



PROTEST SAFETY TIPS



MSUSM
DENVER

Department of Social Work
College of Health and Human Sciences

BEFORE YOU GO



Buddy up! If you plan to go alone, tell someone where you are going and when you will be back.



Pack a bag with food, water, extra masks, extra cash, first aid kit, ID, essential medications, and a change of clothes

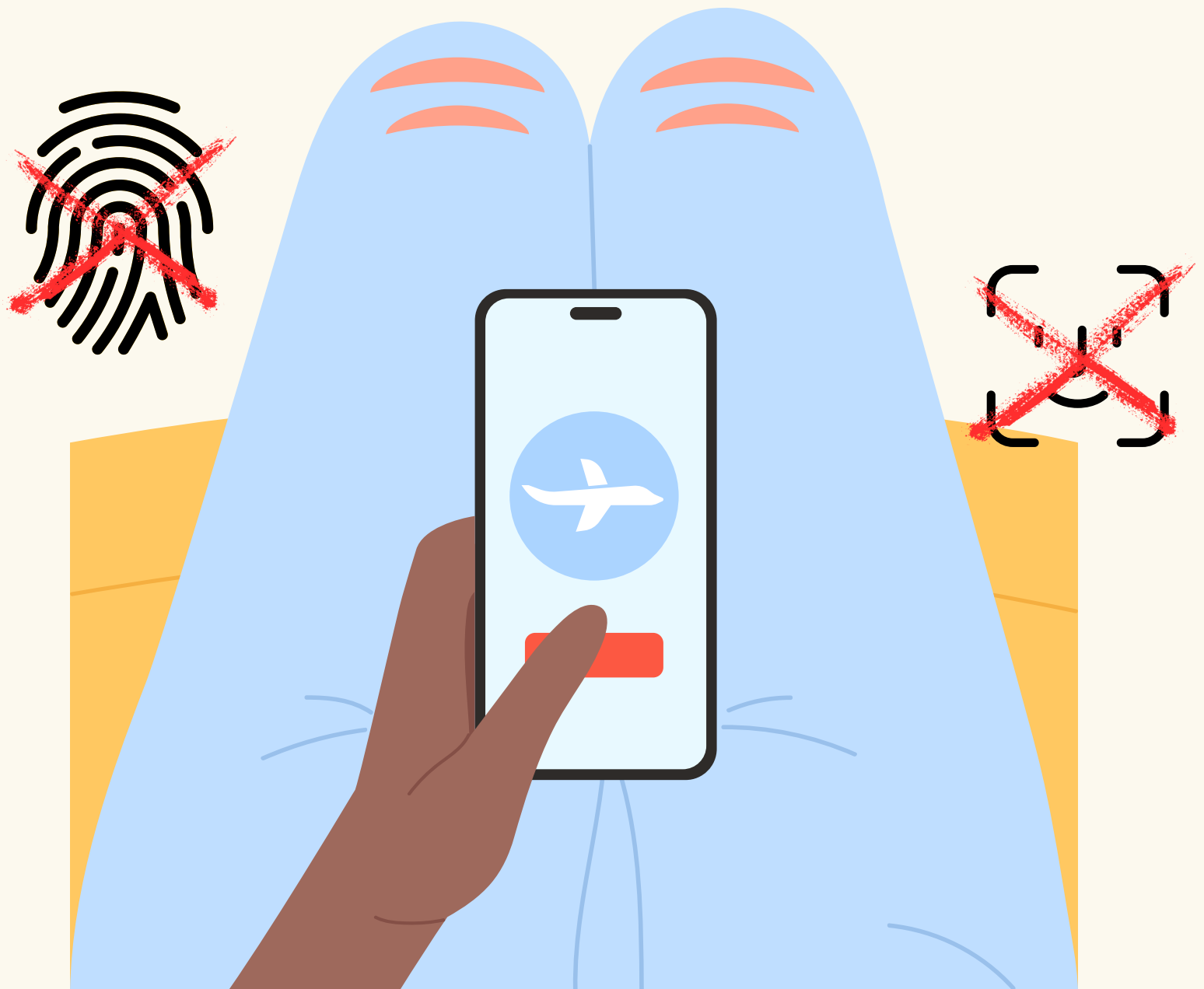
What to Wear?



Wear non-descript clothing (no logos), masks/bandana, sunglasses or goggles, comfy running shoes and your emergency contact written on your arm

BEFORE YOU GO

The Electronic Frontier Foundation's [guide to protesting](#) suggests encrypting your phone and turning it on airplane mode before demonstrating, since phones can leave behind bread crumbs of data that leave you vulnerable. (They can also be confiscated by authorities.)



