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# STAYING WHOLE & UNITED:

A LOVE LETTER AND SUPPORT GUIDE  
FOR FAMILIES NAVIGATING HARMFUL  
IMMIGRATION RAIDS AND POLICIES



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# ACKNOWLEDGEMENTS

This love letter and resource guide for families impacted by harmful immigration raids and policies is the result of a collective effort created through the wisdom, care, and collaboration of people from many walks of life — across geographic boundaries, race, and language — who believed it was important to come together for families. As the lead authors, we, Drs. Tunette Powell and Xigrid Soto-Boykin, hold our names here because this offering carries risks, and we take those risks with love. Yet this guide is not ours alone. It carries the dreams and truths of many.

The beautiful cover art was created by visual artist Moriah Hood, whose work captures both strength and tenderness of the diverse families in the United States. The design of the love letter and guide was a collaboration between Dr. Xigrid Soto-Boykin and Eric Martinez.

To every family who shared their stories, reflections, and dreams, you are at the heart of this work.





**Welcome.**



**We see you.**

We see you beyond the gaze of dehumanizing immigration policies. We see you trying to live a life that makes your ancestors proud, trying to break cycles, build something new, and get free.

The struggle is real.  
And we couldn't stay quiet.  
We can't stay quiet.  
We won't stay quiet.

Even in the midst of an American nightmare, we still believe in the human dream — a dream that includes all of us, across languages, borders, and histories.

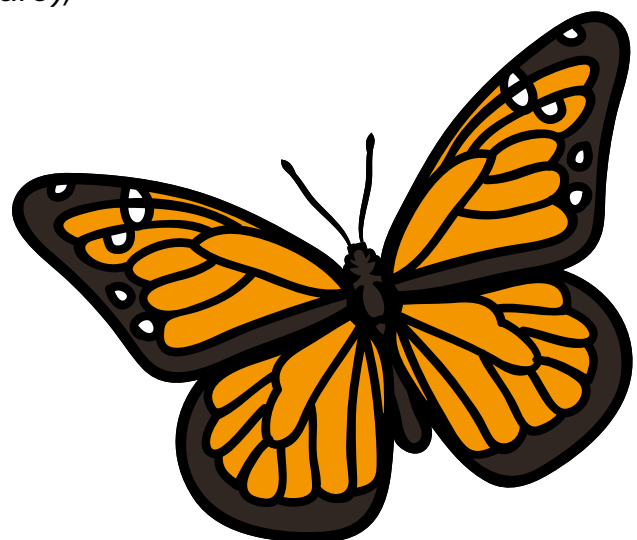
We believe in a world where every parent can watch their child grow in safety. Where young people can imagine possibilities and follow joy. Where families can breathe without fear.

This resource was created with deep love to share the stories of families impacted by immigration. To offer tools that support hard conversations, and help us care for ourselves and care for one another.

Because we are together. Because while we can't erase what's happening, we can get through it, together.

*In the spirit of Ubuntu (I am because we are),*

*Tunette Powell  
Xigrad Soto-Boykin  
Cinthia Palomino  
Alejandra Aguilar  
Darielle Blevins  
Gladys Aponte  
Lisa Gordon  
Kelly Baker Wiese  
Torie Weiston-Serdan  
Shelby Kretz  
Moriah Hood  
Eric Bucher  
Shantel Meek*





# CREATED WITH YOU IN MIND

This resource was born out of what we heard from immigrants across the country. We kept hearing that something like this, something made for families and with families, was deeply needed.

So we listened.

We sat with families directly impacted by immigration raids and policies, and asked them to share pieces of their lives: what brings them joy; what helps them feel grounded; what makes them feel seen and valued; what gives them hope; what keeps them going; and what dreams they carry for themselves and their children.

This love letter grew from those bold reflections. You'll find their words and wisdom throughout. We share these as reminders that you are not alone, and that your story, your strength and your dreams matter.

**Source:** UndocuU 2.0, Global Migration Studies, California State University, Long Beach, <https://cla.csulb.edu/departments/gms/undocu-2-0/>





## TAKING CARE OF OURSELVES AND EACH OTHER

*Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.*

**- Audre Lorde**

Even in the middle of hard times, especially now, we deserve care. When we're having difficult conversations with our children or trying to hold our families together through uncertainty, caring for ourselves becomes even more essential.

Tending to our mental health is one way we care for our families. It shapes how we show up, how we love, and how we move through the world.

Caring for our mental health can look like honoring what brings us joy, what helps us feel grounded, what makes us feel seen and valued, and what gives us hope for what's still possible.

And care doesn't have to happen alone. For many of us, care is also communal. Community care might look different depending on your situation. It can be loud and joyful, or quiet and tender. When it's not safe to leave home, it might mean getting on a video call with a loved one, texting a new song or video to a friend, or playing a game with your children.

These small acts of connection are also acts of resistance and can be powerful forms of healing, too.

Below, you'll find words of wisdom from other immigrant families about what keeps them going, what helps them hold onto joy, and what gives them strength. Then you'll have a chance to reflect on these same questions.



WE ASKED FAMILIES, WHAT  
BRINGS YOU JOY?



*“To see my family  
together at the end of  
the day.”*

*“Each  
other and  
our faith”*

*“When my children come  
back to the house from  
school and my husband  
comes back from work.”*



WE ASKED FAMILIES, WHAT BRINGS YOU JOY?

