What is conflict de-escalation and bystander training?
These trainings vary in their methods, but all have the aim of empowering individuals, including bystanders, to prevent the escalation of conflict.

More information on how to use this resource is below.

**TRAININGS IN NORTH CAROLINA**

**Charlotte-Mecklenburg Community Relations**
Community Relations is the human relations agency for the City of Charlotte and Mecklenburg County. The department seeks to enhance community harmony and promote awareness of Charlotte-Mecklenburg’s growing multiculturalism. It does this through facilitating community dialogue and meetings as well as coordinating resident and organizational coalitions to address community issues and concerns. They offer customizable conflict resolution trainings, where participants learn the five conflict resolution styles, benefits of active listening, and tools to de-escalate difficult situations.

Charlotte & Mecklenburg areas

Virtual offerings

Request information about customized trainings
Cumberland County Dispute Resolution Center (CCDRC)
The Center offers 30 years of combined experience where trained volunteer mediators can assist with taking the next steps. They specialize in mediation, teen court, and victim/offender mediation. Additionally, they offer on-demand de-escalation training.

Fayetteville & surrounding area
Virtual offerings
Contact CCDRC@CCDRCNC.org for customized trainings
Upcoming trainings

Dispute Settlement Center (DSC)
The Dispute Settlement Center is North Carolina’s founding community mediation center, providing mediation, training, group facilitation, and restorative practices services to individuals and groups. Trainings include conflict resolution strategies, mediation, de-escalation and bystander intervention. DSC promotes dialogue through restorative practices and its Leadership Dialogues Program for talking across differences. Based in the Chapel Hill area, DSC serves North Carolina and beyond.

Chapel Hill area
Virtual offerings
Request information about customized trainings
Upcoming trainings
Mayhaw Safety Collective
The Mayhaw Safety Collective is a group that focuses on taking a nontraditional approach to security. They offer highly tailored modules in de-escalation, risk assessment, home and physical safety assessment, active shooter training, direct action planning, and communication planning. The collective group specifically focuses on providing these types of trainings to rural areas where training is less accessible. Their de-escalation trainings focus both on understanding one’s own body and how to cultivate a space that results in less violence as well as how to de-escalate an agitated person.

- Small towns and rural areas, in the U.S. South and Appalachia
- Contact mayhaw@riseup.net for customized trainings
- Virtual offerings

Ready The Ground Training Team
Since 2014, the all-volunteer team has shared the skills of nonviolent action and marshaling across North Carolina. RGTT works towards creating a North Carolina where thousands of people across the state have these skills to act together for shared emancipatory goals.

- Raleigh, Durham, Chapel Hill, and the surrounding area
- Contact readytheground@gmail.com for customized trainings
- Virtual offerings
- Upcoming trainings
**DC Peace Team (DCPT)**
DCPT provides training in nonviolent strategies and tactics including de-escalation and bystander intervention techniques. Additionally, they provide unarmed civilian protection and accompaniment in local communities including at public events including at rallies, protests, and demonstrations.

- Request information about customized trainings
- [Upcoming trainings](#)
- Virtual offerings

**Training Active Bystanders (TAB)**
TAB is an innovative evidence-based program that trains participants on active bystander competencies and leads discussions on response plans in their communities. Their experienced trainers teach, ‘Training Active Bystanders’ workshops and trainings for trainers. The experienced Veterans Mediation trainers teach, communications, problem resolution, and mediation.

- Request information about Active Bystander trainings, communication trainings, and Veteran Mediation trainings
- [Upcoming bystander intervention trainings](#)
- Virtual offerings
Right To Be

Right To Be is a movement-building social justice organization that focuses on turning care for each other into simple, creative, and effective action. Its mission is to train communities to build a world free of harassment and filled with humanity.

- Request information about customized trainings
- Upcoming bystander intervention trainings
- Upcoming de-escalation trainings
- Guide to the 5Ds of bystander intervention

Vision Change Win

Vision Change Win is a Black-led, queer and trans group of social justice professionals who provide consulting and program offerings for groups committed to movements for liberation. They offer a Community Safety Training series, which is a three-part workshop focused on introducing verbal de-escalation, direct action, event safety protocols, and the basics of organizational safety. These fundamentals of community safety are taught from an abolitionist and anti-oppression framework focusing on how we keep ourselves and our communities safe without relying upon the state. Individuals or groups committed to these values are welcomed to register for trainings, offered every 2nd, 3rd, and 4th Wednesday of the month on Zoom; scholarships are available.

- Contact info@visionchangewin.com
- Upcoming trainings
- Vision Change Win
- for customized trainings

Virtual offerings
Cybersecurity & Infrastructure Security Agency (CISA)
A U.S. federal agency that aims to understand, manage, and reduce risk to cyber and physical infrastructure including election infrastructure.

- **Election Security report** — provides information on physical security preparedness at voting locations and election facilities.
- **Personal Security Considerations fact sheet** — outlines basic security measures to mitigate threats to personal safety.
- **De-Escalation Series and the Power of Hello resource** — provides information for critical infrastructure staff to identify potentially escalating situations, safely disengage, and report.
- **Active Shooter Preparedness video** — demonstrates possible actions that individuals can take if confronted with an active shooter scenario.

Community Relations Service (CRS)
A component of the Department of Justice, CRS works with community groups to resolve community conflicts or prevent and respond to alleged hate crimes. CRS trains representatives from government, faith organizations, law enforcement, civil rights groups, and other community organizations.

- **Request information about customized trainings**
- **Learn more about CRS' training programs**

For a full list of nationwide trainings visit, bridgingdivides.princeton.edu/community-resources/de-escalation-resources
WHO SHOULD USE THIS RESOURCE?

De-escalation and bystander intervention resources are intended to support efforts at the local level to prevent and mitigate potential violence, harassment, and abuse.

Local officials such as city council members, school board members, election officials, and poll workers may want to consider utilizing de-escalation and bystander intervention tools to prepare for potentially contentious public meetings and election administration.

Volunteers and community members, who are planning to attend potentially contentious meetings may use these resources to prepare and strategize personal roles and techniques to recognize and de-escalate conflict.

See BDI’s de-escalation guides for local officials and poll workers.

See DC Peace Team’s de-escalation and bystander intervention guide. DC Peace Team is a nonprofit that empowers ordinary civilians to become nonviolent agents of sustainable peace and justice.

If your organization offers trainings like these, please reach out to bdi@princeton.edu to be added to the directory.
Anyone (active bystander) can de-escalate tensions or harmful behavior by drawing on the CLARA method. However, before engaging in de-escalation, it is important to assess the situation, including your safety and others. Conflict de-escalation is not a technique that is appropriate for all circumstances.

**Calm and Center Yourself:** Check in with yourself, appear calm, centered, and self-assured even if you don’t feel it. Avoid pointing, crossing your arms, or other more aggressive postures.

**Listen:** Let the person vent and be sure to listen explicitly for feelings, needs, or values.

**Acknowledge:** Begin by acknowledging the feelings, needs, or values you have heard. [Not about agreeing with their position, statement, or behavior.] ex. “I sense your aggravation at this situation. I hear your concern for safety.”

**Respond:** After acknowledgment, if there is a further threat of harassment or violence, offer open-ended or choice questions; address the issue; make a clear request or proposal. ex. “Will you tell me more about your concerns? “I understand you have every right to feel angry but it is not ok to threaten people here.”

**Assess:** Trust your instincts: If de-escalation is not working, STOP & GET HELP.