

## Black Lives Matter - Resources for Our Families & Communities

- **Protest Safety During COVID-19**
  - [Practical Guide to: Protesting & Pandemic Prevention](#): Resource compilation that addresses how to navigate protesting in the time of COVID-19 from prepping to protest, during, and after protesting.
  - [Safety During Protests](#): Discusses what to do; what not to do; what to wear; what to bring; dealing with teargas; and knowing your rights.
  
- **Resources for Protestors**
  - Rights as a Protestor:
    - You have the right to express your opinions in public.
    - You have the right to protest in “traditional public forums,” such as streets, sidewalks and parks, so long as you are not interfering with traffic or building usage. Marches that block traffic require a permit.
    - “Dispersal” should be law enforcement’s last resort, and officers may not use such tactics unless there’s a “clear and present danger” or threat to public safety, such as riots and looting.
    - If you are lawfully in a public forum, you have the right to photograph police, and they may not confiscate or demand to view your images or videos.
    - Police may not arrest you without “reasonable suspicion” that you are about to commit a crime (or are already committing one).
    - Stay calm if you are arrested. You have the right to remain silent, and do so if your lawyer is not present. Ask to call your lawyer immediately.
    - You have the right to medical attention should you be injured.
    - As soon as you can, write down everything you remember about the arrest, including badge and patrol car numbers if you have them.
  - Pro Bono Lawyers in Denver Helping BLM Protestors:
    - [The Law Offices of Ross Ziev](#) – 720-355-0025
    - [Muhaisen & Muhaisen LLC](#) – 303-407-0456
    - [Robinson Kardon](#) – 310-995-9332
    - [The Law Office of Jessica Enggasser Johnson LLC](#) – 720-588-3385
  
- **Self-Care (Taking Care of Your Mind, Body and Soul)**
  - General Self-Care Tips:

- Social support is key during times like these. Keep in contact with people who bring you happiness
  - Fitness is a great way to help channel your emotions and focus your mind and body in the present.
  - Care for your personal hygiene
  - Make 'you time' to do the things you enjoy
  - Positive affirmations
  - Journaling (writing down thoughts and feelings) can be a great sense of relief and a way to release emotions.
  - Practicing meditation, breathing, stretching
  - Limit social media intake
  - Talk to an affirming counsellor or therapist.
  - Be gentle with yourself
  - Know your capacity and listen to your body when a break is needed
- [Self-Care Tips for Black People Feeling Overwhelmed by the Media](#)
- [Self-Care When the News is Difficult](#)
- [Self-Care for #BlackLivesMatter Activists](#)
- [Therapy for Black Girls](#): This site aims to present mental health topics in a way that feels more accessible and relevant. It features a [weekly podcast](#) addressing Black mental health and provides resources to help Black women find a therapist in their area
- Crisis Text Line: provides 24/7 free support for any crisis. A live, trained counselor responds from a secure online platform. Text HOME to 741741 to connect with a Crisis Counselor.
- [Inclusive Therapists](#): a directory specifically of therapists offering reduced-fee teletherapy.
- [Better Help](#): a virtual therapy matching service that offers a free first month of therapy to anyone in the US.
- [Family-Care, Community-Care and Self-Care Tool Kit: Healing in the Face of Cultural Trauma](#)
- **Resources for Talking to Children About Racism and Protesting**
  - Racism and Violence How to Help Kids Handle the News: [English](#) | [Español](#)
  - [George Floyd, Racism and Law Enforcement](#): Questions to start a conversation and take action with kids ages 11+.
  - [Podcasts to Broaden Your Understanding on Racial Inequality and Black History](#)

- Just Mercy: Available to rent for free on digital platforms for the month of June for those who wish to learn about systemic racism.
  - [YouTube](#)
  - [Redbox](#)
  - [Vudu](#)
  - [Google Play](#)
  - [Prime Video](#)
  - [iTunes](#)
  
- **Ways to Support the Movement Without Protesting**
  - [Supporting Black Owned Businesses](#): A list of 200+ black owned businesses to support in Denver.
  - Donating Locally
    - [Black Lives Matter 5280](#): Tax-deductible donations made to BLM5280 will be used for bail, legal support, and provision of direct services for Black people impacted by the current and ongoing crisis.
    - [Colorado Freedom Fund](#): Founded in 2018, Colorado Freedom Fund (CFF) is a revolving fund that pays ransom (posts money bond, pays cash bail) for people unable to afford the cost of buying their own freedom. The Colorado Freedom Fund is bailing out people arrested in the Denver demonstrations.
    - [Soul 2 Soul Sisters](#): A fiercely faith-based, Black Womxn-led, racial justice organization focused on Black healing and Black liberation.
    - [Denver Justice Project](#): The Denver Justice Project (DJP) works with historically marginalized communities to address systemic racism by transforming law enforcement and the structure of the criminal justice system through intersectional movement building, direct action, advocacy, and collaborative education.
  - Signing Petitions
    - [Colors of Change #JusticeForFloyd](#)
    - [Justice for George Floyd](#)
    - [Justice for Breonna Taylor](#)
    - [Justice for Ahmaud Arbery](#)
  - Contacting Your Representatives or Mayor
    - [8 Can't Wait](#): Cities that enact these eight use-of-force policies can reduce police violence by 72%. The city of Denver has three policies remaining to enact: 1) ban chokeholds and strangholds, 2) duty to

intervene, and 3) require all force be reported. Contact [Mayor Hancock](#) at 720-865-9000 to tell him to enact all eight policies.

- [Senator Michael Bennet](#) – 202-224-5852
  - [Senator Cory Gardner](#) – 202-224-5941
  - [Congresswoman Diana DeGette](#) (Denver) – 202-225-4431
  - [Congressman Jason Crow](#) (Aurora/Centennial/Brighton) – 202-225-7882,
  - [Congressman Ed Perlmutter](#) (Lakewood/Wheat Ridge/Westminster/Commerce City) – 202-225-2645
- [Register to Vote](#)