



# Planning an Action

**Planning ahead will help keep you safe and confident on an action. Contact us as early as possible to discuss how we can support you.**

Many people are worried about the arrest and police intimidation at actions they are planning. Police repression of protests can be difficult to predict, but the risk is often smaller than you may think. One of the most important things you can do to help counter it is for all participants to be aware of their [key rights](#).

If you have time, it can also be helpful to [attend one of Know Your Rights trainings](#), which will go through these key messages and other useful information to know when protesting.

We can help with briefings, providing legal observers and phone support, and follow-up support if arrests or police brutality occur. We understand that actions aren't always predictable, but the sooner you talk to us, the more we can do!

In this guide:

1. [Support GBC can offer before the action](#)
2. [Should I tell the police about my protest?](#)
3. [Will we be arrested?](#)
4. [Support GBC can offer during the action](#)
5. [Support GBC can offer afterwards](#)