



Staying Safe & Getting Involved: Protest & Event Guide

For internal purposes only.

Protests and public events:

Protests and public events are happening in cities and towns across the UK. Whether you're passionate about a cause, curious, or just passing by, it's important to know how to stay safe and support others.

Top Tips for Everyone:

- Stay Updated: Check news and travel apps before heading out.
- Go With Friends: Stick together and look out for each other.
- Charge Up: Make sure your phone is fully charged.
- Share Your Plans: Tell someone where you're going.
- Trust Your Gut: If something feels off, leave the area.
- Stay Respectful: Avoid arguments and follow police instructions.
- Be Smart Online: Think before you post about protests or events.

Just Passing By?

- Avoid big crowds and protest routes if you can.
- Be alert, leave if things get tense.
- Follow any work advice about travel or remote options.



Know Your Rights:

- You have the right to peacefully protest in the UK.
- Police may impose conditions to keep people safe, know what's allowed and what's not.
- Filming public events is legal but be respectful and aware of others' privacy.

Navigating the Area:

- Use apps like City mapper or Google Maps to avoid blocked roads or large crowds.
- Check TfL or National Rail for travel disruptions.

Stay Calm & Grounded:

- Take breaks if you feel overwhelmed.
- Find quiet spaces nearby (cafés, libraries, etc.).
- Use breathing techniques to manage stress.

Social Media Tips:

- Avoid sharing real-time locations.
- Blur faces in photos before posting.
- Don't post anything that could identify others without consent.

Did You Know?

- **Biggest UK Protest:** The 2003 anti-Iraq War protest in London drew over 1 million people, making it the largest in British history.
- **Protests That Changed Laws:** The Suffragette movement helped win women the right to vote in 1918 (and fully by 1928).
- **Creative Protesting:** Some protests have used performance art, silent marches, and even roller skating to make a statement.
- **Social Media Power:** Hashtags like #BlackLivesMatter and #ClimateStrike have helped turn local protests into global movements.
- **Peaceful Majority:** Most UK protests are peaceful. Violence is rare and often not linked to the main organisers.
- **Your Rights:** In the UK, you have the right to protest peacefully under the Human Rights Act 1998 - but police can set conditions to keep people safe.

Supporting Others:

- If someone looks distressed, ask if they're okay.
- Share helpline numbers or guide them to safe spaces.
- Be an ally - listen, learn, and uplift voices respectfully.



Need Help or Support?

- In an emergency, call 999.
- Talk to your manager, DLC/SC or Designated Safeguarding Lead if you're worried.
- Use the Employee Assistance Programme (EAP) or speak to a member of the safeguarding team for confidential help.

Remember: *Your safety comes first. You don't have to join any protest or event, do what feels right for you!*

Key Contacts:

- Safeguarding team referral links:

[Safeguarding Referral Form \(Staff/Employers/Peer\)](#)

[Safeguarding Self-Referral \(Apprentices\)](#)

[Low-Level and Behavioural Safeguarding Concern](#)

- Employee Assistance Programme:

<https://qalearning.sharepoint.com/sites/TODAYQA/SitePages/WELLBEING.aspx>

