



RESISTANCE HANDBOOK

The Resistance Operating Concept defines resistance as a nation's organized, whole-of-society effort, encompassing the full range of activities from nonviolent to violent, to reestablish independence within its sovereign territory that a foreign power has wholly or partially occupied.

Resistance operations is another phase of the defence, and therefore led by the military. Due to sensitivity, majority of the population is not involved in the resistance organization activities in peace time and are lacking basic knowledge. It should be clear that most of the population will never be part of warfighting as the military or guerillas / partisans.

Nevertheless, the population is the primary actor in a resistance. Citizens can contribute to resistance through low risk, passive

activities to disrupt the daily operations of the enemy through nonviolent, clandestine, or passive resistance.

Because the resistance activities are classified and tailored to particular individuals, there is a lack of systemized information for the population on possible forms of how they can contribute to a resistance against occupation.

The target audience of this handbook is the whole-society. The aim of the handbook is **to raise awareness** to citizens of methods of civil nonviolent resistance, based primarily on an analysis of Russian-Ukrainian war.

One of the aims of this manual is to explain the citizen's role in modern warfare, **giving a sense of purpose** to those who can't be

military defenders but are ready to enable defence or resist in a non-violent way.

This manual gives only some basic knowledge and can't replace the state's organized, comprehensive education and training. Nevertheless, some readers could recognize their possible contribution as auxiliary or resistance fighters - they should approach the armed forces for the next-level advanced and tailored training.

Citizens are part of the national defence system, so they must be appropriately educated and trained!

Kind regards,
Vitālijs ,2023

**Be careful: destroy or delete this book
immediately in case of military threat!**

RESIST / SUPPORT DEFENCE

Time is the most valuable resource, as any **delay of the enemy forces gives advantages for defenders and also civilians** (to evacuate).

Any delay of the enemy movement, unplanned stop, blocked road, or destroyed bridge slows the offensive tempo. The civil population can support defenders by active resistance (blockage of the roads, eliminating logistic transport or fuel tankers) or by passive resistance (disorienting by changing road signs or providing wrong directions).

Every bottle of the “Molotov cocktail” and every shot of a hunting gun sharply reduces the invaders' offensive appetites and gives the defenders significant advantages.

ARMED RESISTANCE

In case of military aggression, you can **join armed forces, territorial defence/self-defence forces**, or, if the territory is temporarily occupied, become a **“guerilla”** (irregular soldiers who comprise the armed component of an organized resistance).

For example, in the first days of the Russian invasion, over 25,000 assault rifles and 10 million ammo were issued to Ukrainian volunteers to defend the capital.



[!] If you engage in armed resistance, **you become a legitimate target for the adversary.**

DEFEND / RESIST

When facing foreign invasion in an attempt to prevent occupation, the **civilian population is allowed to take up arms against the invader spontaneously** – it is called *levee en masse*. Such defenders' main conditions are carrying arms openly and respecting international law. You should either join national defence or return to civilian life **as soon as possible**.

Ukrainian mom buys powerful hunting rifle, vows to 'fight for Kiev'

By Yaron Steinbuch

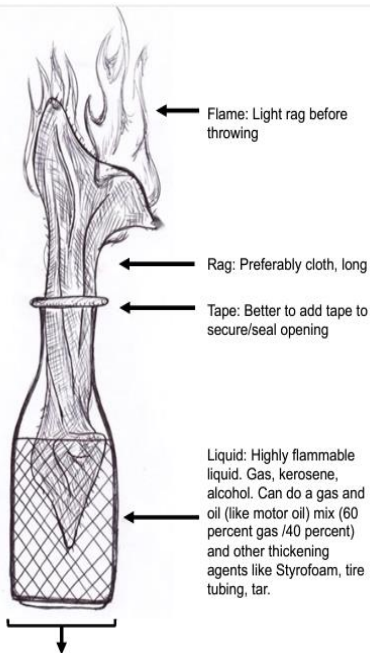
January 26, 2022 | 7:05am | Updated



DEFEND / RESIST

If you don't have weapons or military background, you can make petrol bombs "Molotov cocktails" to stop the enemy.

Molotov Cocktail: An inexpensive device good to use against vehicles. Easily made. Effective because of the close engagements of urban warfare.

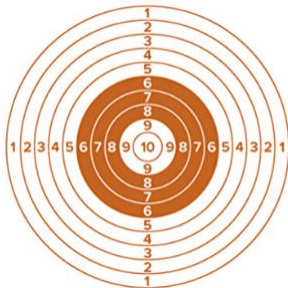


Bottle: Glass or Ceramic. Needs to be easily breakable upon impact when thrown

DEFEND/RESIST: TARGETING?

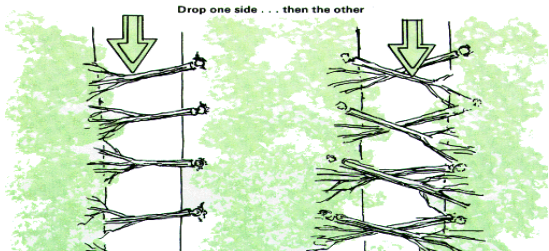
Main goal: slow down
enemy movement:

- ✓ target logistics transport, fuel tankers.
- ✓ **block roads** (for instance with stalled trucks or felled trees);
- ✓ destroy their **tires** (for instance strewing nails onto roads);
- ✓ If you see that the convoy has entered the forest belt, cut down trees, block them as well, do not let them go out;
- ✓ **damage** transport (for instance, putting bleach into gasoline tanks)



DEFEND/RESIST: BLOCK ROADS

- ✓ Example: create obstacles formed by a group of trees cut down to interlock blocking a road to delay the enemy.



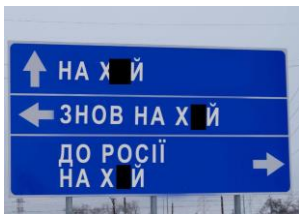
- ✓ Example: burn cars on the bridge or choke point to delay the enemy.



DEFEND/RESIST: DISORIENT

For the enemy, equipped with old maps and limited navigation capabilities, disorientation on the routes **create delays** and saves time for defenders. If the aggressor asks you for some information, **pretend that you do not understand him.**

- ☑ **Change road signs** (misdirecting convoys by changing road signs)



!! URGENT

We must dismantle road signs on all roads of our country. Priority # 1 are signs with the names of settlements. Pass on the [dismantled and] collected signs to local authorities and road workers.

