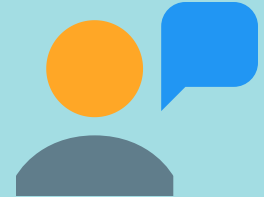


Instead of Calling the Police or Confronting Someone About their Behaviour:



TAKE A SECOND

- Check yourself: Is your anxiety or fear inhibiting your ability to understand and navigate the situation?
- Consider: Is this the best time to try to talk to this person? Are they emotionally charged or experiencing a symptom of a mental health challenge?
- Try modelling the behaviour that you want to promote
- Consider removing yourself from the situation
- Remember that there is no legal obligation to call the police



SEEK CONSENT

- If you decide to engage, do so respectfully:
- "Can I ask you a question?"
- "Can I ask what brings you out today?"
- "Can I share with you some things I have been doing to stay safe?"



BE CURIOUS

- Build your understanding of what is happening for them:
- "How are you feeling about what the health officials are asking of us?"
- "Do you understand what is going on?"
- "What do you need"
- "Do you need help managing your needs during this challenging time?"
- "Is there anyone I can contact who can support you right now?"



BE COMPASSIONATE

- Share about your own situation: "I wasn't really worried at first, but then I realized how many of my friends and family members are immune compromised or elderly"
- Sometimes fear, stress, and anxiety can make us want to give up and give in to pressures by authority to snitch on each other. What looks like reckless behaviour may be a result of fear, alienation, despair, or denial. Becoming angry with another person may increase these feelings and make the situation worse
- Doing things for yourself (and encouraging others where possible) that foster feelings of connectedness and that builds our capacity for empathy will help us build community



Alternatives were discussed at the 1st "We Cant Police Our Way Out of a Pandemic" Dialogue on March 28th, 2020