

Living Safely

with disabilities and special health needs

What to do if a Police Officer Wants to Talk with Me



Children's
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An RWJBarnabas Health facility



If a police officer wants to talk with me, it is very important to stay where I am and not run away.

I remain calm and alert.

I pay attention to what is happening around me.



A police officer may ask me to stop what I am doing, even if I haven't done anything wrong.

The officer may just want to know my name, where I am going, where I have been, or to give me information.



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

If I choose to, I tell the officer about my diagnosis and how I am feeling.

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



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

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



I should try not to get really close to the police officer.

I shouldn't touch the officer unless I ask permission.

For more Living Safely resources, visit www.rwjbh.org/cshlivingsafely

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).

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