



ACTIVITIES / COMMUNITY / LOCAL EVENTS / JANUARY 19, 2017

## Suggestions on How to Safely Bring Kids to Protest Rallies



By Ariel Frager

Some people will want to bring their children along as they march in protest. In some families, teenagers will want to attend the protests without parental supervision. Here are some suggestions to help keep everyone safe.

### Protest March Safety for Families with Young Children

- Check to see if the protest you are planning to attend is permitted. Permitted protests and rallies tend to be safer for participants as there will be a police presence at the event. The

<http://www.portlandfamily.com/posts/suggestions-on-how-to-safely-bring-kids-to-protest-rallies/>

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Facebook pages. Read about the philosophy of the protest before attending.

- Do some research prior to attending the march to see if there will be a counter-protest. When protesters and counter-protesters meet, there is a higher likelihood of violence and you may want to avoid bringing children if a counter-protest is planned.
- Plan to leave the protest when the official programming ends. Violence sometimes breaks out after the organized rally has ended.
- Use the buddy system and make a plan in case you get separated from your family.
- Things to bring to a march or rally:
  - Snacks and water
  - Enough money to get home via a taxi/Uber/Lyft if needed
  - A fully charged phone and a wireless phone charger

Many teenagers will want to join the protest marches without adult supervision. If your teen wants to join the protests, it is important to discuss how the police could interpret their behavior. Try to impart to your teenage sons and daughters the importance of obeying the law. Even if other people are smashing windows and destroying property, they should not become involved. If things start to get violent, urge your teen to move away from the area as quickly as possible. When your teenager is given instructions by police officers, tell him or her to comply.

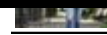
### Protest March Safety for Unaccompanied Teenagers

- Bring a buddy and stay with your buddy. No teen should attend a protest alone.
- Instruct your teens to follow the law, even when others are not.
- Have teens bring some essential items with them to a protest, including the following:
  - Snacks and water.
  - A bandana and sunglasses or goggles to cover their mouths and eyes in case of pepper spray.
  - A bottle of Mylanta and extra water bottle to clean faces if pepper sprayed.
  - Parental phone number written on their arms in case of arrest.
  - A fully charged phone and backup wireless charger.



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