*“Watering the garden. I love being outdoors with the plants.”*

*“Joy is just being all together. Whether it's watching a series, going out to eat, just being together helps us. Enjoying each other's company.”*



WE ASKED FAMILIES, WHAT HELPS YOU FEEL GROUNDED?

*“Not watching the news. They only instill fear and magnify what is really happening.”*

*“Not watching the news. I don’t want to traumatize myself... Keeping my mind busy. I start doing my chores and I forget what is happening.”*



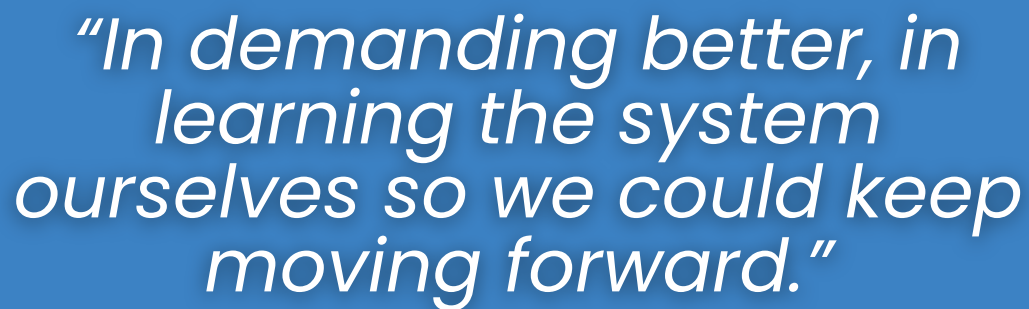
## WE ASKED FAMILIES, WHAT HELPS YOU FEEL GROUNDED?

*"Knowing that my children will be ok. They are American citizens and they are already older. When they were little ones, I was very scared, but now that they are older, I know they are going to be fine even though it will hurt me to be separated from them, if it happens."*

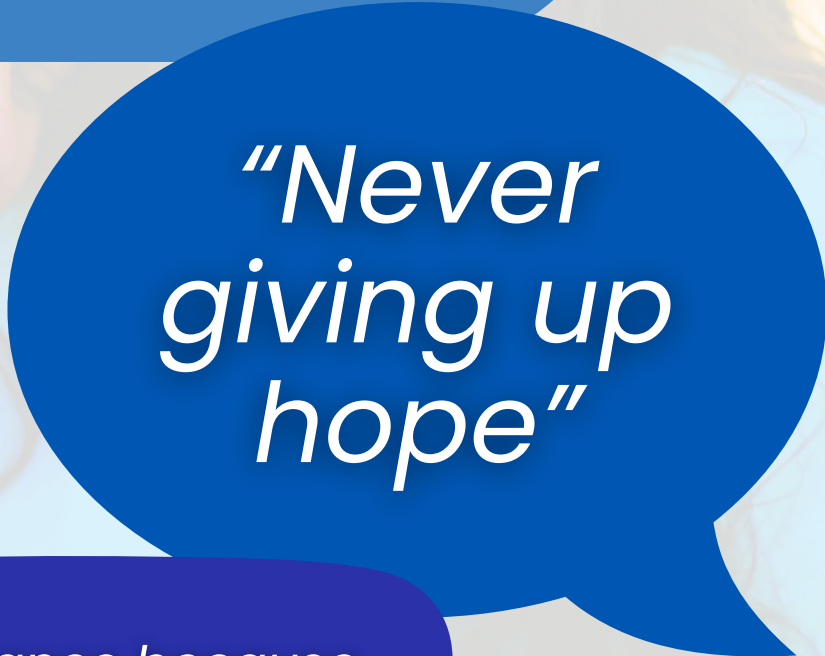
*"Giving back... In Tijuana, we worked with an orphanage and elderly home. I've collected backpack supplies for farm workers and essential workers during the pandemic. I'm about people helping people... No matter the situation you're in, you can always help out. And it is gonna get better, that's how I feel."*




WE ASKED FAMILIES, WHAT DOES RESISTANCE LOOK LIKE FOR YOU?



*"In demanding better, in learning the system ourselves so we could keep moving forward."*



*"Never giving up hope"*



*"Rest is resistance because we cannot pour from an empty cup and we all need to rest and recover for our own wholeness and wellbeing."*



## WE ASKED FAMILIES, WHAT DOES RESISTANCE LOOK LIKE FOR YOU?

*"...my family has pushed back against harmful policies or treatment by doubling down on community and mutual aid. My parents taught me the value of shared reciprocity and supporting your neighbor. Even today, my family is a consistent source of support for those they are in community with and share any education they know that could support folks' safety and mental wellbeing."*



