

## Greetings Peaceful Uprising Organizers,

I created a template for feedback that all involved(organizers, trainers, attendees, observes) can respond to about Peaceful Uprisings three action camps.

What I am asking for from Peaceful Uprising Organizers:

Looking over and commenting on Feedback Questionnaire format and content  
Peaceful Uprisings blessing on this endeavor  
Aid in acquiring Action Camp participants registration contact information  
Use of campaign website/social media as outlets to share/gather information  
Space in a March organizers meeting to present this information

Please look over and discuss the questionnaire and make sure your needs are met and/or express them to be met.

Excited to know your thoughts and how you all want to participate, by **November 15th**, so there is space to send out the questionnaire for feedback.

Appreciating what you do,  
Kuwa Jasiri (first name)

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## Peaceful Uprising Action Camp Feedback Questionnaire

### OUTLINE

This Feedback Questionnaire is an attempt at creating space(s) with nurturing environments where we value accountable interactions while creating support for vulnerability and bravery where everyone can thrive. In this pursuit we are implementing an anti-oppression policy, security culture, and honouring all Camp Agreements.

This Feedback Questionnaire is gathering honest personal experiences, offering an outlet for people to express their experiences anonymously and be heard. From the many experiences shared I will create a summary presentation of the responses, patterns, major and minor accomplishments/areas of improvement, creating transparency of experiences, and help Peaceful Uprising create future focal points for their on-going efforts. The presentation materials will be open source and available to all interested in an effort to foster wider community growth.

This questionnaire is an offering, a gift that is part of a larger Accountability

Process that we are actively shaping and creating. This process and pace may change at the discretion of the organizing collective.

## SECURITY CULTURE

If we want our direct action movement to continue, it is imperative we start tightening our security and taking ourselves more seriously. Good security is certainly the strongest defense we have. We are creating a space to practice security awareness and culture within our radical community.

Even if you have never picked up a monkeywrench or been arrested for civil disobedience, even if you think you have nothing to hide, these guidelines will enhance your personal safety as well as the movement's overall effectiveness. Surveillance has been set up on all sections of political movements in the past.

In security culture people know their rights and, more importantly, assert them. Those who belong to a security culture also know what behaviour compromises security and they are quick to educate those people who, out of ignorance, forgetfulness, or personal weakness, partake in insecure behaviour.

Parts and/or of your answers may be omitted from the publicized materials if in breach of security culture.

Please note: It is perfectly legal, secure and desirable that people speak out in general support of monkeywrenching and all forms of resistance. The danger lies in linking individual activists to specific actions or groups.

### AVOID SAYING:

- > your participation or someone else's participating in any action that was illegal
- > someone else's advocacy for such actions
- > your plans or someone else's plans for a future action
- > your involvement or someone else's involvement with an underground group
- > someone else's desire to get involved with such a group
- > asking others if they are a member of an underground group

(Adapted from Animal Liberation Front.

<http://www.animalliberationfront.com/ALFront/ELF/sec-handbook.pdf>)

## HEALING AND EMOTIONAL SUPPORT

This questionnaire is designed to stimulate thoughts, remind us of experiences and challenge us to report back. This process WILL evoke emotion, depending on your

personal experiences you may leave parts or all of the questionnaire incomplete. Please skip around while keeping your responses organized.

We value your personal experiences and hope you find this questionnaire to be an outlet to express yourself. Remember and boldly go through life knowing you have value. Please call a friend, seek local support, go outside, get your heart rhythm up, cry, write, release emotions, listen to music, be silent, be loud, engage with technology, check in with us, use the practices below!

If someone(s) reading this want to volunteer to be a debrief person FOR people that answered/read this questionnaire and need emotional processing, please get in touch with us, minerals@riseup.net!!

### **SELF-COMPASSION PRACTICES**

Start the questionnaire by checking in with your body, mind and spirit!

At any point, especially when triggered, having flash backs, or feeling uneasy, please refer back to this section.

#### **HAND ON YOUR HEART – 30 SECONDS**

Simply bring your hand to your heart, with the quality of warmth, tenderness, and friendship in your touch. Close your eyes, and take seven deep, slow breaths. Take a moment to notice any shifts in your emotions or physical sensations. Release some oxytocin (the love/bonding hormone) into your body by doing this practice as many times a day as you remember, and especially whenever you're startled into fight/flight/freeze mode.