DEFEND/RESIST: SABOTAGE

If invaders request **fuel**:



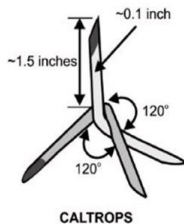
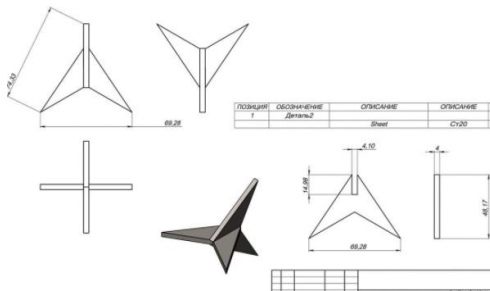
- ✓ Mix diesel fuel with gasoline (4:1)
- ✓ Add engine oil to the diesel
- ✓ Add to the canister 2 - 3 handfuls of sand /earth /dirt/ salt/soda
- ✓ Add 4-5 liters of water.

Sabotage rail, as it is a crucial logistics enabler for enemy combat support. Don't try to destroy rail because they are easy recovered, but **target the trackside relays**



DEFEND/RESIST: COUNTER-MOBILITY

Support defence by manufacturing and setting counter-mobility obstacles and anti-tank hedgehogs.



DEFEND/RESIST: ENABLE DEFENCE

Support the installation of counter mobility obstacles, protective fortifications and defence fortifications.



DEFEND/RESIST: ENABLE DEFENCE

Support the country's defenders with transport, communications devices, drones, equipment, food and necessary inventory.

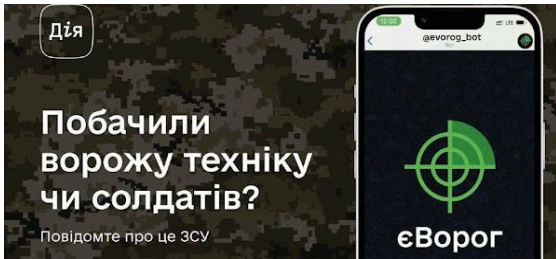
For instance, create smoke grenades or weave a camouflage net.



DEFEND/RESIST: HUMINT

Observe the movement of the enemy's military equipment and try to note its types. If it is safe, **take pictures, film, write down and, pass the available information to defenders** through secure communication channels

For instance, in 2022 around 500,000 Ukrainians transferred data regarding the enemy to the Armed Forces of Ukraine primarily using the " e-Enemy" app.



DEFEND/ RESIST: HUMINT

INFORM UKRAINIAN INTELLIGENCE ABOUT THE OCCUPYING TROOPS

Fill in the fields that you can answer. This information will be received by the intelligence of the special operations forces of the Armed Forces of Ukraine.

Please make sure you are browsing this site in a secure and anonymous mode.

[Instructions for setting anonymity](#)

We do not respond to feedback unnecessarily for **your safety** !

FROM WHOM

Required field (think of a non-obvious alias known only to you)

Your e-mail for more information (optional)



@Traitor_Search_bot

The chatbot of the Security Service of Ukraine to send information about traitors, collaborators.

DEFEND/RESIST: HUMINT

Everyone can share information about the enemy. **Don't wait for an invitation. Be proactive and support defenders:**

- ☑ Give access to your surveillance cameras or share relevant data
- ☑ Give access to sensors in the forests
- ☑ Share data from your drones
- ☑ Share relevant data from the internet
- ☒ Switch off any surveillance cameras broadcasting online, not to be used by the enemy.
- ☒ If the enemy is about to seize your premises, switch off / damage surveillance cameras or sensors.

DEFEND/RESIST : HUMINT

Defenders critically need such information about the enemy forces:



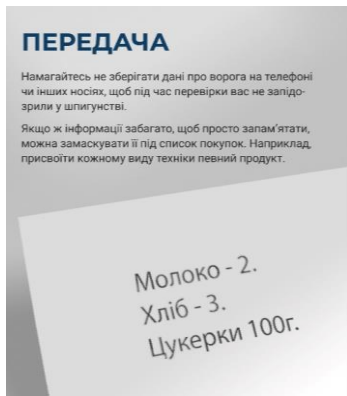
- Any info about forward-deployed headquarters
- Radiolocation stations / Electronic Warfare units
- Geolocation of transport hubs
- Field helipads
- Geolocation of the warehouses
- Movement of military columns
- Railroad movement of the military
- Location of the massing of military vehicles, tanks and armored tracks
- Geolocation of the artillery
- Geolocation of fuel tracks

DEFEND/RESIST: OPSEC

Once you have reported about the enemy, **delete all information**, all pictures, everything.

It's better to encrypt your report, for example:

- ✓ 2x tanks (= 2 milk bottles),
- ✓ 3x armored personnel carriers (= 3 loaves of bread),
- ✓ 100 soldiers (= 100 candies)



WARN THE OTHERS!

If there are chatbots or apps to **share information about the drones**, do it! Your report can save lives.

For instance, in Ukraine there are several chatbots to inform about the drones, rockets and aircraft:

- after authorization, **select** the object that you noticed in the chat bot menu: a rocket, an airplane or a drone;
- then **share** your geolocation and confirm your report.



Шось летить

@rusrocketfly_bot

SEND MESSAGE

WARN THE OTHERS!

If you discover a **mine, improvised explosive device or unexploded ordnance, mark it and report/geotag it** (by phone or app):

- ❌ Don't touch the found objects.
- ❌ Move at least 100 m from the found object by the same route you came.
- ❌ Don't smoke nearby
- ❌ Don't use radio-electronic devices, mobile phones, walkie-talkies, etc.
- ❌ Do not take any action on a dangerous object.