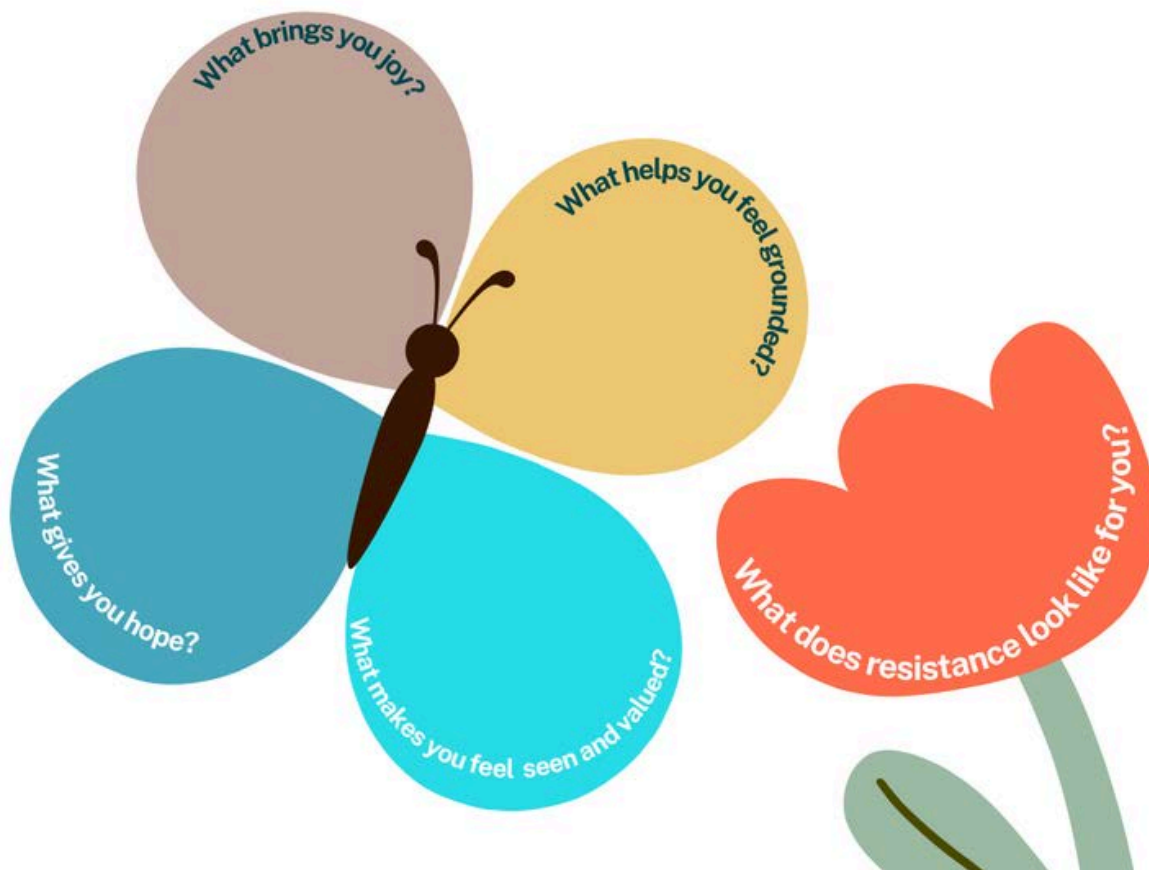
## Now, it's your turn.

Each of us experiences joy, grounding, and hope in our own way. What feels true for you may be shaped by how you were raised, what you believe in, and what you've come to know about yourself, especially how your body feels when you're doing something that feels good, safe, or healing.


### We invite you to use the template below to reflect on:

- What brings you joy?
- What helps you feel grounded (e.g., steady, calm and secure)?
- What makes you feel seen and valued?
- What does resistance look like for you? Or what do you do when you oppose something or to advocate against something?
- What gives you hope for the future?

You'll also find space to create your own questions because you know what matters most to you, especially during these times.







## **Option 2: Music**

Music can bring us joy and courage during difficult times. Create a playlist on your phone using Spotify, YouTube, etc. that inspires you and reminds you of what brings you joy and hope. There is no right or wrong way to make your playlist. If you'd rather just choose one song, that's okay too. The most important thing is that you select music that you enjoy and brings you joy.

## **Option 3: Photos**

Photos of our families, places, memories, or things that give us joy and hope can also be helpful as we reflect. Go through your phone or physical pictures that you have. Find pictures that show people, places, things, or memories that are bringing you joy and hope in this time.

# SUPPORTING YOUR CHILDREN'S MENTAL HEALTH AND WELL-BEING

All children, from infants to teens, thrive when they are surrounded by love, safety, and connection.

And no matter what's happening around you, you are your child's most important relationship.

Your love, your voice, your presence, it all matters.

Even in uncertain times, you can create a sense of safety and calm right where you are. Whether through everyday routines, laughter, or simply showing up for one another, small moments of care can have a big impact.

Below are some gentle ideas from parents and mental health experts about how to support your child's well-being, especially during stressful times. These activities can help create a space that fosters love and joy. And always remember: you know your child best. Your care already holds more wisdom than any guide ever could.

## **Books:**

Books can help you talk to your children about immigration issues in a way they understand. Here's a list of books available in Spanish and English on YouTube. You can click on the YouTube logo to view the books.



Scan here to read!

## Libros Sobre La Inmigración

## Books about Immigration



[LINK TO LISTEN TO CHILDREN'S BOOKS ABOUT IMMIGRATION.](#)



# FOR YOUNG CHILDREN (INFANTS TO AGE 5)

## **Maintain Routines and Consistency**

Children feel safer when they know what to expect. Try to keep a consistent routine to the day, like keeping the same times for meals, play time, and sleep time.

## **Validate and Celebrate Your Child**


Validating a child's feelings is crucial, especially during challenging times. When you validate their feelings, you help them feel understood, accepted, and safe to express themselves. As you validate their emotions, you can also help them learn how to regulate the difficult emotions.

Every child is wonderfully unique. Notice what makes your child special: the way they communicate with you, the way they laugh, the way they light up when they see something they love. Celebrate their milestones, no matter how big or small. These moments are very important to them.

