

# Living Safely

with disabilities and special health needs

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## What to Do if a Police Officer Wants to Talk with Me

It is very important to stay where you are and not run away. Remain calm and alert. Pay attention to what is happening around you.

A police officer may ask you to stop what you are doing, even if you haven't done anything wrong. The officer may just want to know your name, where you are going, where you have been, or to give you information.

It is natural to feel nervous when interacting with a police officer, but you should feel safe and protected from any potential harm.

If you choose to, tell the officer about your diagnosis and how you are feeling.

Taking deep breaths can help to feel more relaxed. If you need help calming down, try to tell the police officer about things you like or ways to help you be more comfortable.

If you don't understand what the police officer is saying, ask to have it repeated in a different way.

If you need to get something, ask the police officer first and always let the officer see your hands.

Try not to get really close to the police officer and don't touch the officer unless you ask permission.

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We value the expertise of our partners in safety who have demonstrated their commitment to inclusive healthy communities. Portions of this resource have been adapted from The Arc ([www.thearc.org](http://www.thearc.org)).

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This initiative was funded in part by an Inclusive Healthy Communities Grant from the Division of Disability Services, New Jersey Department of Human Services.

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