DEFEND/RESIST: COUNTER-INTELLIGENCE

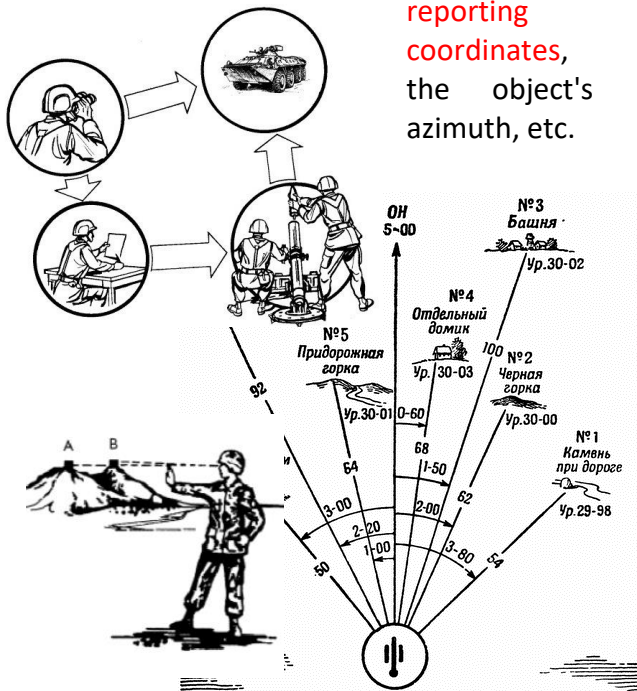
Help to identify fire correctors and saboteurs?

- ✔ physically fit men aged 18-40
- ✔ groups of 3 to 10 people;
- ✔ have an accent or part of the group don't speak the local language at all;
- ✔ avoiding crowds, keeping distance;
- ✔ unfamiliar with local public transport and local routes;
- ✔ poor orientation in the local geography;
- ✔ use vans, minibuses.



DEFEND/RESIST: COUNTER-INTELLIGENCE

How to identify fire corrector? Anyone who is calculating the distance to the objects and reporting coordinates, the object's azimuth, etc.



DEFEND/RESIST: COUNTER-INTELLIGENCE

In Ukraine cyber volunteers supported authorities in identifying Russian saboteurs (in cooperation with the banks) - were able to track persons who used Russian banking cards.



Other example - in the first hours of the war, real estate agents helped identify the saboteurs (male tenants from Russia of a certain age who arrived a couple of months ago).

Don't be passive.

If something is suspicious, **report it.**

DEFEND/RESIST: COUNTER-INTELLIGENCE

On the eve of the Internet users paid attention to strange markings on Google-Carts on m. Kiev and assumed that these could be labels imposed by the Russian DRG for missile or bomb strikes by Russia across Ukraine.



Those marks on Google maps are made for coordinating bombardments. Report them. Help our army.

Russian-Ukrainian War

Help to **destroy targeting marks** on the web and on the streets/ infrastructure.



OPERATIONAL SECURITY (OPSEC)

The enemy's intelligence capabilities could be insufficient, that's why they are collecting open-source intelligence on social media for targeting purposes.

During wartime, millions of Ukrainians have to self-control their posts and comments on social networks.

Each Ukrainian has to **evaluate, self-check, what to post online** so as not to become accidentally or unintentionally fire controllers.



WHAT CAN NOT BE PUBLISHED ON SOCIAL NETWORKS?

- ❌ It is forbidden to publish any data related to the military units, their movement and deployment, any geographical coordinates of their locations, and any descriptions, images and notations that identify or may identify objects.



- ❌ It is forbidden to post photos or videos of the area after shelling, with rockets

flying, moments of projectiles hitting, etc. Do not specify the exact address, coordinates, or detailed description of the place.

- ❌ Do not post videos with recognizable signs: signs with the names of streets, house numbers, large stores and supermarkets, metro etc.

- ❌ Do not publish footage of the work of the air defence. Effective air defence is when the enemy does not know about it. All photos and videos of missile hits expose air defence systems.



What you can voice:

- fact of shelling (rocket shelling)
- fact of damage (destroyed residential building)
- the general name of the territory without specifics

What **can not** voice:

- exact time
- exact location
- exact address

Take photos or video so that characteristic unique elements of the area are not visible (power lines, tall distinctive buildings, address signs).

DEFEND/RESIST: PROTEST / BLOCK

Energodar residents form their city's wall of defence

OLENA ROSHCINA — WEDNESDAY, 2 MARCH 2022, 17:15

© 215305



Residents of Energodar in the Zaporizhzhya region came out to stop the invaders from entering the city. They waved Ukrainian flags and were determined not to let the enemy into the city.

DEFEND/RESIST: SIGNAL WILL TO RESIST

Raise as many national flags as possible on trees along the streets, towers, at intersections, **write as many notes as possible in many languages in visible places, urging the aggressors to return to their families, fly kites or balloons into the sky** etc.

Encourage other citizens to do the same.

In Ukraine, "Russian warship, go f**k yourself!" has become one of a symbols of national resistance. Such visible resistance narratives signaled and confused Russian Army, expecting support of locals.



DEFEND/RESIST: CYBER RESISTANCE

Nowadays digital domain is also a battle space. If you are cyber expert, **help defend digital boundaries.**

In Ukraine many IT professionals supported cyber defence and cyber offence activities, including thousands of hacktivists of the IT Army.

Cyber hacktivists have defensive and offensive tasks, neutralizing cyber-attacks of the aggressor state and sources of cyber threats.



IT ARMY of Ukraine

255 845 subscribers

armyua@gmail.com | <https://itarmy.com.ua/>

VIEW IN TELEGRAM

Preview channel

DEFEND/RESIST: ONLINE

You can become an internet haktivist and join something like Internet Army of Ukraine, to fight Russian propaganda, support defence and participate in the information campaigns.

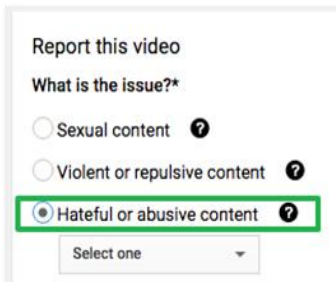


Because of haktivist pressure, many international companies stopped cooperation with Russia before (!) sanctions entered into force.

DEFEND/RESIST: ONLINE

Report or flag hateful content of enemy bloggers or propaganda channels.

The more people report, the more likely social network will respond by removing content.



Report this video

What is the issue?*

Sexual content ?

Violent or repulsive content ?

Hateful or abusive content ?