## **Hold Space for Big and Small Emotions**

Even if your child doesn't fully understand what's happening, they can still sense when something feels different or when the adults are stressed. They may become more clingy, have changes in sleep or behavior, or seem more upset than usual. These are normal responses. You don't have to explain everything, but let them know they are loved.





If your child is noticing changes and asking you questions, use simple words to explain only what they need to know and what aligns with their developmental level. Regardless of the age, it is recommended that as adults, we not make promises we may not be able to keep. However, you can most definitely let them know that they are loved and teach them how to remain as calm as possible during stressful times.

You might say something like, “There are some things happening that we’re figuring out, but you are safe with me, and I’m here with you.” For children who are not speaking, reassure them with your words, hugs and help them understand changes to their routines using pictures or objects. You can also begin creating a family safety plan, and while you may not share every detail, knowing you have a plan can help you feel more secure, and your calm presence helps your child feel that security too.

### **Be Joyful Together**

Spend time doing things that bring your child joy. Cuddling, laughing, smiling and playing together with your child can spark joy and make them feel safe and loved. Play with what your child loves, whether it's reading a book together, and sometimes the same book over and over; coloring together; or playing with playdough or sand. Most children enjoy playing with other children, too, which is also beneficial for their social and emotional development. If you feel comfortable, invite other families to spend time together, so your child can play with other children, too.

And to the parent who is tired, the one working long hours or stepping into unsafe or stressful spaces just to support their family: we want you to know that we see you and know you are fighting day after day. And we value your sacrifice.

Joy doesn't always have to be big or take a lot of time. Even five minutes of presence in the form of a shared snack, a song on the way to school or daycare, or a bedtime story can be powerful.

## **WE ASKED A PARENT, WHAT ARE YOUR DREAMS FOR YOU AND FOR YOUR CHILDREN?**

*“That I can someday have papers and be able to stay where my children are.”*

# ELEMENTARY-AGED AND PRE-TEEN CHILDREN (AGES 6 TO 12)

## Maintain Routines and Consistency

Older children also benefit from daily routines. Try to keep regular times for school or out-of-school activities, meals, homework, sleep, and entertainment. If they want to do things outside of the routine, try your best to honor that and talk together about what feels manageable and safe for your family. Involving them in the development of a shared plan could also offer some peace of mind.

## Validate and Celebrate Your Child


At this age, children are growing into themselves. Pay attention to what excites them, what they are curious about, and what they take pride in — from reading a new book to making their own sandwich. Support their strengths and notice where they may need extra help or encouragement, whether at school or at home.

## Create Space for Questions and Hard Conversations

Your child might be experiencing a wide range of emotions. They may have questions about what's happening, and they might hear things at school or online that aren't true or that are exaggerated to create fear among the communities.

This can cause even more confusion, fear, and uncertainty. Let your child know that you're there to answer any questions they have. Try to explain what's going on in simple and honest terms, using words and phrases that they can understand, explaining how this situation affects your family.





There are times when adults are much more nervous about discussing these topics than children are. However, it is important to remember that children may hear these words at school or on their cellphones: Deportation, Illegal, ICE (La Migra), and Immigrants. It is so much more important for you to explain these terms correctly than for them to receive an incorrect explanation from someone else. If you don't know the answer to something or aren't sure how to explain it, look it up together. This shows your child that it's okay not to know everything and that you are a team.

Even if they haven't come to you with questions, remind them that you're always there to listen and talk. If you haven't already, we invite you to create a family safety plan and go over it with them. These conversations can be hard, but having clear information and a trusted adult to turn to can help your child feel more safe and secure.

### **Be Joyful Together**

Make space for connection. Whether you are watching a funny movie, playing sports outside, or having quiet time to talk, these shared moments help your child feel loved. Through these moments of joy and happiness, you may also be helping your child learn how to ground themselves. If they enjoy being with others, consider planning playdates or family visits with people you trust. Choose what feels safe and right for your family.

And if you're the working parent who's exhausted or juggling too much, remember that connection doesn't have to be time-consuming. A dance break in the kitchen, a quick check in before bed or laughing at the same inside joke can go a long way.

## WE ASKED FAMILIES, WHAT ARE YOUR DREAMS FOR YOU AND FOR YOUR CHILDREN?

*"Seeing my children fulfilled."*

*"I want my children to be good citizens and to be happy. It doesn't matter the level of education or the profession they choose, but that they are happy doing the work they choose."*



# TEENS AND OLDER YOUTH (13+)

## **Maintain Routines and Consistency**

Much like younger children, though they may not say it, teenagers and older youth crave attention, a routine and daily structure. These things help create a sense of safety and stability during a time when so much is changing. As teens begin to explore their identity—figuring out what matters to them, who they want to be, and how they fit in—routine can help lower stress and anxiety. Keeping a regular schedule, like consistent wake-up and bedtimes, set times for meals, homework and fun, can make a big difference. When routines need to change, try to talk through the changes with your teen ahead of time. Open and honest communication on all sides helps build trust and prepares them to handle life’s ups and downs with more confidence.





## **Validate and Celebrate Your Child**

Adolescence is an important time when young people start to figure out who they are — this is called identity development. They may explore things like what they believe in, what they enjoy, how they want to express themselves, and where they feel they belong. During this time, teenagers often want more independence from their caregivers. This can feel complicated or even nerve-wracking, but there are ways to give them some freedom while still keeping them safe and celebrating who they are.

