



Think Twice Webinar 1: Grounding

[Webinar recording](#)

TAKE THE PLEDGE

If you are resolved to think twice before calling the police, take our [Think Twice Pledge](#), and receive ongoing support and resources from AFSC.

RESOURCES

- [AFSC North Star Vision](#): Imagining a world without prisons and policing
- [Reformist Reforms vs. Abolitionist Reforms](#) (Critical Resistance)
- [One Million Experiments](#): Community based projects that expand our ideas about what keeps us safe
- [Don't Call the Police](#): Community-based alternatives to police in your city
- Video: [History of Policing in America](#): Throughline/NPR
- AFSC's [Community Safety Beyond Policing](#) project + webinars
- AFSCX [Bystander Intervention tips](#) for verbal de-escalation



AFSC Think Twice tips...

Questions to ask yourself if considering calling the police	I won't call the police	I still need to think this through	Notes
<p>If I call the police will that create more harm?</p> <p>Is this situation more of an inconvenience?</p>	Yes, I can deal with this.	No, I need to respond.	Is it worth it to ask lethally armed police to respond to something like loud music?
Can I talk the situation through with the other person?	Use verbal de-escalation if necessary	I need back up	Simple verbal de-escalation tip: Distract, Direct, Delegate
Is there a friend or neighbor I can call to help?	Yes, I've been building community with others who want to avoid calling the police	I need a professional	Create a Think Twice safety text thread. With one text you can reach multiple people who might be able to come and help.
Can I call an emergency response hotline?	Yes, I've done my research.	No, I need immediate professional help	Research local emergency hotlines in your area and store the info in your phone for future use.

If you have to call 911 ...

- Let people in the vicinity know if you call 911 so that they can leave if they feel unsafe.
- Defer to an injured person's autonomy before calling 911.
- When law enforcement arrives have the person who is least vulnerable to police violence or criminalization interact with them.

