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 OREGON**

**East County Resolutions, City of Gresham, Oregon**

East County Resolutions serves the residents of Gresham, Troutdale, Wood Village, and unincorporated East Multnomah County in Oregon. They offer trainings and workshops in mediation, and conflict resolution.

- **Gresham, OR & surrounding areas**
- **Email** Mediate@GreshamOregon.Gov for more information
- **Virtual Offerings**
- **Upcoming trainings**

**Portland Peace Team (PPT)**

PPT is an independent nonpartisan group that provides unarmed civilian peacekeeping presence, if invited by a nonviolent organization. PPT joins public events such as protests and demonstrations to de-escalate destructive conflict where possible. PPT also provides training and education in nonviolence and de-escalation skills for individuals and groups. PPT takes direction from event organizers, and are never agents of police or any armed group.

- **Portland, OR**
- **Contact Tom Hastings** (pcwtom@gmail.com) to learn more

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*The Bridging Divides Initiative (BDI) is a non-partisan research initiative that tracks and mitigates political violence in the United States. BDI supports efforts to grow and build local community resilience through elections and other periods of heightened risk, laying a foundation for longer-term work to bridge the divides we face as a nation. Learn more at bridgingdivides.princeton.edu.*
Portland Response Team (PRT)

PRT consists of a network of mediation and conflict resolution centers in the areas of Portland, OR and Olympia, WA. They aim to equip community partners with skills in mediation, communication, and conflict resolution to help communities become less prone to violence, polarization, and social inequities.

📍 Portland, OR

✉️ Contact Ryan Nakade (ryannakade@gmail.com) to learn more
NATIONWIDE OR VIRTUAL TRAININGS & RESOURCES

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 as well as public events such as rallies, protests, and demonstrations.

Email: Request information about customized trainings

Virtual Offerings

Training Active Bystanders (TAB)
TAB is an innovative evidence-based program that trains participants to join together and gain active bystander competencies and discuss plans for acting in the moment of need.

Email: Request information about customized 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.

Email: Request information about customized trainings

Virtual Offerings
NATIONWIDE OR VIRTUAL TRAININGS & RESOURCES

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 dis-engage, 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 and 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**
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](mailto: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.