Letting your teen share what brings them joy and peace can help you affirm them as they grow. One way to do this is by joining them in something they love, like watching their favorite soccer team, helping them practice for a school play, or playing some game with them. Asking for their input and finding small ways to connect can go a long way. Giving your teen space to be themselves and offering your full attention, even for a short time, can support their growth and help strengthen your relationship.

And remember that even though it may often seem like your teenager doesn't want you involved in their life, they need you very much and benefit greatly from your love, time, and attention.

## **Create Space for Questions and Hard Conversations**

Teenagers and older youth are often more aware of what's happening around them, including the stress immigration issues are causing in families and communities. Your teen might be hearing and seeing things at school, on social media, or from friends, and not all of that information will be accurate. They may also feel pressure to “stay strong” or protect younger siblings.

As with the aforementioned age group, we encourage you to create a space to talk honestly and openly with your children about issues related to ICE raids, deportations, immigrant families, and whatever you feel necessary to share about your immigration status or story. Let your child know they can come to you with questions, concerns, or fears, and that you'll do your best to talk through things together. If you don't have all the answers, be honest about that, and consider looking for information together. This helps build trust and reminds them that they're not alone.

Involve your teen, when appropriate, in creating or updating a family safety plan. Giving them a role in the process can help them feel more prepared, confident, and grounded. At the same time, make sure they know it's okay to express their emotions and not have everything figured out.

As hard as these conversations may be, your presence, your honesty, and your love go a long way in helping your teen feel supported and safe.

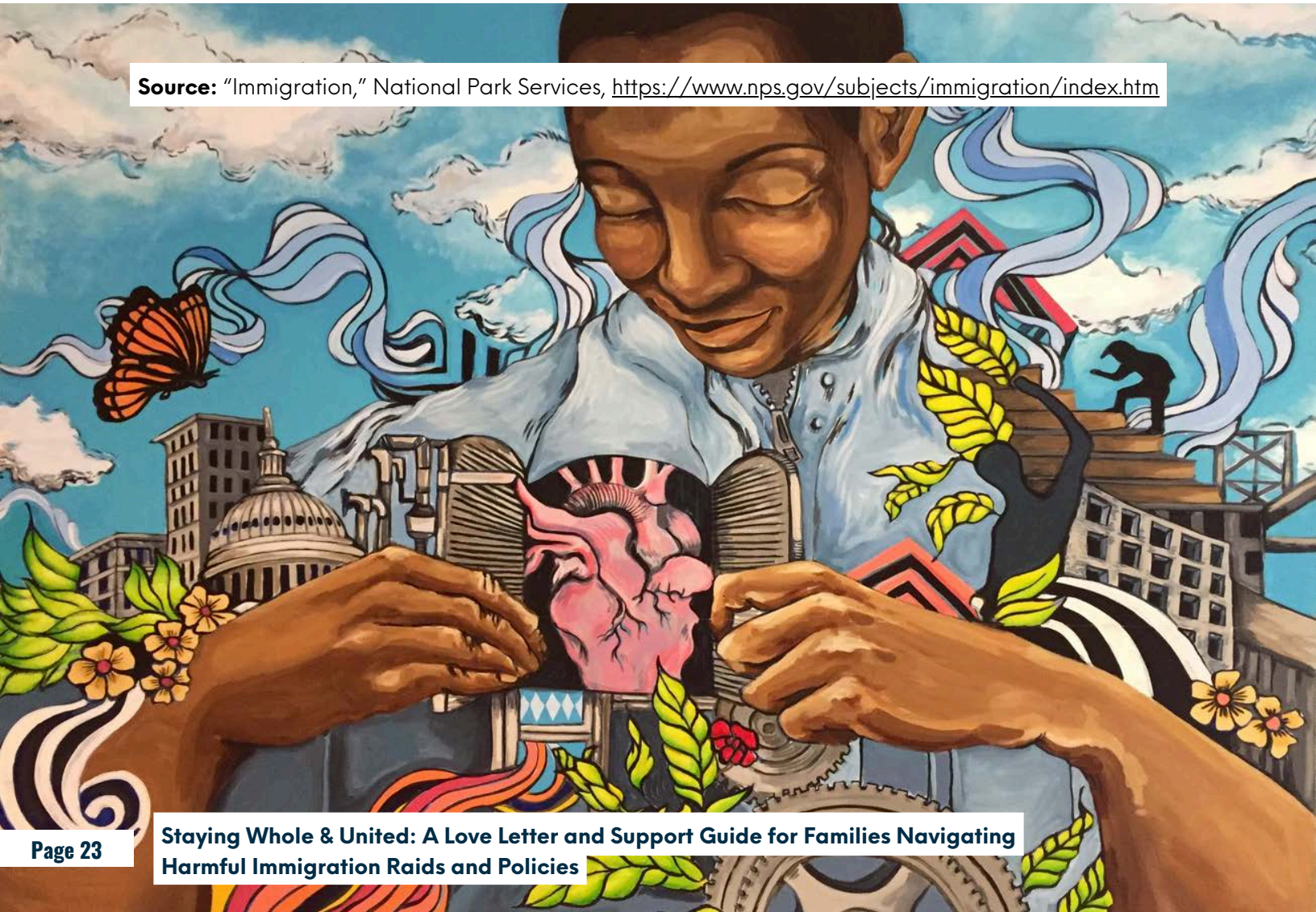


## **Be Joyful Together**

Ask your teenager what they might like to do together. If it feels comfortable, do something outside, whether it's going for a walk, sharing an ice cream or a visit to the home of a trusted family friend—getting some fresh air can be a fun way to connect. This could also look like cooking a family recipe together or looking through photos and sharing stories of your teenager when they were younger. These small moments can create space for bonding and conversation. Even if your teenager seems unsure or uninterested at first, your presence matters. Taking time to really listen and be with them helps strengthen your relationship, which is an important anchor as they continue to learn, grow and move toward adulthood.

