

Prepared for the London Committee of 100 but also circulated to all Regional Committees of 100 and all Area Working Groups, who are asked to discuss it and suggest amendments and additions and return to the Secretary of Schools for Non-Violence at Dick Sheppard House, 6 Endsleigh St, W.C.1

## INTRODUCTION

The London Committee of 100 is a body formed to organise mass non-violent resistance, including civil disobedience, to nuclear and other weapons of mass destruction. This is a non-violent demonstration. If you feel that you are not capable of remaining non-violent in the circumstances of the demonstration, we would ask you not to take part. If at any time during the demonstration you feel that you are going to become violent, we would suggest that you leave the demonstration, at least for the time being.

## RECOMMENDATIONS

1. Under no circumstances offer physical violence to any person at the demonstration, even if you are attacked. This is difficult, but the consequences could mean the failure of the demonstration. Endeavour to maintain composure and goodwill in the face of provocation.
2. The shouting of slogans soon becomes rhythmical. This rhythm is, like jazz or alcohol, conducive of loss of control and opens the door to violence. It is self-indulgent and unproductive as well as dangerous. Singing, on the other hand, does not lead to hysteria; if you cannot be silent, singing is better than shouting.
3. Do not shout at the police, even if they act badly. Shouting will confirm the police in their attitude. Besides, whose will be the victory if a demonstration against genocide becomes a demonstration against the police?
4. Remember that agents provocateurs may be at the demonstration attempting to foment violence and discredit us.
5. Do not respond to provocative shoutings from onlookers.
6. If a police cordon is thrown across the road, sit in front of it. Not only does this express our protest at being prevented from achieving our objective, but it is very practical. A standing crowd at a cordon tends to push forward, with the consequent risk of injury and scuffles with the police.
7. Do not break cordons. This can easily develop into a running battle with the police and will turn the demonstration into a mere rabble. If you cannot proceed without playing hide-and-seek with the police, wait until you can, sitting down if necessary.
8. Do not bring to the demonstration anything (banners, umbrellas, etc.) which could cause injury to your fellow-demonstrators, the police, bystanders or yourself.
9. Try to assist others in maintaining non-violence by behaving in a responsible manner. Shouting, running about, pushing through crowds, may lead to violence.
10. If any violence does break out, attempt to isolate it. A conflict between two or three people can become serious by others taking sides and still others closing in to see what is happening. Secondly, attempt quietly and reasonably to deter the violent

persons. Where they are demonstrators, try to show that their actions could ruin the demonstration and are not compatible with it.

11. If we sit down, remain seated until it is clearly evident that we have been allowed to proceed or that the demonstration is moving away or ending. The effect of a sit-down is much diminished by people constantly standing up (to see what is happening elsewhere, for instance).

#### GENERAL

1. If a briefing meeting is held, try to attend it. If not, discuss the demonstration and this leaflet with those around you that you know will be demonstrating. It is important that every demonstrator should be, as far as possible, prepared for all eventualities and capable of acting sensibly under stress or provocation.
2. A frequent cause of violence is the exaggeration of some apparent violence, seized on as a just cause of excitement, leading to more violence, as unreason follows excitement. Better to be unexcited than over-solicitous of others. Be sceptical of all violent incidents. By remaining calm you may be able to deal with a real injury efficiently instead of causing more people to be trampled on.

If you are not certain of your ability to resist provocation and/or excitement, make sure to be in the company of at least two other people who have some experience in such situations - they will have a calming effect on you, and you will find yourself able to keep your temper.

If anyone is hurt and the excitement focusses there, do your best to calm everyone - injurer included - rather than reproach anyone.

The best place to be to prevent violence, if you wish to do so, is between the police and the rest of the demonstrators, and it is better to sit than to stand.

#### CONCLUSION

Remember at all times the purpose of the demonstration - both short and long-term - and make sure that your actions are in accord with this.

Remember that our actions express our ideas, and the cause for which we are demonstrating should be implied by our acts whilst we are demonstrating.

Remember that the success of the demonstrations depends on you and other individuals like you. Those who take part in this kind of action take upon themselves serious responsibilities.

Remember that onlookers, police, pressmen and the like are potentially with us, and try not to do anything that puts a barrier between them and what we are trying to say to them.

It is important to bear in mind that the application of the principles of non-violence to a particular demonstration makes that demonstration part of the rapidly growing series of experiments that is being made throughout the world to work out an entirely different method of solving out social and political problems. We can be proud to add our contribution to this great work. Non-violence is essentially dynamic and those who adopt it may be sure that their best and most creative faculties are being called into play. Non-violence implies perpetual revolution but it is revolution based on respect for the adversary and a determination to win his co-operation by appealing to his humanity and by our own proper firmness.