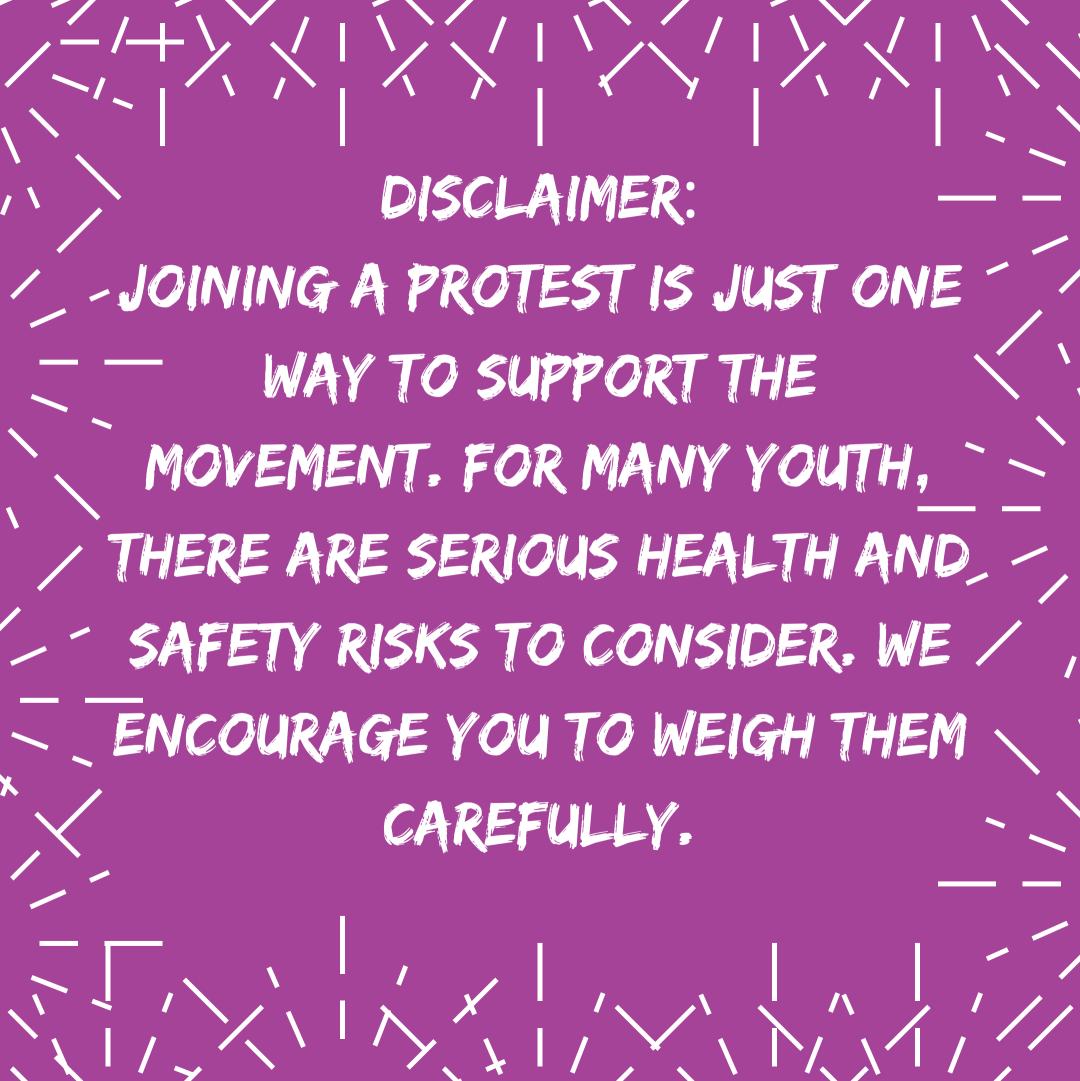
WELLNESS WEDNESDAY

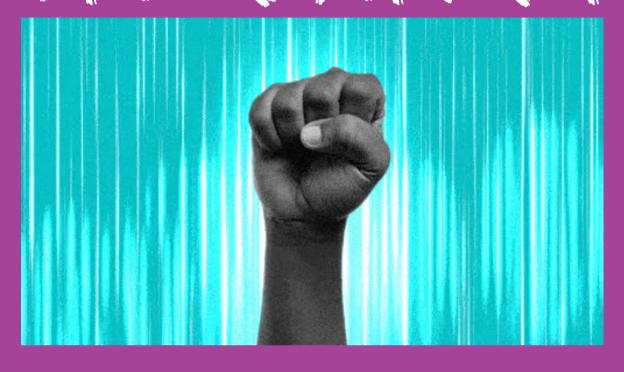
PROTEST

SAFETY &

PREPARATION



PICK THE RIGHT PROTEST



QUESTIONS TO ASK BEFORE YOU GO:

- 1. WHO IS LEADING IT?
- 2. WHAT IS THE PURPOSE?
- 3. WHERE IS THE PROTEST ROUTE?





1. TELL YOUR PARENTS, GUARDIANS, OR TRUSTED ADULTS WHERE YOU'LL BE

2. WRITE EMERGENCY CONTACT AND LEGAL NUMBERS ON YOUR ARM

SAFETY PLANNING



TIMES. STICK TOGETHER AND SET

MEETUP LOCATIONS AND TIMES IN

CASE YOU GET SEPARATED.

WHAT TO WEAR

DO WEAR DARK CLOTHING SNEAKERS PANTS LONG SLEEVES HOODIES BANDANA/MASK GOGGLES GLASSES

DON'T WEAR
CLOTHES WITH
LOGOS
OPEN TOE SHOES
BAGGY CLOTHES
CONTACT LENSES









PROTEST SIGN(S)
PROTEST INSTRUMENT
EAR PLUGS
CHANGE OF CLOTHES
ELBOW AND KNEE PADS