Even when time is limited, or even if your teen seems distant or disinterested, your presence still matters. Laughing at a TikTok video together, letting them control the music during a car ride, or just sitting in the same room can be enough. You showing up, in whatever way you can, is love.

**Source:** "Immigration," National Park Services, <https://www.nps.gov/subjects/immigration/index.htm>





# CHILDREN WITH DISABILITIES (THAT IMPACT THEIR COMMUNICATION)

## Create Calm with Sensory Activities

During times of stress, it could be helpful to create a rhythm, movement, or activity that helps you and your child or youth with disabilities find moments of calm. Examples of activities that can be calming include jumping, swinging, turning down the lights, blowing bubbles, taking deep breaths, playing with sensory toys like playdough or sand, snuggling under a blanket, spinning, playing with water, etc. Of course, you know your child/youth best, so choose the activities that you find most calming.





## **Maintain Routines and Consistency**

Routines and consistency can help children and youth with disabilities feel calm and safe. Try to maintain a daily routine that is predictable as much as possible. A visual schedule with pictures or objects like the one below placed on a wall or on the refrigerator can help children and youth understand their daily routines. If there is a change to the routine, it is helpful to let your child or youth know ahead of time whenever possible.

### **My Morning Routine**



### **My Evening Routine**



*Example of a visual schedule.*

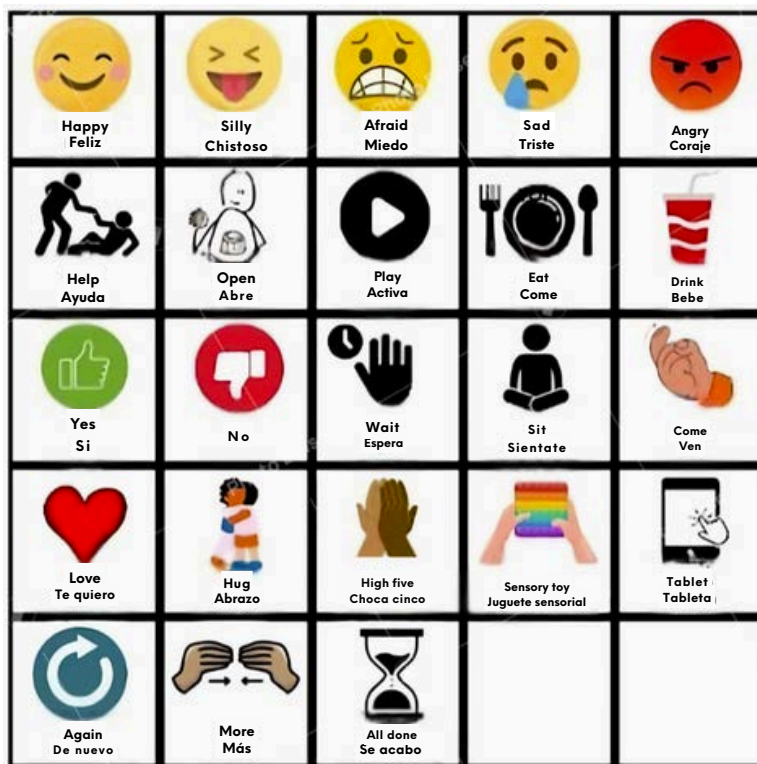
Click here to download a [blank version](#) in English, Spanish, or Haitian Creole. You are welcome to add additional languages too.



*Scan here to see a blank version!*

## Communicate Using Visuals and In Simple Language

All children, including those with disabilities, can understand when there are changes to their environment. Help children and youth with disabilities understand what's happening in a way they understand. For children and youth that are non-speaking or who need additional support to communicate, visuals can be used to help them use vocabulary that is appropriate for them, as well as words to help them express what they are feeling.

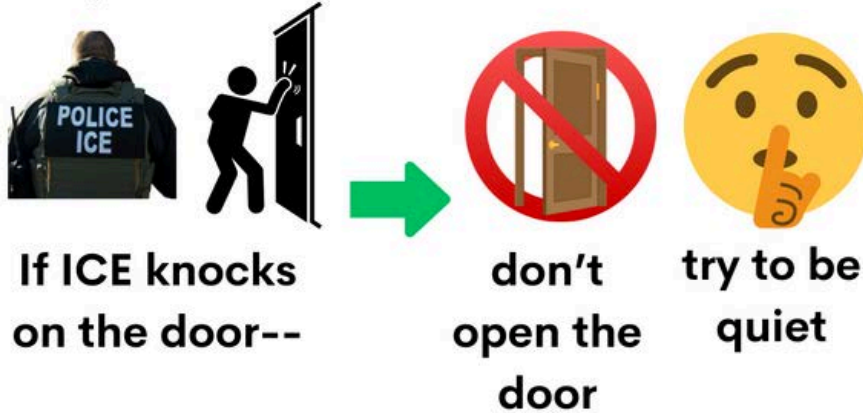


**Scan here to see a  
blank version!**

*Example of a communication board that can be saved on phone or tablet, or printed for quick access.*

**Click here to [download this communication board and a blank version](#) you can adapt.**

## What do I do if ICE or another person knocks on the door?



**Scan here to  
download the  
visuals!**

*Example of visual that can be saved on phone or tablet, or printed to help children and youth know what to do if ICE or another stranger knocks at the door. It could be helpful to say something like “if anyone knocks on the door” because sometimes people other than ICE agents come. This visual can be reviewed with your child and youth several times to help them understand and be ready.*

**Click here to download the [visuals](#).**

It is also helpful to remember that not all communication needs to have spoken words or even visuals. For example, we all communicate in different ways, including touch, gestures, sounds, and facial expressions. It is helpful to be attentive to all the different ways a child or youth with disabilities whose communication is impacted is expressing themselves, and respond to them to ease any anxiety, discomfort, or fear.