The guide also suggests turning off biometric passwords—such as fingerprint and facial-recognition IDs—which make it easier for police to access your device without your consent.

BEFORE YOU GO

Know your rights!



DID YOU KNOW?

You are allowed to document arrests and police action, including the use of excessive force, even if they ask you to stop. If you are arrested, you must be told why you're being detained and be given access to a lawyer and your family via phone.

Read up on your rights BEFORE you attend a protest:

- www.aclu-co.org/en/know-your-rights/protesters-rights

Immigrants Rights at Protests:

- www.nilc.org/resources/immigrant-participation-in-protests-rights/

DURING THE PROTEST



Follow the lead of organizers



Stay aware of your surroundings



Be prepared to know what to do if you encounter law enforcement



Protect the privacy of other protestors- refrain from posting photos or videos in which others can be identified.

SUPPORT FROM HOME



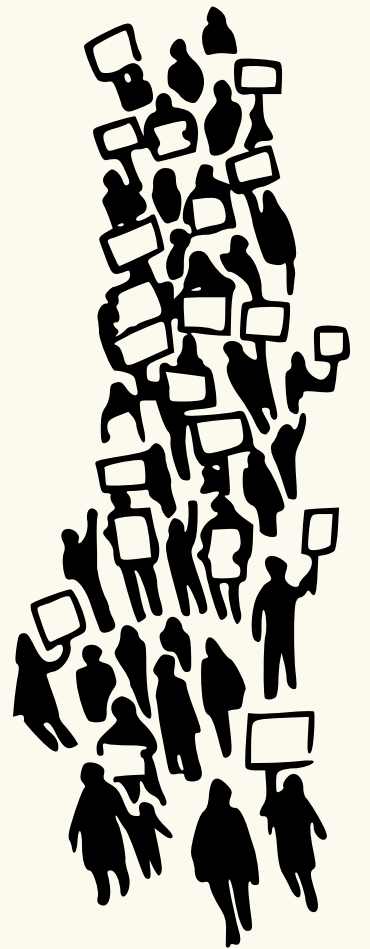
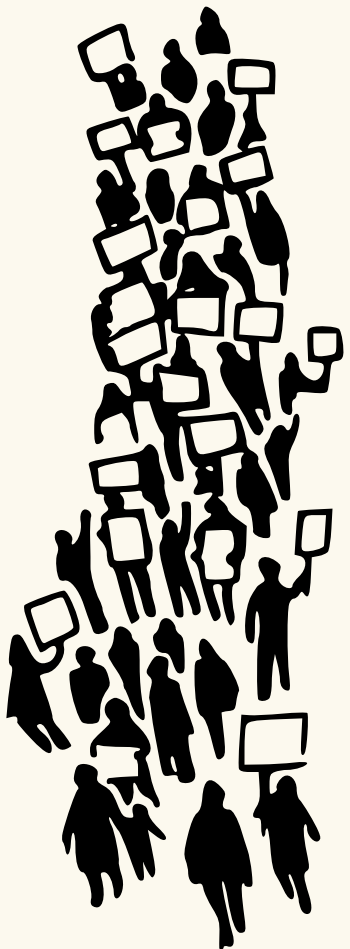
If you're unable to be out in the streets yourself, you can **donate supplies**, like hand sanitizer and bottles of water, directly to organizers. Or consider making a **financial contribution to local bail funds or organizations** like the ACLU that are working to protect your First Amendment rights



<https://lithub.com/some-resources-to-help-out-neighbors-immigrants-and-protestors-in-la/> <https://www.fiftyfifty.one/>

“NEVER DOUBT THAT A SMALL
GROUP OF THOUGHTFUL,
COMMITTED CITIZENS CAN
CHANGE THE WORLD. INDEED,
IT IS THE ONLY THING THAT
EVER HAS”

– MARGARET MEAD



[https://www.nrdc.org/stories/how-protest-safely?
utm_source=MarketingCloud&utm_medium=email&utm_campaign=SWK+New
letter+6.9.25&utm_content=Stay+safe!](https://www.nrdc.org/stories/how-protest-safely?utm_source=MarketingCloud&utm_medium=email&utm_campaign=SWK+New+letter+6.9.25&utm_content=Stay+safe!)

[https://www.aclu.org/know-your-rights/protesters-rights?
utm_source=MarketingCloud&utm_medium=email&utm_campaign=SWK+New
letter+6.9.25&utm_content=Know+your+rights+as+a+protestor](https://www.aclu.org/know-your-rights/protesters-rights?utm_source=MarketingCloud&utm_medium=email&utm_campaign=SWK+New+letter+6.9.25&utm_content=Know+your+rights+as+a+protestor)



MSU[®] Department of Social Work
DENVER College of Health and Human Sciences