

STANDANDBECOUNTED.CA

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Trim along the dashed line. Instructions are on the next page.

THE 7-RULE SILENT PROTOCOL

1. **When:** Every Saturday, **12:00 PM to 1:00 PM** local time.
2. **Where:** Public sidewalks outside your local MP's constituency office, City Hall, or Parliament Hill.
3. **Public Access:** Never block doors, driveways, pedestrian walkways, or roadways. Space out if others join.
4. **Absolute Silence:** Do not speak, chant, argue, or debate with passersby, counter-protesters, staff, or media. Let the QR code do the talking.
5. **No External Signage:** Wear only the plain QR/Number shirt. Do not carry flags, partisan logos, or unrelated signs.
6. **Clean Departure:** At 1:00 PM sharp, remove the shirt (if worn over outerwear) and leave calmly and quietly. Leave zero trace behind.
7. **Do Not Break the Law:** Obey all federal, provincial, and municipal laws at all times. If a police officer or bylaw officer directs you to adjust your position on a sidewalk, comply peacefully and calmly.

THE 15 PRINCIPLES

1 Laws Must Be Passed by Parliament, Not Written by Decree

End rule by Order in Council for major policy and criminal prohibitions.

What must change: Strip subjective 'in the opinion of' clauses from federal statutes and require a full parliamentary vote for any major policy or criminal prohibition.

2 Evidence Over Opinion in Public Policy

Require verifiable data before restricting law-abiding citizens.

What must change: Mandate independent, publicly verifiable empirical impact assessments before passing any restriction on law-abiding citizens.

3 Equal Accountability Under the Law

Public officials must answer to the Constitution, the Charter, and the people—and face real consequences when they violate them.

What must change: Require parliamentary oaths to explicitly affirm allegiance to the Constitution, the Charter, and the people of Canada, and enact enforceable statutory penalties when public officials exceed their constitutional mandate.

4 Undivided Public Duty: End Conflicts of Interest

Require MPs and senior officials to sell private financial holdings and cut corporate ties while in office—serve the public or serve private interests, not both.

What must change: On taking office, require the sale—not a blind trust—of private equities, resignation from corporate boards, and an end to outside financial ties (beyond simple broad-market index funds or a primary residence); apply the rule to every MP; and enforce strict cooling-off bans preventing former MPs and ministers from lobbying or profiting from industries they regulated.

5 Real Accountability Requires Citizen Recall

Give voters a binding mechanism to remove MPs who betray their mandate—with a threshold that can actually be met.

What must change: Pass federal recall legislation allowing riding voters to trigger a binding by-election via a verified constituent petition, with a threshold tied to what it took to win the seat—not to an impossible share of every registered voter.

6 Local Problems Require Local Solutions

Stop centralizing municipal and provincial responsibilities in Ottawa.

What must change: Return tax room and jurisdiction to provinces and municipalities, and end federal funding conditions that dictate local policy.

7 Emergency Powers Are for True Emergencies Only

Enforce strict, objective legal thresholds before suspending normal rights.

What must change: Amend the Emergencies Act to require prior parliamentary approval and strict judicial verification that existing laws have been exhausted.

8 Property and Privacy Are Intrinsic to All Other Rights

Enshrine and protect the right to own, use, and keep lawfully acquired property, and end mass surveillance and data profiling of law-abiding citizens.

What must change: Enact binding federal statutory protections—and pursue a constitutional amendment—guaranteeing fair compensation and judicial due process before any property is seized or restricted, or any personal information is searched. End bulk collection and profiling of people not suspected of a crime; require a judge's warrant for subscriber, financial, and location data; ban predictive 'pre-crime' scoring; and log every access to personal records, make misuse an offence, and tell people when their records are misused or breached.

9 **Home Before Abroad**

Put Canadian citizens, infrastructure, and domestic needs ahead of foreign spending.

What must change: Audit and freeze discretionary foreign spending until core domestic infrastructure, healthcare, and affordability benchmarks are met.

10 **Grow the Base, Shrink the Rate**

Develop our resources, make things here, close corporate tax havens, and end federal carbon pricing and other taxes that punish work.

What must change: Commit to permanent tax reform that lowers the total burden on work and production: end federal carbon pricing; rule out taxes on home equity, inheritances, and other unrealized gains; index tax brackets to inflation; and lower marginal rates on work and investment. Close the loopholes that let large corporations book Canadian profits in tax havens. Decide on resource and energy projects within two years, build the infrastructure that lets Canadian energy serve Canadians first, and favour processing and manufacturing here. Protect the environment with enforceable emissions standards, fines for companies that break them, and clean processes required wherever possible.

11 **Stop Subsidizing Against the People**

End taxpayer-funded subsidies that distort markets, media, and public debate.

What must change: End taxpayer subsidies to legacy media, corporate lobbyists, and advocacy organizations, so no one lobbies government with the public's own money.

12 **Real Justice: Deter Crime and Protect the Right to Self-Defence**

Enforce meaningful consequences for violent and repeat offenders—including deportation of non-citizen criminals—while protecting law-abiding citizens who defend their homes and families.

What must change: Enforce the tighter bail rules for repeat violent offenders and publish the results every year, enforce automatic deportation for temporary or probationary residents convicted of serious offences, and establish clear statutory protections—including a strong presumption of lawful self-defence inside one's home—so innocent citizens are not subjected to punitive charges and property seizure.

13 **Free Expression and Open Dialogue: Words Are Not Violence**

Protect open public debate over policy, culture, and shared spaces without criminalizing disagreement as 'hate' or 'misinformation.'

What must change: Reject administrative speech tribunals, repeal overbroad speech restrictions, and limit legal penalties strictly to direct incitement to violence and established Criminal Code offences.

14 **One Equal Law, Bodily Autonomy, and the Preservation of Life**

Enforce one equal standard of law, protect bodily autonomy from mandate coercion, and reject state-facilitated death as a substitute for care.

What must change: Prohibit parallel legal exemptions, forbid government-backed workplace medical coercion, halt the expansion of MAID, and restore funding and accountability to life-affirming healthcare and mental health support.

15 **Sustainable Immigration and Supporting Canadian Families**

Tie immigration strictly to housing and infrastructure capacity, and prioritize policies that help Canadian families grow.

What must change: Cap annual immigration strictly to verified housing, healthcare, and infrastructure capacity, and introduce pro-family tax reforms—such as income splitting and family tax relief—to lower the cost of raising children in Canada. Keep low-wage temporary foreign worker permits for verified shortages where Canadians are not available, and make abuse cost an employer more than it saves.

DIY TRANSFER GUIDE

1. Keep the numbers you stand behind and mask out the rest, or build a custom transfer on the site.
2. Print on iron-on transfer paper (use your printer's mirror setting if your paper requires it), or take the page to a local print shop.
3. Size up (2XL/3XL) if wearing over a winter jacket.
4. Check that the QR code scans before you iron it on.

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