The First Amendment to the U.S. Constitution protects "the freedom of speech," as well as "the right of the people peaceably to assemble," also known as the right to demonstrate. Different limitations to your rights may apply depending on whether you work for the government or a private institution. This guide can help you make sure your march activities are constitutionally protected.

**Takeaways**
- **Do** separate work and personal advocacy: march as a private citizen.
- When marching **don't** wear work paraphernalia; **do** bring cash, ID, and medication; **do** memorize essential phone numbers.

Thank you to the American Civil Liberties Union (ACLU) for guidance in creating this pamphlet, and for allowing us to adopt parts of ACLU's published materials.
If you decide to participate, do distinguish work activities from personal activities.

- Do organize and discuss the march or other advocacy outside of the workplace and work hours, even if conversing with work colleagues.
- Don’t use work or government-funded supplies to prepare for the march or other advocacy, e.g., use your personal or non-work email, computer, printer, etc.
- When marching, don’t wear work paraphernalia, e.g., a university hat or a work-issued lab coat.
- Don’t provide your work affiliation when publicizing your involvement. If you must for identification purposes, clarify that you do not speak on behalf of your institution. Consider this if you provide an interview, sign a petition, or post on a blog or social media.

Public funding – can your email be made public?

Open records laws allow members of the public to request information from public employees (see definition in 2), such as asking for copies of work records and work-related emails — even those on a personal email account.

If you are a federal employee, state university employee, or a private employee who uses government grants, you may be subject to state open records laws or the federal Freedom of Information Act (FOIA).

- Always maintain distinct personal and professional email accounts to protect against your personal emails being made public pursuant to open records laws.
- Don’t advertise the march or your participation on your government-funded site, e.g., on a Twitter account related to a National Science Foundation-funded research project.

In case of arrest

- Do carry cash, essential medication in its original bottle, and an official, accurate, and valid form of identification, such as a driver’s license.
- Do make emergency childcare plans.
- Do disable any fingerprint scan on your phone; do lock your phone with a strong and unique password or code.
- Do memorize or write with permanent marker on your arm the phone numbers of friends, family, or your lawyer.

Know your circumstances, and possible consequences

- Not a U.S. citizen? Know your immigration “A” number (if you have one). For additional guidance, visit http://nipnlg.org/tools.html.
- Undocumented, under court supervision, or have a record? Consequences can be worse for you than for other people! Discuss the risks of arrest with a local lawyer.
- Have a disability, special medical needs, or limited English proficiency? Carry a card or wear a bracelet to explain your situation.

Law enforcement: dos & don’ts

Note: some state laws may vary.

**WHEN INTERACTING WITH POLICE**

- Do stay calm and be polite.
- Do keep your hands in plain view.
- Do feel free to videotape officers; it’s legal as long as you’re not so close to them as to be interfering.
- Do ask, “Am I free to leave?” If the officer says yes, calmly and silently walk away. If the officer says no, ask, “Am I being detained?” or “Am I under arrest?” and “For what crime?”
- Don’t make sudden movements or point at the officer.
- Don’t touch the officers or their equipment.

**WHEN BEING QUESTIONED**

- Do say your name, address, and “I wish to remain silent” — and repeat if questioning continues.
- Do try to memorize the officer’s badge number.
- Don’t reveal information based on police promises.
- Don’t lie to the police or provide fake documents.

**WHEN BEING SEARCHED**

- Know that police officers are permitted to “pat down” your outer clothing if they suspect a weapon.
- Do say, “I do not consent to this search,” if the police try or ask to search you, your car, or your belongings.
- Don’t physically resist a search or struggle; if you do, you can be charged with assault.

**WHEN BEING ARRESTED**

- Do say, “I wish to remain silent. I want a lawyer.”
- Do give your name and address if asked.
- Don’t resist, even if you believe the arrest is unfair.
- Don’t give explanations or excuses.

**AFTER ARREST**

- Do make a local phone call (some states provide a right to a call only if you are held overnight).
- Do read all papers fully before signing. Ask for an interpreter or lawyer if necessary.
- Note: Arraignment is when you learn the charges against you. Arraignment is not trial.

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**PREPARE FOR THE IMPROBABLE**

**Continue...**

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