COPS ARE KNOWN TO PROVOKE AND INCITE VIOLENCE AS AN EXCUSE TO "KEEP THE PEACE"

IF YOU ARE NOT BLACK, BE MINDFUL
OF HOW YOUR ACTIONS WILL
NEGATIVELY IMPACT BLACK
PROTESTERS AROUND YOU

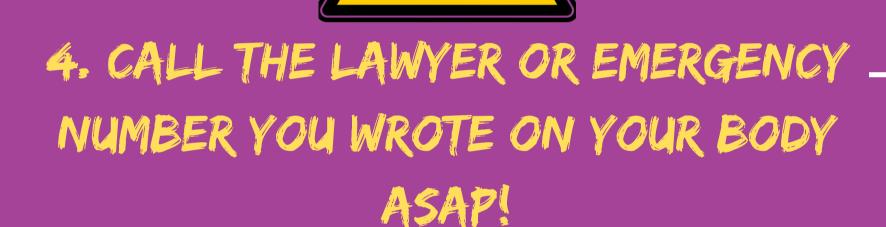
ARREST PROTOCOL

1. STAY CALM. DO NOT ARGUE, RESIST, OR TRY TO RUN AWAY.

2. ASK IF YOU'RE FREE TO LEAVE. IF THE ANSWER IS YES, CALMLY AND SILENTLY WALK AWAY FROM THE OFFICER.

-3. IF YOUR RIGHTS ARE BEING VIOLATED OR YOU FEEL ENDANGERED, SHARE YOUR NAME WITH WITNESSES OR ALERT YOUR BUDDY.





5. DO NOT SIGN ANYTHING WITHOUT LEGAL REPRESENTATION OR YOUR GUARDIAN'S CONSENT

TEAR GAS PROTOCOL*

- 1. TAKE OFF THE CLOTHES YOU'RE

 WEARING IMMEDIATELY (CUT

 OFF CLOTHES THAT NEED TO

 GO OVER YOUR HEAD)
- 2. WASH OFF CHEMICALS WITH
 SOAP AND WATER
- 3. RINSE EYES WITH WATER FOR
 10-15 MINUTES

*TIPS RECOMMENDED BY THE CDC