

## What to Do If You Get Arrested



Sometimes police officers arrest people who break a law. Some examples of breaking the law are:

- Taking something without paying for it
- Taking, selling, or having illegal drugs
- Being drunk or having alcohol in public
- Urinating or defecating outside in a public area
- Going into a person's house or car without the person's permission
- Committing a crime or helping someone commit a crime
- Harassing or bullying someone
- Touching a person without asking
- Pushing, shoving, or hitting a person
- Threatening to hurt a person
- Having a weapon (a gun, knife, or any object that can hurt someone)
- Hurting an animal

It can be helpful to tell the police officer or anyone who asks you questions that you have a disability and what that disability is.

Tell the officer that you would like to call someone to tell them where you are.

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Give your name, address, and phone number. Also give the name and contact information for a adult you trust who can help you.



Try to remain as calm as possible.

Be respectful when interacting with a police officer or other safety official.

Tell the truth.



Do not give information or sign any papers until your lawyer reads it first.

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A person is not your friend if they ask you to help them commit a crime.



Carry the name and phone number of an adult you trust.

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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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