

Modes of resistance

Objective: This exercise invites you to create a typology of resistance strategies. Understanding these strategies — such as public protest, mutual aid, or digital campaigns — is essential for recognising how communities respond to different threats. By analysing these approaches, you will gain insights into the motivations behind resistance, the roles of stakeholders, and the risks and safety measures associated with each strategy.

Task: Using both RESIST resources and your personal experiences, explore various modes of resistance and reflect on the following questions:

- What threats to human rights this resistance strategy addresses?
- Who is involved?
- What are the potential dangers or challenges?
- How does this strategy ensure safety or care?

Refer to the table below for guidance. The first high-level example has already been filled in for you.

Resistan strategy	Threat addressed	Participants	Risks	Care/safety mechanisms
Public protest	Government oppression, discriminatory legislation abortion ban, etc.	Activists, community members, allies	Arrest, violence, backlash	Legal support, safe spaces, community solidarity

Additional reflection questions:

- Which strategy resonates most with you and why?
- How can you apply these insights to your own context?