Select one ▾

- ❌ **DON'T** engage with lies / /propaganda. Deny them an audience by not giving them any traction.
- ❌ **DON'T retweet** lies/ propaganda
- ❌ **DON'T like** lies/disinfo/propaganda

DEFEND/RESIST: ONLINE

- ❌ **DON'T** reply to lies/ disinfo/ propaganda — not even to correct them
- ❌ **DON'T** link to lies/disinfo/propaganda
- ❌ **DON'T** repeat lies/disinfo/propaganda — not even to counter them
- ❌ **DON'T** use their hashtags — unless you are sure you can outnumber them with your own message
- ❌ **DON'T** use their words, terms, frames, concepts
- ❌ **DON'T** follow accounts that post or regularly spread lies/ disinfo /propaganda

DEFEND/RESIST: ONLINE

To facilitate broader distribution (and impact social network's algorithms) of credible information about the war:

- ✔ Share content of those bloggers who support defence
- ✔ "Like" videos during their broadcasting
- ✔ Subscribe to blogger's channels during the broadcasting
- ✔ Write supportive comments
- ✔ Donate / support them.



Do everything to promote those content creators who fight the enemy on the web and share credible news abroad.

DEFEND/RESIST: ONLINE

- ✓ **DO flood the zone** with *your* narrative and with positive truths
- ✓ **DO repeat truths**, and keep repeating them, a thousand times
- ✓ **DO call out lies** and hold officials to account — but in a responsible way
- ✓ **DO provide context** if you absolutely must fact-check or report about lies/disinfo/propaganda
- ✓ **DO block and report** accounts that reply to your tweets with intentional lies/disinfo/propaganda
- ✓ **DO unfollow** accounts that post or regularly spread lies/ disinfo/ propaganda

FIX AND REPORT WAR CRIMES

Fix everything you can about:

- ✓ war crimes
- ✓ arrests / forcibly removed persons
- ✓ damages caused by war

For instance, many apps and chatbots in Ukraine are designed to fix evidence for future prosecutions and reparations. "Russia will pay" [@Damage in ua bot](#) was created to collect information about damage to housing and property by the Russian military for further transfer to international courts.





BEYOND ENEMY LINES

If the enemy temporarily seizes part of the territory, nothing ends...

It just starts...

THE ENEMY: COURSE OF ACTION IN THE OCCUPIED TERRITORY

If the enemy temporarily succeeds, they will **install an occupation administration** and deploy forces to maintain control of the territory:



- establish the control of public buildings / key terrain
- decapitate or abduct local political leaders and replace them with collaborators
- concentrate forces to control demonstrations and protests
- create a network of collaborators

RESIST: SLOW DOWN / STOP

Goal: slow down or stop institutionalization of the occupation:

- ✓ Denay access to administration buildings/key infrastructure
- ✓ Protest/strike to paralyze the work of the occupier's administration
- ✓ Continue to execute your national legislation, and support/recognize your elected politicians' non-collaborators as a legitime authority
- ✓ Sabotage to slow down all processes of the occupier's administration.
- ✓ Develop alternative / informal social institutions to solve daily problems
- ✓ Use alternative markets and informal economic institutions

THE ENEMY: ISOLATE

Goal: **information isolation:**

- ☑ Jamming the access to national TV and radio.
- ☑ Broadcasting enemy's TV channels and radio, distributing propaganda through local newspapers etc.
- ☑ Monitoring communications and internet traffic. Listening posts and metadata analysis against cellular telephones to monitor the communications of local residents.

Don't listen to / watch the occupier's propaganda. **Try to find neutral sources** of information, for instance, national or international news online, using VPN.

THE ENEMY: ELIMINATE RESISTANCE

Goal: **eliminate resistance potential:**

- ☑ organize house-to-house searching for high-priority targets (as leaders, former and active law enforcement officers and servicemen)
- ☑ physically liquidate / deport those who can threaten the regime
- ☑ recruit or force to collaborate locals whose expertise is necessary for the maintenance of the regime
- ☑ organize a system of filtration and screening of the population



RESIST: SUPPORT

Goal: **support resistance**

- ✓ Don't share any information about locals who are former/existing law enforcement/serviceman.
- ✓ Destroy or hide databases and any records the enemy can use to identify leaders, police officers/soldiers etc.
- ✓ Try to help them to hide/ evacuate.
- ✓ Hide/delete information on a cell phone and social networks not to be profiled as a threat to occupiers.

Success of the underground and the activity of partisan units **depends on ordinary citizens** in the temporarily occupied territories.

Every citizen can support resistance.

RESIST! ACTIVE ARMED RESISTANCE

Goal: **continue defence and degrade abilities to establish control on occupied territories**

- Eliminate the enemy's high value targets in the occupied territories
- Continue to execute defense operation, delay and sabotage
- Impact the enemy's abilities to establish control on temporally occupied territories.
- Force occupiers to divert resources away from the frontline operations to help secure rear areas
- Degrade the enemy's ability to protect vulnerable sections of critical ground lines of communication such as rail line junctures and bridges, particularly in rural areas.

EXAMPLE OF ACTIVE RESISTANCE

The scale of the Ukrainian resistance movement severely impacted Russians ability to establish control on temporally occupied territories.

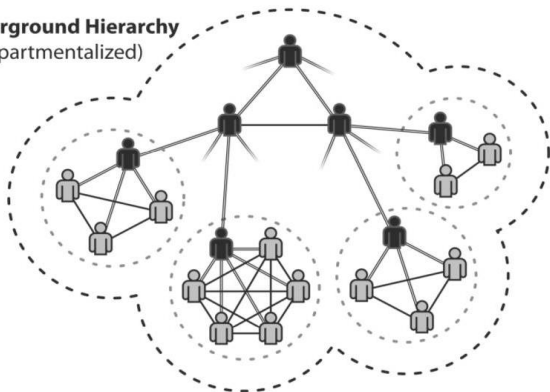
As a result of effective attacks by Ukrainian partisans, the Kremlin has been forced to spend resources on security at the rear instead of operations on the front line¹.



¹ <https://www.kyivpost.com/russias-war/in-depth-ukrainian-partisans-become-gamechangers-in-russias-war.html>

RESIST: SYSTEM

Underground Hierarchy (Compartmentalized)



Compartmentalization divides the resistance movement into functional cells to restrict communication between them and prevent knowledge of the identity or activities except on a need-to-know basis. Using this method, any captured cell members can only divulge, at most, the identities of their few fellow cell members.

RESIST: SYSTEM

Resistance organizations are typically composed of four primary components:

- ✓ the underground (leadership),
- ✓ auxiliary / supporters (pages 50-55),
- ✓ guerrilla forces (soldiers, partisans),
- ✓ general public (pages 56-87).

The underground and guerrillas conduct political and military activities; meanwhile, the auxiliary provides clandestine support to the underground and guerrillas.

