

# Inclusive Protests Toolkit

Building Anti-Carceral, Disabled-Led, Neurodivergent-Affirming Uprisings





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Inclusion isn't a bonus. It's a **tactical necessity**.

Every protest that sidelines disabled comrades, undocumented organizers, neurodivergent people, or sex workers is a protest that's already been defanged by respectability. This guide is a tool for building **resistance formations that actually reflect who's under attack**.

This manual teaches you how to make protests accessible **without diluting rage**. How to include nonverbal people **without demanding performative pain**. How to create spaces where **survivors, houseless folks, criminalized queers, and neurokin can show up and still breathe**.

This isn't about optics. It's about **anti-carceral power design**. About how *real inclusion fragments surveillance, confuses police, and makes repression harder*.

Inside you'll learn how to:

- Design roles for all body types, risk tolerances, and access needs
- Build med tents, stim zones, and quiet sanctuaries without a budget
- Train safety teams that replace cops
- Use language, art, prayer, and movement as layered protest tactics
- Create protests where **disposability is never the price of action**

If your revolution only works for the most able-bodied, neurotypical, documented, and charismatic?  
It's not a revolution. It's cosplay.

**No One Left Behind. No One Left Unheard.**



## INTRODUCTION

We don't fight for "the people" unless we mean *all* the people. That means undocumented neighbors, neurodivergent kin, sex workers, disabled people, system-impacted folks, houseless rebels, and everyone who's been pushed out of "respectable" activist circles. Inclusion isn't a box to check, it's a strategy for winning. It's how we build a rebellion that can't be divided, co-opted, or contained.

This guide is how to make your protest, occupation, blockade, or action *truly inclusive*, not just visually diverse. We go beyond access, into power-sharing, risk redistribution, and radical hospitality.

## KEY PRINCIPLES

1. **Inclusion is Tactical** — The more people we include, the harder we are to isolate or suppress.
2. **Access is Political** — Who gets to show up is shaped by power, not motivation.
3. **No One is Disposable** — Criminalized, autistic, undocumented, disabled, and low-income people bring *essential wisdom and resistance experience*.

## CORE GROUPS TO CENTER

- **Undocumented and Migrant Communities**
- **Autistic and Neurodivergent People**
- **Formerly Incarcerated / Criminalized Individuals**
- **People Who Use Drugs or Engage in Survival Economies (e.g. sex work, hustling)**
- **Disabled and Chronically Ill People**
- **Houseless Communities**
- **Nonverbal, Deaf, or AAC Users**

## PLANNING FOR ACCESS & SAFETY

- **Police-Free Zones:** Clearly mark safe zones where ICE, cops, and media are unwelcome.
- **No ID Required:** Never ask for real names, IDs, or immigration status.
- **Access Riders:** Provide public access documents listing noise levels, terrain, bathrooms, food, language support, med tent, etc.
- **Multiple Forms of Communication:** Use spoken words, large-print signs, AAC boards, color-coded wristbands (e.g., Green = talk to me, Red = I'm low-energy).
- **Create Quiet Zones:** Away from drums, speeches, or conflict zones. Have stim tools available.
- **Language Justice:** Provide translation into local languages (Spanish, ASL, Somali, Arabic, etc.).



## ROLES FOR DIFFERENT NEEDS & CAPACITIES

Not everyone can march. Not everyone can shout. Here are inclusive ways people can contribute:

- **Remote Role:** Memes, livestreams, signal boosting, dispatching updates.
- **Frontline Support:** Bike medics, jail support, snack teams, smoke screeners.
- **Art + Culture:** Zine drops, dance mobs, music therapy, prayer circles.
- **Logistics:** Food prep, toilet setup, water runs, gear transport.
- **Spiritual + Emotional Holding:** Peer support, prayer, vent spaces, decompression tents.
- **Conflict De-Escalation:** For autistic or criminalized folks who can't risk arrest.

## INTERNAL CULTURE SHIFT: WHAT TO AVOID

- **Don't Demand the Same Risk from Everyone:** Not everyone can get arrested. Respect it.
- **Don't Shame for Access Needs:** If someone leaves early, doesn't engage, or can't hear well, that's their lane. Make space.
- **Don't Default to Neurotypical Communication:** Eye contact, loudness, "appropriate" responses, these are all ableist norms.
- **Don't Create Hero Cultures:** Center collective strength, not individual bravery.

## ANTI-CARCERAL FRAMING FOR ALL

- **No "Good Protester / Bad Protester" Narratives**
- **Don't Center White Fragility or Respectability**
- **Reject Calls to Report, Expel, or Police Each Other Internally** — Use restorative and transformative tools
- **Hold the Line for Sex Workers, Survivors Who Fight Back, Drug Users, and Queer Hustlers** — These are your frontliners

## PHYSICAL ACCESS STRATEGIES

- Ramps, alternate pathways, sitting areas for wheelchair users
- Porta-potties with railings and gender-neutral signage
- Locations with shade and seating
- Slow march options or vehicle caravans
- Backup transit for those who can't walk long distances



## COMMUNITY SAFETY TEAMS (NOT COPS)

- Trained in de-escalation, Narcan, disability advocacy, and language support
- Wear identifiable gear (e.g., pink armbands)
- Include at least one neurodivergent advocate per team
- Use walkies instead of cell phones if possible

## FOOD, MEDS, AND CARE ZONES

- Vegan and halal/kosher options, free water
- Pill-sharing for prescriptions, gender-affirming care
- Mobile med tents for seizures, dehydration, overstimulation
- Calm-down kits: stim toys, weighted blankets, music

## TACTICAL VARIETY = INCLUSION

- **Tiered Risk Actions:** Have high-, medium-, and low-risk actions simultaneously.
- **Multiple Entry Points:** Prayer vigils, blockades, teach-ins, flash mobs, all in one day.
- **Pop-Up Sanctuaries:** Autonomous safe zones for undocumented folks to rest or escape police.
- **Art & Quiet Resistance:** Street murals, chalking, meditations, silent vigils.

## EXAMPLES TO LEARN FROM

- **Occupy ICE (Portland):** Collaborated with migrant-led orgs and trans folks to shut down ICE without compromising status.
- **Disability Justice @ Standing Rock:** Wheelchair-accessible sacred spaces, rest zones, and Indigenous-led care circles.
- **Autistic Mutual Aid Society (UK):** Created protest toolkits in easy-read and AAC formats.
- **Stop Cop City (ATL):** Blockades that included both high-risk forest defenders and street-level art crews, medics, and elders.

## CONCLUSION

We aren't free if only the loudest can speak. We aren't strong if only the able-bodied can march. We aren't safe if the undocumented are exposed. We aren't righteous if we replicate the carceral state on our own people.

*This is how we win.*



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