



# Protest Check List

*Stay safe. Stay strong. Make your voice heard.*



## Know Your Rights

- Peaceful protest is protected under the First Amendment.
- You can protest in public spaces.
- You can record police (don't interfere)
- You do not have to show ID unless detained.



## What to Wear

- Comfortable, weather- appropriate Clothing
- Close Toe Shoes
- Avoid flashy/identifiable items
- Face mask, goggles (if needed)



## What to Bring

- Water + snacks
- Fully charged phone + battery pack
- Cash, ID (optional), emergency contact written on arm
- Sign, pen/paper, hand sanitizer



## Stay Safe During Protest

- Stay aware and alert
- Stick with a buddy or trusted group



## If Approached by Police

- Stay Calm
- Ask: "Am I free to go?"
- If detained: "I choose to remain silent and want a lawyer."
- Record badge numbers if safe



## After the Protest

- Check in with Someone
- Reflect & Share your experience
- Follow up with petitions or calls
- Report Rights Violations (e.g., ACLU)



## Do Not

- Wear contacts. Tear gas can cause damage.
- Use sunscreen or oil based moisturizers, they can trap chemicals.
- Go alone. Go with people you know and trust.
- Wear things that can be grabbed

[www.SaveOurDemocracyGH.org](http://www.SaveOurDemocracyGH.org)



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