DON'T PANIC :: DON'T TALK

If you think you might be identified from the photos police released of recent events.

DON'T panic. The photos released are not necessarily evidence. Just because the police have a blurry photo that might be of you doesn't mean they know who you are.

DON'T hand yourself in. The police often use the psychological pressure of knowing they have your picture to persuade you to 'come forward' when they don't know who you are or have evidence against you.

DONT assume that because you can identify yourself in a video, a judge will be able to as well. 'That isn't me' has got many a person off before now.

DO get rid of your clothes. There is no chance of suggesting the person in the video is not you if the clothes they are wearing have been found in your wardrobe. Get rid of ALL clothes you were wearing at the demo, including YOUR SHOES, your bag, and any distinctive jewellery you were wearing at the time.

DO keep a low profile for a while. The police will be on the look-out at other demos for people they have put on their 'wanted' list.

DO think about changing your appearance. Perhaps now is a good time for a make-over. Get a haircut and colour, grow a beard, wear glasses.

DO keep your house clean. Get rid of spray cans, demo related stuff, and dodgy texts / photos on your phone. Don't make life easy for them by having drugs, weapons or anything else illegal in the house.

DO be careful who you speak about this to. Admit your involvement ONLY to people you really trust. Be very careful what you say on the internet.

DO try and control the nerves and panic. Waiting for a knock on the door is stressful in the extreme, but you need to find a way to get on with life as normal. Otherwise you'll be serving the sentence before you are even arrested.

"NO COMMENT"

If you're nicked, use your right to REMAIN SILENT. Answer "no comment" to ALL questions before & after arrest & during interviews.

DO NOT SAY ANYTHING TO THE POLICE even if they say "it is in your best interests". Cops can never be trusted. From the moment you are stopped, everything you say is evidence - there is no such thing as a friendly chat. They will try to get evidence against you & against other people. It is easier to say nothing at all than selectively answer questions. Say nothing & sign no statements without legal advice.

DON'T BRAG :: DON'T SNITCH DON'T GOSSIP :: KEEP SAFE