Another thing that can be helpful is reading stories that explain what is happening using language they understand while reassuring them that they are safe and loved. Below are examples of different types of stories that can be used to explain concepts related to immigration to children and youth with disabilities whose communication is impacted. Feel free to make up your own story that matches the needs of your child and your family too.



**When Someone in My Family Has to Leave**




**READ HERE**



*Scan here to read the full book!*

**I am Safe.  
I am Loved.**



**READ HERE**



*Scan here to read the full book!*



## **Be Joyful Together**

Creating time to have fun with your child or youth with disabilities, is more important than ever. Follow the things and activities that bring your child or youth the most joy. Whether this is jumping, reading, watching a show or movie, singing a song or listening to music, or talking about your child's special interest (e.g., dinosaurs, letters, etc.), create the space for you and your child or youth to connect, laugh, and enjoy time with one another. As you all have fun together, remind yourself you're doing a great job as a parent, even in times of uncertainty.

## **WE ASKED FAMILIES, WHAT ARE YOUR DREAMS FOR YOU AND FOR YOUR CHILDREN?**

*"That my children graduate and finish their high school."*

*"That I can stay with my children in a state where immigrants can access resources without restrictions, such as health services."*





# STAYING SAFE BUT ROOTED IN YOUR IDENTITY AND CULTURE

There are times when families have to make hard choices, not because they want to but because their survival demands it. For undocumented and mixed status families, in today's context, this might mean keeping a low profile in public spaces, avoiding attention and being extra cautious. These conversations may feel similar to the ones Black American families have with their children about encounters with police, which doesn't mean Black children are doing anything wrong. Instead, Black American parents do this to protect their children from harm in a world that often sees them through a dangerous lens. You are not less brave for choosing caution. You are not hiding. You are protecting what is sacred. This is not about erasing who you are. It's about staying safe so that you can keep building a future where you and your family can be whole, boldly and freely.

There are ways to stay safe while also maintaining strong roots in your identity and culture. For example, home can be a sacred space where you listen to your favorite music from your country, speak in the language or languages you are most comfortable with, and share the traditions and things you love about your culture with your children. Home can be the place where you remind your children and youth of the beauty, pride, and strength that comes from your culture, language, and ancestors. And remember, our homes, even in uncertainty, embody the spirit of Kapwa (Tagalog), Ubuntu (Zulu), Familismo (Spanish), comforting reminders of our interconnectedness, our shared humanity, and the strength we find in one another.

**Here are some recommendations to help you create a safety plan for your family's well-being. We invite you to adapt it to your needs.**

## 1 **CREATE A PLAN FOR THE CARE OF YOUR CHILDREN:**

- If you are unable to care for your children, decide who will take care of them.
- Share with your children the full name, phone number, and address of the person they can go to in case of an emergency or if you are not home. Make sure this person knows your children's medical conditions, the medications they take, information regarding their health insurance, and any allergies they have.
- If your child has a disability, share any useful information, such as what helps them feel calmer during stressful moments, the list of therapies they go to, and if they have an Individualized Education Plan (IEP or Special Education Documents) include a copy, as well as information about their medical providers and/or therapists.

- Help your children memorize the phone numbers of several trusted adults, or make sure they have that information with them if they cannot memorize it (for example, you can print it on a bracelet or place the information on the refrigerator).
- Make sure your children know who can pick them up from school and who cannot. In most cases, it is necessary to let the school or daycare know.
- Let them know that they should not open the door to anyone, even if they say they are police officers or law enforcement agents.

## 2 STORE LEGAL DOCUMENTS:

- Store a folder with each person's legal documents and make sure your children, or the people who will be caring for your children, know where this folder is located.
- It is also recommended that you leave a folder with copies of each document with someone you trust who lives outside your home.

## 3 INFORM YOURSELF ABOUT THE LEGAL OPTIONS FOR YOUR CASE (OR THE CASE OF EACH FAMILY MEMBER):

- There are options for permanent residents to apply for citizenship.
- Some people with visas may be able to apply for permanent residency.
- If someone is detained by immigration agents or is in the process of deportation, request a hearing before a judge to be released from detention and fight their deportation. It is recommended that you do not sign anything without first receiving legal support.
- To locate a family member or friend who has been detained or deported, you must know their full name, date of birth, and country of origin, or their immigration number (the number used on immigration documents). You can use the ICE detainee locator to look up this information: <https://locator.ice.gov/odls/homePage.do>
- Be careful with legal agencies that promise an easy solution in exchange for payment. Unfortunately, there are many fraudsters looking to take advantage of immigrants.



