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 PENNSYLVANIA**

**CORA Good Shepherd Mediation**
CORA Good Shepherd Mediation (CORA GSM) offers conflict resolution and conflict management services and trainings, including restorative justice, mediation, and youth services. All of the trainings, for youth or adults, are aimed at promoting peace and social justice by empowering individuals to be conflict competent. The basic trainings in mediation, facilitation, and circle-keeping generally take 24 hours, and CORA GSM offers shorter trainings, which can be customized, in a variety of conflict management topics.

- **Philadelphia & surrounding areas**
- **Virtual offerings**

Request information about customized trainings

Upcoming trainings
Mediation Services of Adams County, Inc.

Mediation Services of Adams County (MSAC) is composed of highly trained volunteer mediators who provide training in transformative mediation and negotiation skills. MSAC also provides conflict resolution services for individuals and groups in the Gettysburg area. MSAC’s mediators are present during public events such as protests to help resolve and de-escalate conflict.

- Gettysburg & surrounding areas
- Request information about customized trainings
- Upcoming trainings

Silent Witness Peacekeepers Alliance (SWPA)

The Silent Witness Peacekeepers Alliance provides peacekeeping assistance for LGBTQ+ events that may involve protesters. Additionally, they train individuals and groups in non-confrontational and non-violent de-escalation techniques. SWPA helps individuals understand how to respond to hecklers and mentally prepare for potential incidents. Their training includes sessions on First Amendment rights, trauma awareness and recovery, and preventing physical confrontation to avoid police involvement.

- Central PA and statewide by request
- Contact swpeacekeepers@gmail.com for 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 as well as public events such as rallies, protests, and demonstrations.

Request information about customized 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

Virtual offerings
NATIONWIDE OR VIRTUAL TRAININGS & RESOURCES

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
- Virtual offerings

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 or Vision Change Win for customized trainings
- Virtual offerings

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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 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 or 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 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.