

DO'S AND DON'TS OF DEMONSTRATIONS¹

DO

DO attend with a friend. Stay together and leave together.

DO tell someone who is not attending the protest where you will be and what time you anticipate to be home and have a plan to check-in. Put a support and/or emergency plan in place for childcare, eldercare, pets, etc.

DO bring a pen and paper to record detailed notes of any incidents that might occur during the demonstration, such as police interactions.

DO memorize or bring a phone number of a lawyer you can call in the event that you are arrested. Write the number in permanent marker on your body.

DO bring photo identification in case you are arrested. Having this may mean you are processed faster if you are taken into custody.

DO wear suitable and comfortable clothing, including shoes that are appropriate for running.

DO consider bringing a digital camera as an alternate means to a cellphone for capturing photos and video.

DO bring a water bottle. This can be used to bathe eyes in the event that police use tear gas.

DO consider wearing glasses and not contact lenses.

DO bring enough prescription medication in the original bottle to last a few days (note that you may still face issues gaining actual access to your medications if you are taken into police custody and should have an emergency plan for this, including a number for a lawyer on hand, if you think you will be at risk of arrest).

DON'T

DON'T bring illegal drugs.

DON'T bring anything that might be considered a weapon.

DON'T bring an address book or any other document that contains sensitive personal information.

DON'T bring a cellphone, if you are planning to risk being arrested. If you must bring one, ensure that it is password protected, and not activated with finger print or facial recognition.

¹ Pivot Legal Society, *supra* at 4; McGrady and Sabet-Rasekh, *supra*, at 20-24.