Even if they are opponents of the occupation, **most of the population will not be active or even auxiliary members of the resistance.** However, the majority of people **can use passive methods of resistance** to hinder enemy efforts of power consolidation, with minimal risk to themselves.

AUXILIARY: ENABLE RESISTANCE

Auxiliary is part of the population that supports the guerrilla/partisans and the underground. The auxiliary consists of different types of individuals providing specific functions, like logistics support, intelligence collection, medical support etc.

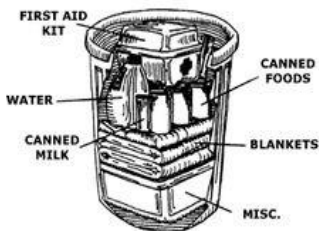
As a civilian under occupation, **you can help active groups of the resistance** movement in your area. In general, help largely depends on your **profession and the resources you have**.

Examples of support needed for resistance:

- ✓ Provide intelligence and early warning to underground and guerrilla bases
- ✓ Support resistance fighters with a fabricated identity (legend), such as name, occupation, and background.

AUXILIARY: ENABLE RESISTANCE

- ✓ Support resistance fighters with a digital legend (fake social network profiles to their undercover identities)
- ✓ Enable safe houses and asylum places for the resistance fighters
- ✓ Support resistance movement with finances (including cryptocurrencies)
- ✓ Procure or manufacture essential inventory, equipment, food, fuels etc.
- ✓ Store and transfer food, medicine, and tools;
- ✓ Hide goods and ammunition (cache);
- ✓ support logistics



AUXILIARY: ENABLE RESISTANCE

- ✓ Enable resistance with the communications and couriers
- ✓ Help produce and distribute resistance informational materials
- ✓ Spread the information on the web.
- ✓ Help **identify** "blind spots" of the occupier forces, **reporting** resistance movement (using chatbots) about **surveillance cameras**. In Ukraine, based on citizens' information, real-time updated digital maps of the occupied cities have been created!



Разом

@zhovta_strichka_bot

SEND MESSAGE

AUXILIARY: MEDICAL AID

Wounded resistance members typically cannot go to a hospital, because the occupier will be watching for newly admitted with particular types of wounds.

If you are a doctor, pharmacist, or nurse:

- ✓ Take on the secret care of people in the resistance movement;
- ✓ Purchase extra drugs and medicine to supply resistance
- ✓ Hide the sick and wounded, as well as take care of them;
- ✓ Use telemedicine and medical chatbots to aid in case of injury



AUXILIARY: DANGER!

Remember that the **occupiers will punish anyone for supporting the resistance movement. Assess the risks.**

Delete all information from the phone that may seem suspicious to the occupiers:

- ❌ chats discussions against the occupiers;
- ❌ contacts with military ranks ("Major xxx", "Sergeant xxx", etc.)
- ❌ any patriotic information;
- ❌ memes about the enemy;
- ❌ songs by musical artists who do not support the occupation;
- ❌ photos of the occupiers, their equipment, positions;
- ❌ backup copies of the smartphone, if created etc.

Clear browser history, bookmarks and chats in messengers. Uninstall all applications designed to report about the enemy.

But at the same time, leave some neutral data on the phone, for example, a weather forecast, movie recommendations, fishing, knitting, and neutral correspondence.

The ideal option is to **carry a separate smartphone** and give it to the occupants during possible searches. However, remember, the backup phone should look like the main one, with up-to-date calls, correspondence, and photos.

How to prepare for a smartphone check in the occupied territory



THE ENEMY: FORCE TO COLLABORATE

Goal: persuade or force at least **around 10 % of population to collaborate.**

- ☑ Enforce local leaders and essential personnel to collaborate, threatening them / their relatives.
- ☑ Create a **network of collaborators**, appointing them to key positions in occupation administrations, apartment houses (managers), and educational institutions.
- ☑ Motivating outsiders to be promoted, promising bonuses and privileges.
- ☑ Threaten to terminate employment.
- ☑ Establish control of food and essential services distribution to force collaboration.

ALL-SOCIETY: NON-COOPERATION

To set effective occupation regime, **at least 10 per cent of the population needed to collaborate**, whether proactively or under coercion. Even simple non-cooperation actions multiplied by thousands of citizens on a large scale are a substantial obstacle to installing an effective occupation regime.

- ☑ Be resilient (make food / water / medicine reserves, financial reserves etc.) to minimize your vulnerabilities and dependencies on the occupation authorities
- ☑ Local communities are more resilient against occupiers' pressure to force collaboration. **Self-organize!**
- ☑ **Support and help those, who are punished for non-cooperation!**

RESIST: NON-VIOLENT RESISTANCE

Non-violent, passive resistance is directed against all hostile institutions - the occupation forces, their military administration, and against the collaborators to achieve such effects:

- **material effects** - reduction of production, deterioration of product quality, slowdown of the services;
- **moral effects** to occupants and collaborators - feeling of insecurity, isolation and hostility

Methods: not violence, but harming occupants indirectly (affect delays and errors) by non-cooperating or sabotaging processes.

NON-VIOLENT POPULATION'S RESISTANCE

Since Gene Sharp in 1973 has identified 198 methods of nonviolent action, new techniques and technologies appeared, for instance, online activities or using emerging technologies. In this handbook, there are some historical examples of nonviolent actions.

Don't limit or frame yourself. Be creative in inventing new nonviolent resistance activities with the goal to:

- **impact** the adversary's military offensive and struggle with the resistance.
- **paralyze** occupiers' control / effective governance of the seized territory.

ALL-SOCIETY PROTESTS, PUBLIC ASSEMBLIES AND SYMBOLIC PUBLIC ACTS

One of the nonviolent methods of resistance is acts of expression and symbolic actions intended to express rejection of the occupier's power.

In the early stages of the occupation in Ukraine, the daily **Public Assemblies** forced the Russian army to dedicate more troops to consolidate its control in many cities. Nonviolent interposition and obstruction of tanks and military convoys slowed the advance of Russian forces.



