



Suggestions for your Protests

A guideline suggested by concerned citizens, lawyers, human rights' activists and veterans who fought for Democracy in Zia's time.

At a private location in Islamabad, a group of senior lawyers, human rights' activists and other concerned citizens of Pakistan met and came out with some suggestions for future protests. In addition, students of LUMS have been very active in working on details and suggestions.

Don't Get Arrested!

A premature arrest will only fill up jails, limit your future participation and cause trouble for your family

These guidelines are not exhaustive. Please do use your own common sense and discretion when needed. Also if you have any suggestion, please email emergencyinpakistan@gmail.com with "Protest Guidelines" in the subject.

If protesting in Pakistan:

- **Flash rallies:** Rallies not lasting more than 10 minutes and having around 10 people.
- Do not announce your rallies well in advance. Generally inform of a day and an approximate location. Details should be announced just an hour in advance.
- Distribute stickers and posters amongst the public. Also try to convince them to stand with you.
- A small scale education campaign to inform people about what this martial law means and its implications on Pakistan and its people. This might prove more effective.
- Name enemies of the state and shame them in public.
- Graffiti is a good means of dissent. Vandalism is not.
- Everyone must wear a black article of clothing or a black armband until this is over even outside of protests.
- Black flags should be hoisted on the rooftops of houses and shops.
- Unions should be contacted to encourage their participation in the protests and movement.
- Pamphlets and banners are an effective way to counter the media blackout.

THE EMERGENCY TELEGRAPH

- Car rallies: Rallies of people in car driving slowly on one end up a highway with banners and black flags on cars.
- Be careful of what you discuss on the phone, telephone lines and the internet.
- In person communication is the safest form. Internet comes a second close. Cell phones and land lines are repeatedly being tapped.
- Do not travel in large groups without sufficient organization because you could arouse needless scrutiny.

If you plan to go to a rally:

- Keep a wet cloth handy to cover your mouth, nose and eyes during possible tear-gassing.
- Salt for your throat, under the same eventuality.
- Make sure you leave your contact with someone responsible to check on you in case something happens.
- Girls are specially advised to wear shalwaar kameez.
- Do not carry expensive items with you.
- And of course, a pair of good running shoes.

Message from the Honorable Chief Justice

Honorable Chief Justice, Iftikhar Muhammad Chaudhry was able to communicate the following to the people of Pakistan before his telephone line went dead:

"Don't be afraid. God will help us and the day will come when you'll see the constitution supreme and no dictatorship for a long time,"

Unfortunately we do not have the full statement but his sentiments are available at this link:

<http://news.independent.co.uk/world/asia/article3132476.ece>