

# What happens if I'm Arrested?

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**Don't panic!** Just remember our [key advice](#):

**Make "NO COMMENT" to all questions.** There is no such thing as a friendly chat with a police officer. Everything you say can and will likely be used as evidence. If they interview you, give a "No Comment" interview, unless under explicit advice from a [good solicitor](#) to make a written statement.

**Don't use the 'duty solicitor'** (the one available at the police station). They often give bad advice to protesters. Use a solicitor recommended on the bust card instead.

**Do not accept a caution!** This is an easy win for the police. It is an admission of guilt and goes on your permanent record.

This guide goes into the arrest process and your rights in more detail.

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