SYMBOLIC PUBLIC ACTIONS

The nonviolent civil resistance uses a strategy based on clandestine and 'invisible' actions promoting disobedience against the occupation:

- Slogans, caricatures and symbols
- Flags, posters and visual aids
- Hanging flags, using objects of symbolic colors
- Wearing symbols
- Symbolic lighting of lights (torches, lanterns, candles)
- Painting and graffiti as a protest
- Symbolic sounds

SYMBOLIC PUBLIC ACTS

"Yellow Ribbon" volunteers call for continued non-violent resistance in the temporarily occupied territories of Ukraine. Hang flags and yellow ribbons on the streets! If there is no flag, ribbons, or stripes, find and cut old yellow clothes into strips. Yellow strips are tied in crowded places: on road signs, handrails, door handles, bus stops, and trees.



☑ **Paint and print national symbols and national colours.**

In Ukraine people drew encouraging inscriptions – “Armed Forces are close, they are coming” or the letter “ї” (the letter can be found only in the Ukrainian alphabet).



☑ **Drop threatening notes** into mailboxes of the collaborators or occupiers!

WEARING SYMBOLS

During the Nazi occupation in WW II, many Norwegians wore paper clips in their lapels, as necklaces or bracelets, as a symbol of resistance.



During the Nazi occupation, the Dutch wore coins as jewelry/brooches as a form of silent resistance because they bore the portrait of their Queen Wilhelmina.



Stamps were always placed on the left corner of envelopes because the Dutch believed that the right corner belonged only to stamps with the image of Queen Wilhelmina.

Wearing symbols

Wearing national symbols as a form of protest against occupation is a tactic individuals and groups use to express their opposition to foreign control of their territory. **Wear** the national symbols as a protest against the occupation, but carefully consider the potential threats.



The resistance movement also uses methods of **renaming streets in honour of war heroes.**



RESIST: SOCIAL NON-COOPERATION

- ❌ Social boycott
- ❌ Refusal to communicate
- ❌ Suspension of social / sports activities
- ❌ Boycott of social events
- ❌ Suspension of membership in public organizations
- ❌ Personal refusal to cooperate
- ❌ Collective departure from the place of residence



RESIST: SOCIAL NON-COOPERATION

Some examples:

- ❌ Demonstratively stop all conversations when occupiers or collaborators enter the office or cafe or accidentally meet with such people on the street.
- ❌ Demonstratively retreat from them to the side, around the occupiers, they felt their isolation more clearly.
- ❌ Boycott participation in entertainment events (cinemas, theatres, concerts, etc.). This especially applies to the occupying pro-government rally.
- ❌ When occupiers or collaborators come to an event, leave it as soon as possible.

- ❌ Stop all informal contact with collaborators and their families. Unfriend them on social networks.
- ❌ Do not use specific greetings of the occupiers, slogans, do not sing the anthem of the occupiers at meetings
- ❌ Even if you understand Russian, pretend that you don't understand all the words perfectly; constantly clarify and ask clarifying questions.
- ❌ Continue to use Ukrainian time zone instead of Russian time.
- ❌ Do not buy or read printed publications that are in any way related to the occupying power.

- ❌ Refrain from watching and listening to the TV and radio broadcasts of the occupiers. Do not visit informational or entertainment sites of the occupying country.

- ❌ Give extended and unclear answers when asked about something

- ❌ In public, treat the occupiers and collaborators coldly. Ignore their questions, or rather give them wrong answers

- ❌ Do not give interviews to representatives of the occupation power. Do not allow yourself to be filmed or taken photos of.

SOCIAL NON-COOPERATION

Some examples from history:

During the Nazi occupation of Norway many refused to speak German, even though it was a widely known language. Norwegians refused to sit beside German soldiers when they rode on public transportation.

During the Nazi occupation, most Norwegian students rejected joining pro-Nazi Youth organizations.

Similarly, all bishops and most clergies resigned, not to teach / judge the occupier's requested "obedience to the leader and the state". Ultimately, Nazis withdraw these demands, lacking collaborators to lead church services.

EXAMPLE FROM HISTORY

Arne Sejr, seventeen years old Dane, witnessed that people in his small town were friendly to the German soldiers on the first day of the occupation in 1940. Later he typed

“Ten Commandments for Danes”:

- 1) You must not go to work in Germany.
- 2) You shall do a bad job for the Germans.
- 3) You shall work slowly for the Germans.
- 4) You shall destroy essential machines /tools.
- 5) You shall destroy everything that may benefit the Germans.
- 6) You shall delay all transport.
- 7) You shall boycott German and Italian films.
- 8) You must not shop at Nazi stores.
- 9) You shall treat traitors for what they are worth.
- 10) You shall protect anyone chased.

RESIST: ECONOMIC NON-COOPERATION:

- ❌ Consumer Boycott
- ❌ Non-Use of Boycotted
- ❌ Refusal to Rent
- ❌ Boycott of manufacturers
- ❌ Boycott by suppliers
- ❌ Boycott by merchants
- ❌ Refusal to lease or sell property
- ❌ Refusal of industrial assistance

РОСІЯ РОЗПОЧАЛА ОКУПАЦІЮ УКРАЇНИ
НЕ КУПУЙМО ТОВАРІВ ОКУПАНТІВ



БОЙКОТУЙ
РОСІЙСЬКЕ!
Код російських
товарів 48



Economic non-cooperation makes occupation
very costly.

RESIST: ECONOMIC NON-COOPERATION

Let's be clear that operating business in temporarily occupied territories is only possible with a certain level of collaboration with the occupation administrations (as a minimum, they pay taxes).

Boycott those businesses that voluntarily / proactively collaborate with the enemy:

- ❌ Boycott their shops, offices and facilities; boycott events
- ❌ Don't purchase goods and services from them
- ❌ Don't support/supply them
- ❌ If possible, don't work for them
- ❌ Share information that they are voluntary / proactive collaborators.

RESIST: ECONOMIC NON-COOPERATION

In the Ukrainian temporarily occupied territories, the Russians banned the circulation of the Ukrainian currency hryvnia, but the locals ignore the ban. The circulation of Ukrainian currency on occupied territories would not be possible without the broader support of entrepreneurs, which after the ban, continue to accept hryvnias; that's why the whole community has a role in supporting those shops, markets and farmers.

- ✔ Avoid the enemy's currency.
- ✔ Boycott the enemy's origin goods and services.



ECONOMIC NON-COOPERATION

Russian authorities try to force the residents of the temporarily occupied Crimea to support their military. They call on local businesses to give discounts to military personnel. The locals show no desire to support the Russians.



WORK FOR OCCUPIERS?

