#1 RULE IF ARRESTED

Don't help them convict you.

The prosecution team, the police and the prosecutor, have the burden of proving their case. Set them to their burden.

Don't talk to the police unless your lawyer tells you to. Almost never will talking to the police help you. Instead, the police are most likely to selectively listen for the purpose of collecting evidence against you.

Once a decision is made to arrest you, the prosecution team sets about making sure there is sufficient evidence to convict you (and before arrest as well). Because they have the burden of proof, their view of what they see is filtered by their burden. They view facts by seeing it the facts will support their case. When statements are obtained, do not assume what you say will be written down in context. Admissions are often recorded, even distorted, and good things for you often omitted.

Next, always plead "Not Guilty." See what they have, and what they don't have. You don't have any burden to prove yourself innocent. They must prove you guilty.

A well known comedian tells a story of a domestic violence arrest. He tells the police officer that he was attacked first and that he pushed his wife away. The officer responds, so you admit you pushed her. And he did!