#### 4 IF YOU HAVE MONEY IN A BANK:

- If you are deported, you can access your money online using your username and password on your bank's website, to then transfer it to another account (yours or someone else's). To do this, it is important to know how to access your account by memory. Therefore, it's important to memorize this information.
- At the bank, you can name a beneficiary for your money in case you do not have access to it. Make sure you make this clear to your bank.

#### 5 SHARE YOUR SAFETY PLAN WITH YOUR CHILDREN AND SOMEONE YOU TRUST.

#### 6 KNOW YOUR RIGHTS AND SHARE THEM WITH YOUR FAMILY:

- The Immigrant Legal Resource Center offers cards known as "Know Your Rights" or red cards. These cards provide examples of how people can exercise their rights when detained or questioned. These cards are available in several languages and can be found on the website: <https://www.ilrc.org/red-cards-tarjetas-rojas>

<p><b>Usted tiene derechos constitucionales:</b></p> <ul style="list-style-type: none"> <li>• <b>NO ABRA LA PUERTA</b> si un agente de inmigración está tocando la puerta.</li> <li>• <b>NO CONTESTE NINGUNA PREGUNTA</b> de un agente de inmigración si trata de hablar con usted. Usted tiene el derecho a guardar silencio.</li> <li>• <b>NO FIRME NADA</b> sin antes hablar con un abogado. Usted tiene el derecho de hablar con un abogado.</li> <li>• Si usted está fuera de su casa, pregúntele al agente si tiene la libertad de irse y si le dice que sí, váyase con tranquilidad.</li> <li>• <b>ENTRÉGUELE ESTA TARJETA EL AGENTE.</b> Si usted está dentro de su casa, muestre la tarjeta por la ventana o pásela debajo de la puerta.</li> </ul>	<p><b>I do not wish to speak with you, answer your questions, or sign or hand you any documents based on my 5th Amendment rights under the United States Constitution.</b></p> <p><b>I do not give you permission to enter my home based on my 4th Amendment rights under the United States Constitution unless you have a warrant to enter, signed by a judge or magistrate with my name on it that you slide under the door.</b></p> <p><b>I do not give you permission to search any of my belongings based on my 4th Amendment rights.</b></p> <p><b>I choose to exercise my constitutional rights.</b></p> <p><b>These cards are available to citizens and noncitizens alike.</b></p>
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*They tried to bury us, they didn't know we were seeds.*

**- Dinos Christianopoulos**

## OUR VOW TO YOU

We asked a parent, what gives you hope?

“The community fighting for us, raising their voice,” she said.

Another parent dreamed of a policy change that would allow her and her children to live freely, together, without fear. We want that, too. And we're actively working to build the conditions that make it possible – a world where you don't have to lay low, where you are seen, valued, and affirmed. As you take steps to stay safe, know that we're working alongside you. This is our love letter to remind you:

**YOU'RE NOT ALONE.**

## WE'RE HERE WITH YOU



# ADDITIONAL RESOURCES

## Talking to Students and Families About Increased Immigration Enforcement

Resources for Educators, Resources for Families, Resources in Arabic for Families, Resources in Chinese for Families, Resources in English for Families, Resources in Haitian Creole for Families, Resources in Portuguese for Families, Resources in Spanish for Families, Resources in Vietnamese for Families

To mitigate stress among students, encourage families to have open discussions with their children about the current situation. Remind them that they are probably hearing about these issues from adults and children around them and that it is best if children are able to talk about it with their caregivers so that they can receive accurate information and ask clarifying questions.

Here are some guidelines for talking to children at various developmental levels about immigration enforcement actions:

- Early Childhood (0-5 years old)**  
Topic name:
- **Immigrant:** Someone who moves to a country they weren't born in. Explain that moving to a new country involves paying a fee and filling out forms.
  - **Undocumented:** Someone who moves to a country they weren't born in, but does not fill out the forms they need to stay. If children aren't sure what this means, show them forms related to them, like field trip permission slips or emergency contact cards.
  - **Deportation:** When an immigrant must leave the United States because they don't have the right papers.



## Talking to Students and Families About Increased Immigration Enforcement

DOWNLOAD NOW

## What to Do if You or a Loved One Is Detained

This resource is designed to help immigrants and their families better understand what to do when someone is detained by immigration officials. For more information about immigrants' rights, visit [immigrantjustice.org/know-your-rights](https://www.immigrantjustice.org/know-your-rights).

- Immediate steps**
- 1. Ask your friend/family member for their A-Number(A#)**
    - This number usually contains 9 digits.
    - ICE will give them this number upon arrest.
    - If your friend/family member filed a previous immigration application, it's likely they will already have an A# on any documents from immigration.
    - If your friend/family member was arrested at the border and allowed to enter, it's likely they will already have an A# in their immigration documents.
  - 2. Locating someone in detention**
    - Use this link to locate your friend/family member if they have been detained by ICE: <https://www.ice.dhs.gov/locate>. Search by either A#, country of birth, or person's biographical information.
    - ICE has information (including location and contact information) for the detention centers it uses on its website: <https://www.ice.dhs.gov/detention>

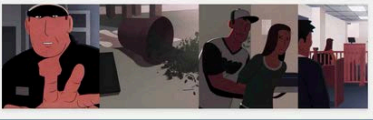


## What to Do if Your or a Loved One is Detained

DOWNLOAD NOW

## What to Do When Interacting with ICE (VIDEO SERIES)

Immigrants' Rights



## What to Do When Interacting with ICE (VIDEO)

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READ IT IN  
SPANISH!](#)

[SCAN HERE TO  
READ IN SPANISH!](#)