The Russians cannot find a sufficient number of personnel who are ready to work for them in the occupied regions. The growing resistance of local people does not allow to find essential workforce, and the occupiers are forced to bring their own civilian professionals or lower down standards, qualification or accreditation.

It's always a moral dilemma to continue to provide essential services in the temporary occupied territories, because civilian population is dependent on these critical services. Example - personnel of the seized nuclear plants, because no one knows this NPP better and Russian "specialists" could cause nuclear disaster. The energy is essential service for civilians in the occupied areas.

NEVER EVER (!)

Never under any conditions, unless directly forced by the occupier:

- ❌ Voluntary serve in the occupier's military forces, security services, law enforcement institutions, "local militia", prosecutor offices and courts
- ❌ Don't be a civil contractor or supplier of the enemy's armed forces etc.
- ❌ Don't work for the enemy's military industry or companies that manufacture equipment for enemy
- ❌ Don't participate in the repair /upgrade of the military vehicles etc.
- ❌ Don't take part in constructing military installations, fortifications, trenches, counter mobility efforts etc.
- ❌ Don't share any intelligence information or data with the enemy.

NEVER EVER (!)

Never under any conditions, unless directly forced by the occupier:

- ❌ Don't take any political or managerial posts in occupational administrations
- ❌ Don't join collaborator's political movements and parties
- ❌ Don't participate in the occupier's electoral processes as part of the election commission /supportive staff;
- ❌ Don't be part of the enemy's propaganda, distributing, and broadcasting or teaching in schools
- ❌ Don't participate in activities related to strengthening the occupation regime or directed against resistance and non-collaborators
- ❌ **Do nothing to support the enemy** and do nothing to weaken the resistance!

RESIST: POLITICAL NONCOOPERATION

Some examples:

- ❌ Refusal of public support
- ❌ Boycott of elections /referendums
- ❌ Boycott of government institutions, agencies and other bodies
- ❌ Withdrawal from government educational institutions
- ❌ General refusal of administrative cooperation

In 2022 the actions of Ukrainian political non-cooperation carried out by mayors and civil servants of the local administration help **to prevent the organization of separatist pseudo-referendums of these localities.**

THE ENEMY: ASSIMILATE

Goal: establish “brain washing” propaganda curriculum in schools to enable cultural assimilation of the local population

In the educational institutions, the occupiers immediately:

- ☑ Replace administration with the collaborators
- ☑ Replace study subjects with the occupier's curriculum
- ☑ Replace teachers who are against the occupier's curriculum
- ☑ Replace textbooks
- ☑ Introduce classes in the occupying language.

RESIST: WITHDRAW FROM EDUCATIONAL INSTITUTIONS

Social non-cooperation actions carried out by the educational sector prevent the plans of cultural assimilation of the local population.

Support those who lost their job because of denying collaboration with the occupier.



Ukraine

**'No way I could work for the
Russians': the Ukrainian
teachers resisting
occupation**

Non-collaborators withdrawal from Ukrainian schools pressed occupiers to send teachers from Russia or to convert non-qualified collaborators into a teachers.

Russia sending teachers to Ukraine to control what students learn

The Kremlin is promising teachers big money to 'prepare schools' in Ukrainian regions its forces now occupy



By Robyn Dixon

July 18, 2022 at 3:00 a.m. EDT



WITHDRAWAL FROM SCHOOLS

During the Nazi occupation of Norway, most teachers rejected joining the Nazi-led national teachers union and indoctrinating Norwegian children with totalitarian propaganda. Occupation authorities withheld 10,000 teachers' salaries, closed some schools and arrested around thousand educators who continued to give lessons from private homes. Thanks to the courage of teachers, **the Nazi curriculum was never introduced into the educational system.**

Even during the occupation teachers and librarians could latently resist, focusing on developing critical thinking in young people.

RESIST: DON'T WORK FOR THE ENEMY

Political noncooperation, such as the **refusal of civil servants to work under a newly occupied government**, deprives occupation administration's legitimacy and removes the subject matter expertise on numerous areas of civil administration required for governance.

In the Ukrainian temporary occupied territories, the Russians cannot staff the structural subdivisions of the occupying executive authorities for maintenance. In some cases, understaffing reaches 90%.

Locals have mostly either left the region or refused to cooperate with the enemy.

In this way, the occupation administrations **cannot be fully operational.**

RESIST: IGNORE

Don't use occupier's number plates. In Ukraine, the Russians force people in temporarily occupied territories to get new "Russia number plates" for cars. Ukrainians are sabotaging the re-registration process.

UKRAINIANS REFUSE TO USE RUSSIAN LICENSE PLATES AT TOT

🕒 January 16, 2023



RESIST: AVOID PASSPORTISATION

The occupation regime will force replacing passports.

You **should avoid it.**

But this topic is very complicated because, without the

enemy's passports, many essential services are not available (for instance, medical services). In Ukraine, freedom of movement inside occupied territories is limited and there are threats of deportation in case of the absence of a Russian passport.

Nevertheless, until forced, **reject the occupier's passport or ID.**



RESIST: BOYCOTT ILLEGAL "ELECTIONS"

Ukrainians were told how to avoid participation in the "referendum" of the occupiers

Tanya Polyakovska 15:57, 25.09.22 4 min. 1139

The ministry warns that anyone who voluntarily participates in the preparation of pseudo-referendums or cooperates with the occupiers will be held criminally liable.



SABOTAGE

Sabotage is the willful destruction of property or the hindering of normal operations by other means, and the injury, destruction, or knowingly defective production of materials, or utilities used for war or for the occupation.

This handbook shows some ideas of sabotage based on historical cases.

You should **not be limited or framed** by those examples, as you may achieve the same effect with different tools or new technologies.



Be creative and inventive!

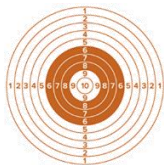
SABOTAGE: SAFETY FIRST

Make attribution difficult:

- ✓ Always have an alibi;
- ✓ Try to take actions for which a large number of people can be responsible;
- ✓ Use materials/tools available to everyone without any suspicion (multitool knife, matches, and dozens of other destructive substances)
- ✓ Do not store on your gadgets compromising materials, photos, videos, or contacts.

Targeting: choose **realistic and achievable goals**. For example, you should not try to make explosives if you haven't done it before

SABOTAGE: TARGETING?



