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.
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
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
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