

ECHO – Every Choice Has Opportunity

Know Your Rights

Rights + Respect + Calm = Safety

STAY CALM:

Deep Breath

Check thoughts

Remember rights

Listen carefully

Calm body language

Box Breathing: Inhale 4, Hold 4, Exhale 4, Hold 4

What thought is going through my mind?

I can wait for legal representation before explaining my side

I don't have to prove anything right now

I can stay calm and assert my rights respectfully

Fundamental rights:

1. Right to remain silent
2. Right to refuse searches (with exceptions)
3. Right to leave if not under arrest
4. Right to an attorney
5. Right to be treated with respect

NAACP Guidelines on Knowing Your Rights - <https://naacp.org/find-resources/know-your-rights>

If you are approached by the police:

1. Stay calm and keep your emotions in check. Be kind even if the officer is not. It only gives the officers more ammunition against you if you're yelling, arguing or refusing reasonable directives.
2. Carry ID at all times & be prepared to show it (If driving: license, registration, and insurance).
3. Keep your hands where the police officer can see them. **Don't run. Don't touch the officer.**
4. Remember the officer's name and badge number & any witness information. Write down everything you remember as soon as possible.
5. Do take photographs, if you are injured, and seek medical attention as soon as possible.
6. **Don't make any statements without first having spoken to an attorney.** You don't have to answer questions but not answering simple ones with the truth can make the police suspicious.
7. **You have the right not to consent to a search of yourself, property, or vehicle.** If police suspect that you have a weapon or illegal substance, they may do a "pat-down" to check. Don't resist.
8. The police do not have the right to enter your home unless they have a warrant or there is an emergency. You have the right to deny them entrance. If they have a warrant, ask to see it first.

If you are arrested (under 18 years old, ask for your parents/guardian to be contacted immediately):

1. Immediately refuse to speak to the police and request an attorney, other than giving your name and address. **You have the right to a court appointed attorney** if you can't afford one.
2. **You have the right to a phone call.** Know before who you will call. Police aren't allowed to listen.
3. You must be taken before a judge or magistrate within a day after being arrested.
4. If you are required to post bail after being arrested, you may request to have your bail lowered.
5. Do not make any decisions until you have spoken with your attorney. Do not allow the police to trick you into saying anything. Remember, the police can lie to get you to confess to a crime.