

Arrested? 60-Second Checklist

A one-page guide by Reed Nolan Legal Education (educational only; not legal advice).

Say (calmly):

- "Am I free to leave?"
- If not: "I choose to remain silent. I want a lawyer."
- "I don't consent to any searches."

Do

- Keep hands visible; move slowly when reaching for ID.
- Use a steady voice. Don't debate the law on the sidewalk.
- If moved to booking, treat calls as recorded: logistics only (who/when/where).

Don't

- Guess, explain, or fill silence with details — stress creates contradictions.
- Consent to a search just to look cooperative; you can politely decline.
- Post play-by-plays on social media. Keep updates private and factual.

Further reading

Arrest rights checklist (reednolanlaw.com) -> <https://reednolanlaw.com/arrested-rights-checklist.html>

Next steps after asserting rights (reednolanlaw.com) -> <https://reednolanlaw.com/arrest-rights-next-steps.html>