

WELLNESS WEDNESDAY

**PROTEST
SAFETY &
PREPARATION**

DISCLAIMER:

JOINING A PROTEST IS JUST ONE
WAY TO SUPPORT THE
MOVEMENT. FOR MANY YOUTH,
THERE ARE SERIOUS HEALTH AND
SAFETY RISKS TO CONSIDER. WE
ENCOURAGE YOU TO WEIGH THEM
CAREFULLY.

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?

SAFETY PLANNING



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

**2. WRITE EMERGENCY CONTACT AND
LEGAL NUMBERS ON YOUR ARM**

SAFETY PLANNING



3. HAVE A BUDDY WITH YOU AT ALL 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

WHAT TO BRING: ESSENTIAL ITEMS



WATER, SNACKS, ID CARDS, SANITIZER,
PRE-MADE WATER/SOAP MIX, FIRST
AID, CASH FOR TRANSPORTATION,
PRESCRIPTION MEDS (LIMITED AMOUNT)

WHAT TO BRING: ADDITIONAL ITEMS



PROTEST SIGN(S)

PROTEST INSTRUMENT

EAR PLUGS

CHANGE OF CLOTHES

ELBOW AND KNEE PADS

The background is a solid purple color, decorated with numerous white, short, dashed lines of varying lengths and orientations, creating a confetti-like effect.

BE AWARE

**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.

ARREST PROTOCOL



4. CALL THE LAWYER OR EMERGENCY
NUMBER YOU WROTE ON YOUR BODY
ASAP!

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