

the chicago torture justice center

illustrated
guide

to surviving police violence

HOW TO STAY CONNECTED

GET SUPPORT

& KEEP IT REAL WHEN DEALING

WITH THE COPS

(AGAIN)

NOTES:

WHY THIS GUIDE? - An encounter with the cops can make us freeze up or "leave" our bodies in the moment. Repeated over time, experiences of aggression or harm at the hands of police can seem to pile up & keep us from feeling & acting like ourselves.



This small guide is here to help you stay connected to yourself, your streets & your support system, so you can communicate what you need in these situations.

NOTES:

BREATHE.

Practice this breath when you need space.
Breathe in for 7 slow counts.
Hold for 3 slow counts.
Breathe out for 7 slow counts.

As you breathe, observe your breath. Speak or think an affirming truth to yourself:
I am ... (I am standing; I am not alone.) Often times, a simple script can be best:
As you breathe in, "I know that I am breathing in." As you breathe out, "I know that I am breathing out."

breathing meditation from thich nhat hanh

SEEING OR DEALING WITH POLICE ON A REGULAR BASIS CAN BRING UP TONS OF FEELINGS.

In these moments, what do you feel?



NOTES:

WITH THE # OF COPS EMPLOYED & BEING TRAINED IN OUR CITY, THE LIKELIHOOD OF MULTIPLE RUN-INS IS HIGH. WHETHER THIS HAPPENS TO YOU OR AROUND YOU. THERE ARE MANY OPTIONS FOR STAYING AWARE & CONNECTED IN PUBLIC SPACES.

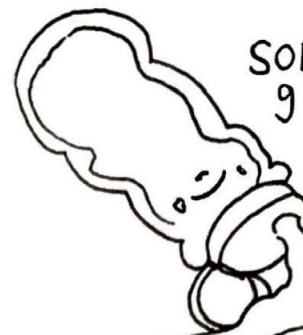


In this moment & moments like this,
what do you need? (circle all that apply)

NOTES:



NOTES:



SOMETIMES SITUATIONS CAN GET STICKY BECAUSE THE POLICE HOLD A POSITION OF POWER THAT IS ACCEPTED & FUNDED BY THE STATE. IF A COP BECOMES AGGRESSIVE & ABUSES THIS POWER, YOU OR SOMEONE NEARBY MAY NEED TO DE-ESCALATE. IF THIS HAPPENS TO YOU, STAY CONFIDENT & ASSERT YOUR RIGHTS, BUT AVOID PHYSICAL RESISTANCE (PUSHING OR TOUCHING). REMEMBER: **YOUR SAFETY COMES FIRST.**

Assess the situation.

You may need to be polite and avoid getting defensive or showing anger

Be aware of your body position.

Avoid standing eye-to-eye or toe-to-toe, which may be seen as a challenge.

IF YOU ARE DETAINED: do not waive your rights! Don't sign any papers without reading them all the way through.

IF YOU ARE INJURED: take photos of the injury if you can. Take down any ID of officers involved - they must show you this info.

MORE RESOURCES

KNOW YOUR RIGHTS

- National Lawyers Guild KYR
www.nlg.org/know-your-rights
- The People's Response Team Resources
www.peoplesresponseteamchicago.org/resources.html
- First-Defense Legal Aid KYR
<https://www.first-defense.org/community>

LEGAL

- First-Defense Legal Aid Free Lawyer 24-Hour Hotline
1-800-LAW-REP-4

COUNSELING

- Chicago Torture Justice Center Individual Counseling or Group Support
773-962-0395

ALTERNATIVES TO POLICE

- from We Charge Genocide
<http://wechargegenocide.org/category/resources/alternatives/>



REMEMBER: **YOU ARE NOT ALONE**. IT'S USEFUL TO KNOW WHO YOU WOULD CALL FOR SUPPORT IF VIOLENCE, HARM, OR ABUSE HAPPENS TO YOU.

adapted from bay area



WHERE DO I GO?

WHO HAS MY BACK?

transformative justice center

There is a growing awareness of the patterns of police misconduct. We know that police violence is happening constantly and affects some communities more than others.

The Chicago Torture Justice Center seeks to address the traumas of police violence and institutionalized racism through access to healing and wellness services, trauma-informed resources, and community connection. The CTJC is part of a movement to end all police violence.

Join a community of folks organizing for justice and healing. For more information check out our website, Facebook page, or give us a call at 773-962-0395.

Think of the people in your life. Who do you see & really talk to? Who do you trust? Who shows up? You can also ask someone close to you who else you can call, or who to call if they're not available.

CONTACT

NAME:
PHONE:
ADDRESS:

Write down the contact information of the person or people you can call to help you get what you need right away. You can let them know you're doing this & why.

"Hey, _____. I'm making a list of people I can call if I need _____. I'm doing this because I feel _____ (when it comes to dealing with police). Can I call on you to help if something were to happen?"

