mask up. Layer your identity.
- Keep your affiliations need-to-know.

#### **2. Spotting Surveillance**

- Watch for repeated vehicles, strangers taking notes/photos, fake utility workers.
- Use counter-surveillance drills. Practice surveillance detection routes.

#### **3. Countermeasures**

- Use noise (radios, sirens) to disrupt audio surveillance.
- Use umbrellas, scarves, and laser pointers to disrupt cameras.
- Use mesh or foil to block drones and signal triangulation.
- Learn to map signal strength and detect planted bugs with spectrum analyzers.



## V. APPENDICES

### 1. GO-BAG CHECKLIST

- Medications + copies of prescriptions
- Burner phone + power bank
- Multitool, flashlight, lighter
- Emergency cash in small denominations
- Copies of ID, legal contacts, trans affirming clinic cards
- Protein bars, water filter straw, painkillers

### 2. NETWORK STRUCTURES

- Prefer decentralized pods or affinity groups
- Use shared signal groups for coordination, but rotate handles often
- No centralized leadership: protect each other by knowing as little as necessary

### 3. LEGAL RESOURCES BY REGION

- U.S.: Transgender Law Center, Sylvia Rivera Law Project, Lambda Legal, ACLU LGBTQ Division
- Canada: Egale Canada, JusticeTrans, CLGA Legal Resources
- UK: Gendered Intelligence, TransActual UK, Mermaids (for youth)
- Add local rapid response teams (e.g. LGBTQ bail fund networks, legal observers)

### 4. CASE STUDIES

- Portland 2020: trans medics faced targeted assaults, used decoy ambulances and encrypted mesh radios to navigate extraction.
- Georgia 2023: trans mutual aid org infiltrated by Proud Boys, survived by rotating storefronts weekly, using coded signage.
- Florida 2024: hormone black market support through burner clinic vans coordinated via decentralized vetting cells.

## VI. ADDITIONAL TOPICS TO LEARN

- Medical defense and hormone access under bans
- Disinformation defense (anti-psyop)
- How to operate under curfew or martial law
- Trans-specific sanctuary zone creation and defense
- Evacuation and underground transport networks
- Guerrilla healthcare units
- DIY HRT synthesis & safety networks

### LEGAL DISCLAIMER

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