Sabotage must always consist of actions to:

- ☑ **paralyze** or make non-effective the work of the occupation authorities
- ☑ **harm** the resources and manpower of the enemy forces
- ☑ impact / **degrade** the military or security operations of the enemy

Some examples of the primarily targets:

- Headquarters, installations, barracks
- Electronic warfare equipment, radars
- Military warehouses, staging areas,
- Transport capabilities
- Storages of fuel
- Capabilities to repair transport / tanks
- Vehicles, materials and tools to create fortification / defensive lines etc.

SABOTAGE: TRANSPORT SYSTEM

Aim: effect occupier's logistic capabilities

Some examples of sabotage:

- ✓ Replace or remove road signs.
- ✓ In areas where the traffic consists mainly of enemy cars, trucks and convoys of various types, remove the signals of dangerous sections of the road.
- ✓ Scatter broken glass, nails and sharp rocks on the roads to puncture the tires of the invaders.
- ✓ When repairing occupier's transport, do not complete the work (or perform it as poorly as possible). It is possible to simulate a shortage of spare parts, stretching the repair over time.

SABOTAGE: INDUSTRIAL FACILITIES

Aim: **slow down, reduce the effectiveness or stop the production**. Repairing or replacing damaged equipment can take months.

Some examples:

- ✓ Act in contradiction to operating instructions (overheat, overpressure)
- ✓ Poorly maintain tools and instruments to facilitate their damage
- ✓ Blunt and do not sharpen cutting tools.
- ✓ Power tools always break down quickly when dirty – keep them dirty.
- ✓ Damage the filter system.
- ✓ Avoid regular maintenance and cleaning of equipment and machinery
- ✓ If the machine or device has a belt drive, cut such belts

SABOTAGE: OCCUPIER'S FACILITIES

Aim: downgrade or reduce the efficiency of heating system, water supply, sewage system, electricity of the occupier's installations and military industry / repair facilities.

Some examples:

- ✓ Try to disrupt the operation of air conditioning systems (ventilation, air conditioning, heating) in buildings where occupants or collaborators work or live.
- ✓ In offices and buildings, electricians and network repair specialists can make bad connections and damage insulation, disable the Internet, etc
- ✓ If possible, cut phone (and Internet) transmission lines. Damage the insulation on power lines.

SABOTAGE: WORKING FOR THE OCCUPIER'S ADMINISTRATION

Aim: slow down processes, facilitate ineffectiveness of occupier's administration.

- ✓ Bureaucratize all processes
- ✓ Talk as often and as long as possible.
- ✓ Refer all matters to committees for "further study and consideration."
- ✓ Re-initiate the discussion and voting of the issues resolved at the last meeting.
- ✓ Call on your colleagues to be "careful" and avoid haste.
- ✓ Ask endless questions.
- ✓ Do your best to delay the task of the occupying power.
- ✓ When formulating tasks, always prioritize secondary tasks first.

- ✔ Organize meetings, and hold conferences at a time when more important tasks need to be done.
- ✔ Consider ways to increase paperwork in plausible ways. Request more copies of unnecessary documents.
- ✔ Make as many requests and correspondence with various committees.
- ✔ In general, work as slowly as possible. Take as many breaks from your work as possible.
- ✔ Don't upgrade the software of IT systems, don't install patches
- ✔ Switch off the antiviruses or defence software etc.

Be creative in inventing any trick to slow down the processes and make them ineffective to paralyze the work of the office.

Restoration of Sovereignty

The resistance movement is essential in liberating seized territories. For instance, during the D-Day in WWII, French resistance fighters destroyed large sections of rail lines, preventing German reinforcement to Normandy by rail and restricting them to roads, which allowed more ambush sites, significantly slowing German movement.



As an auxiliary or ordinary citizen, you **can support resistance cells** executing different tasks to support liberation operations and impact the enemy's defence.

Be proactive and support the liberation!

ENABLE OFFENCE: SABOTAGE

Main goal: **delay** the enemy's manoeuvres:



- ✓ **Block** the enemy's movement
- ✓ **Damage** the enemy's transport
- ✓ **Destroy** the enemy's fuel storage
- ✓ **Damage** occupier's surveillance systems, cameras and drones
- ✓ **Cut off** the electricity of occupier's installations and infrastructure
- ✓ **Damage** occupier's communication / cyber systems

[!] Only destroy / damage transport infrastructure once requested by the resistance cells because uncoordinated efforts could harm Allied force operations.

ENABLE OFFENCE

Everyone can share information about the enemy:

- ✔ Give access to your surveillance cameras or share relevant data
- ✔ Demoralize the enemy / collaborators

In 2023, before the liberation of the seized territory, Ukrainians painted or posted signs "The time of de-occupation is coming" and turned the Russian "Z symbol" into hourglasses.



What's next? What can we do now, in peace time?

Citizens are part of the national defence system, but only a few are appropriately trained. Information about resistance planning is mostly classified and unavailable to the broader public. The only option to **explain to the wider public is through education and training, illustrating civil resistance by examples.** This handbook highlighted only part of the resistance concept with some showcases from the Russian-Ukrainian war, explaining the logic and purpose of civil resistance.

Every citizen has to understand that state defence doesn't stop with the temporary loss of territory or part of it. **Nothing ends!**

Defence activities switch to the clandestine resistance phase on the temporarily occupied territories. But the success of the underground **depends on ordinary citizens** in the temporarily occupied territories. Every citizen can support resistance. Even simple non-cooperation actions multiplied by thousands of citizens on a large scale are a substantial obstacle to installing an effective occupation regime.

Ukraine has successfully used resistance warfare to fight back against Russia, also guiding the country's civilian population as part of a concerted resistance against Russia's army. The actions of non-cooperation of the population have played a fundamental role **in stopping the process of institutionalization of the military occupation**. Although it is difficult to evaluate it precisely, the

nonviolent **civil resistance** has contributed to **stopping the invasion**.

This handbook is a small puzzle of the comprehensive defence planning system but could contribute to the population's primary education. The next stage is advanced and tailored auxiliary, guerillas and leadership training. If not properly educated and trained, citizens will be pressed to learn by doing during the conflict. Nevertheless, only state institutions can provide such basic training on resistance. No one else can train and educate the population on such sensitive topics.

Today, not tomorrow, the state must invest in preparedness for civil resistance enabling comprehensive **education and training** of all citizens on active/passive and violent/non-violent resistance.

In case of a military threat, destroy or delete
this handbook immediately!