#### **REPETITIVE COMPASSION PRACTICE**

WORDING: I care. I care about this \_\_\_pain\_\_\_. Through this care, may this \_\_\_pain\_\_\_ be \_\_\_eased\_\_\_.

WITH BREATH-WORK: I care. \_(inhale/exhale) \_I care about this pain.  
\_(inhale/exhale) \_Through this care, may this pain be eased.  
\_(inhale/exhale)\_

\_Insert other feelings or needs.\_\_\_\_ \_For example: \_

I care. I care about this \_experience\_. Through this care, may this experience be \_heard\_.

I care. I care about this \_hurt\_. Through this care, may this hurt be \_held\_.

I care. I care about this \_healing\_. Through this care, may this healing be \_understood\_.

CHANGE WORDING: I have value. I am valued.

## EMPATHY PRACTICE: WHAT IS YOUR BODY SIGNALING THAT YOU NEED?

- 1) Close your eyes and take four deep breaths, seeing what you notice in your body (scan for areas of contraction, tension, tightness, heat or chill, jitteriness, pain, spinning, fogginess, numbness, expansion, ease, relaxation, warmth, movement, spaciousness, etc.).
- 2) Focusing on one area of your body, place your hand on that area with love and warmth, not to change the sensation, but simply to accompany your body in the experience.
- 3) Breathe gently into the area, speaking directly to your body about what you're noticing. "I'm feeling the burning and tension in my jaw, and I'm right here with you sweetheart. I care about your pain. You matter so much to me."
- 4) Ask your body, "If you could saying anything you wanted to say to me, or make any request of me, what would it be?" Listen to whatever arises. If there's no answer, have patience.
- 5) Thank your body for communicating its needs through physical sensations, and reassure it that you're working on attuning to its needs as soon as you first hear a whisper, rather than waiting until pain and discomfort is screaming at you.

(Adapted from Mary Goyer, M.S. who is devoted to holistically supporting and creating a smooth transition. [\\_www.aufertility.com\\_](http://www.aufertility.com) or call 415-306-3793)

## ABOUT

This questionnaire is split into FIVE sections; Pre-organizing, Camp Life, Direct Action, Clean up, Follow up. Please focus your responses to the correct section for a clear interpretation of when your personal experiences occurred.

Within each section are subsections outlining activities. These words are designed to stimulate thoughts, remind you of experiences and challenge us to report back in diverse ways. Clearly organize your experiences in each subsection. Please use the subsection other, when needed! Answer the subsections that memories come up for leaving other subsections blank.

This process WILL evoke emotion, depending on your personal experiences you may leave parts or all of the questionnaire incomplete. Please skip around while keeping your responses organized.

Please forward this questionnaire, so others can express their personal experiences as well!

In an attempt to reach people in at least three different ways, this document will be published on campaign website, social media outlets, directly emailed, and printed copies sent postal style to collective spaces. Please copy and paste FORM into a separate document, edit this PDF file, hand write out template. The options are ample.

Send your completed questionnaire(s) to [minerals@riseup.net](mailto:minerals@riseup.net) OR a postal address is available, by **Winter Solstice, December 21**, to have your experiences be part of the compilation of experiences presented to Peaceful Uprising Organizers in Spring. For transparency combined information will be available publicly by Spring Equinox, March 21. This process and pace may change at the discretion of the organizing collective.

If you are interested in helping with this questionnaire, have questions/concerns, want to chat, need more space/time to answer questions, need/offering emotional support, need clarity on anti-oppression policy, security culture and/or camp agreement contact us.

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### **FORM**

Start the questionnaire by checking in with your body, mind, spirit and reading the healing and emotional support information!

At any point, especially when triggered, having flash backs, or feeling uneasy, please refer back to the healing and emotional support section.

Security Culture is a must. Please education yourself before continuing.

Please clarify which Action Camp you are commenting on and complete one questionnaire per Action Camp.

