

Interacting with Police

If you have a card that explains your disability, show it to the officer.



1

Do not run away.

Take a few deep breaths to calm your mind and body.
Running away from police can be a crime.



2

Wait for the officer to speak to you.

Don't share information until you are asked.
Don't make jokes.



3

Listen and follow directions.

Cooperate by answering questions.
Speak as clearly as you can.



4

Move slowly.

Put your hands where the officer can see them. If you have to move, explain what you're doing: "I'm going to reach into my backpack to get my phone. Is that OK?"



5

Do not touch the police officer.

Do not touch their equipment either or the officer may hurt you to protect themselves. The officer is allowed to touch you by patting you down to see if you have a weapon.