#### **Action Camp Options:**

Year 1 Swaseys Beach

Year 2 P.R. Springs

Year 3 Big Bend

#### **Pre-organizing/Creating event/Preparations**

Individual Participation/Capacity

Group Participation/Capacity  
Group Cooperation  
Camp Goal(s)/Action Goal(s)  
Desired Organizer/Participant/Trainer Outcome  
Delegation/Liaisons/Accessibility to help  
Information Sharing  
Expression of Group Norms/Accessibility/Transparency/Accountability Process  
Trust Building/Regional Campaign Sharing/Outreach/Community Building  
Organizers/Decision Circles  
Direct Action Planning/Infrastructure: affinity groups/transportation/food/overnight/  
emotional support/legal support/exit plan  
Affinity Groups:  
risk assessment/clear roles/trust building/skills training/security culture  
Group Infrastructure:  
kitchen/art/latrine/healing and emotional support/trash/water/tarping  
Education Topics/Trainers Selected/Schedule Layout  
Budget/Grants/Allocation of funds  
Location of Camp/Directions/Accessibility  
Outreach/Promotions  
Pre-registration/How did you hear about campout  
Pre-camp Attendee Arrivals: needs/housing/transportation  
Other

### **Camp Life/Activities**

Individual Participation/Capacity  
Group Participation/Capacity  
Group Cooperation  
Perceived Camp Goal(s)/Action Goal(s): achieved/distracted from  
Desired Organizer/Participant/Trainer Outcome  
Delegation/Liaisons/Accessibility to help  
Information Sharing  
Expression of Group Norms/Accessibility/Transparency/Accountability Process  
Trust Building/Regional Campaign Sharing/Outreach/Community Building  
Organizers/Morning Circle/Decision Circles  
Direct Action Planning/Infrastructure: affinity groups/transportation/food/overnight/  
emotional support/legal support/exit plan/security culture  
Affinity Groups: risk assessment/clear roles/trust building/skills training  
Group Infrastructure: kitchen/art/latrine/healing and emotional support/trash/water/  
tarping  
Education Topics/Trainers Selected/Schedule Layout  
Skills/Tools/Processes/Information Learned  
Budget/Grants/Allocation of funds  
Location of Camp/Directions/Accessibility

Outreach/Promotional materials reflecting actual activities

Other

### **Direct Action Planning and Action**

Security Culture is a must. Please education yourself before continuing.

AVOID SAYING:

> your participation or someone else's participating in any action that was illegal

> someone else's advocacy for such actions

> your plans or someone else's plans for a future action

### **Direct Action Planning and Action**

Individual Participation/Capacity

Group Participation/Capacity

Affinity Group Cooperation

Perceived Action Goal(s): achieved/distracted from

Desired Organizer/Participant/Trainer Outcome

Delegation/Liaisons to greater camp/police/site workers

Information Sharing

Expression of Group Norms/Accessibility/Transparency/Accountability Process

Trust Building/Regional Campaign Sharing/Outreach/Community Building

Organizers/Decision Circles

Larger camp and Organizers support

Emotional support/healing space/well rested

Direct Action Planning/Infrastructure: affinity groups/transportation/food/overnight/  
emotional support/legal support/security culture

Planning reflecting actual activities

Affinity Groups: risk assessment/clear roles/trust building/skills training

Exit plan/Affinity Group Buddy/Pal System

Education Topics/Trainers Selected/Schedule Layout

Skills/Tools/Processes/Information Learned

Budget/Grants/Allocation of funds

Location of Action/Directions/Accessibility

Outreach/Promotional materials reflecting actual activities

Other

### **Clean up/Camp Life During and After Action**

Individual Participation/Capacity

Group Participation/Capacity

Group Cooperation

Delegation/Liaisons/Accessibility to help

Information Sharing

Expression of Group Norms/Accessibility/Transparency/Accountability Process

Trust Building/Regional Campaign Sharing/Outreach/Community Building

Organizers/Decision Circles  
Direct Action Returnees/Arrestees emotional support/legal support  
Group Infrastructure: kitchen/art/latrine/healing and emotional support/trash/water/  
tarping  
Group Infrastructure organization and pack up  
Skills/Tools/Processes/Information Learned  
Budget/Grants/Allocation of funds  
Outreach/Promotional materials reflecting actual activities  
Other

### **Follow up/After Camp**

Individual Participation/Capacity  
Group Participation/Capacity  
Group Cooperation  
Camp Goal(s): achieved/distracted from  
Delegation/Liaisons/Accessibility to help  
Information Sharing  
Trust Building/Regional Campaign Sharing/Outreach/Community Building  
Organizers/Decision Circles  
After Camp Attendee Departures: needs/transportation/housing  
Participant/Organizers/Trainers Debriefs  
Letters/Acknowledgement of Appreciation  
Arrestee Support up to, during, and after trial  
Action Camp Attendees Emotional Support  
Group Infrastructure Returned to storage/companies or persons borrowed from  
Skills/Tools/Processes/Information Learned  
Budget/Grants/Allocation of funds  
Other

This template can be modified and used by other groups to evaluate their work.

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