



Useful Planning for Difficult Times

Organization

Date

Presenter

We will discuss:

- A. Recognize difficult times and propose possible responses to stress
- B. Inform, plan, and prepare for difficult times
- C. Identify available local resources



"Avoid worries and fears; instead, come together, stay informed, and prepare ourselves."

Recognizing Difficult Times



Why do we refer to it as "difficult times"?

A difficult political environment that generates concern.

Difficult conditions and situations for migrants in this country.

Extreme hostile situations, especially for people without proper documentation.

Feeling, perception, conditions of **CRISIS**.

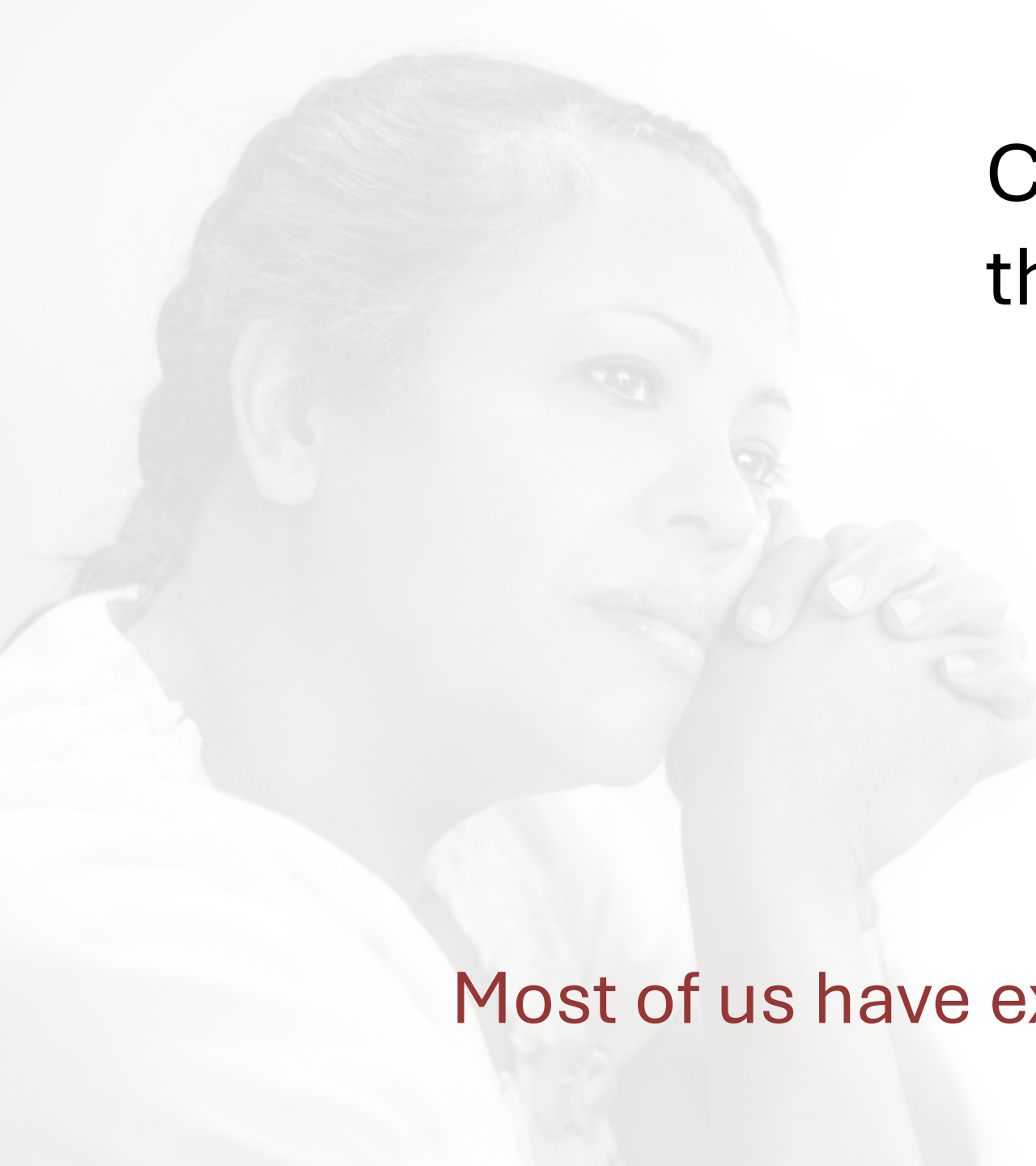
How do we react to crisis?

We all react differently





When do we talk
about a crisis?



Challenging situations that affect us, such as:

- ✓ The loss of a loved one
- ✓ Forest fires, earthquakes, hurricanes
- ✓ Accidents
- ✓ Unexpected deaths
- ✓ Major changes like those we are currently experiencing

Most of us have experienced a crisis

Some may react...

- ✓ A very overwhelming sense of worry that prevents peace of mind
- ✓ Anguish
- ✓ Feeling like you can't breathe
- ✓ Feeling like you're going to faint
- ✓ Trouble sleeping – insomnia or oversleeping
- ✓ Irritability or being in a bad mood all the time
- ✓ Unexplained body aches and pains
- ✓ “Nervousness” or anxiety attacks
- ✓ Fear or uncertainty

Others react



- ☐ Loss of interest in things they used to enjoy
- ☐ Not wanting to leave their house
- ☐ Feeling jumpy / Getting scared easily
- ☐ Being unable to stop watching the news
- ☐ Reliving their past – people who have experienced "traumatic" or difficult situations
- ☐ Depression
- ☐ Addictions – food, alcohol, drugs
- ☐ And...



So what can
we do?

So what can we do?



- Remain calm
- Continue with daily routines
- Stay informed but not overwhelmingly informed
- Spend time with important people in your life
- Participate in local gatherings – church, friends
- Do what you enjoy doing (cook, dance, exercise)
- If your symptoms are overwhelming, talk to your doctor
- Seek legal help, especially if you have a criminal case
- **PLAN for these DIFFICULT TIMES**

Reactions and Point of View

- Withdraw
- Freeze/become paralyzed
- Stop fighting
- Feeling a lack of control
 - If it's my turn, it's my turn
 - I'll deal with it when it's my turn
- Being on the lookout-always on alert
- Giving up



- Resistance
- Advocacy
- Rethink your role in the community and society

And children... how do they react to crises?



- ✓ Getting into fights at home or school
- ✓ They are AFRAID of being separated from their family
- ✓ They cry more often
- ✓ They may have NIGHTMARES
- ✓ They may wet the bed
- ✓ They experience pain, but the doctor finds nothing
- ✓ They get angry easily
- ✓ Their GRADES drop
- ✓ They struggle to pay attention
- ✓ They don't want to go to school or continue studying

And...how to talk to children about deportation

<https://www.migrantclinician.org/resource/how-talk-child-worried-about-deportation.html>



Plan for difficult times

Plan for difficult times with...



1. Family
2. Co-workers
3. Self
4. Community



With the
family...

1

Decide what would be done to care for children and family in the event of separation or deportation

- ✓ Choose a legal guardian for your children
- ✓ Ensure the guardian is willing and able to take care of your children
 - How long could they take care of your children?
 - How much will it cost to take care of your children?
 - Does my guardian have immigration documents?
- ✓ Obtain passports for the entire family
- ✓ Consider immigration arrangements for U.S. citizens

Seek legal support and assistance from the appropriate consulate

2

Notarize or legalize a power of attorney or temporary guardianship agreement.

- Understand the agreement completely
- Keep the original with you
- Only use it if necessary

3

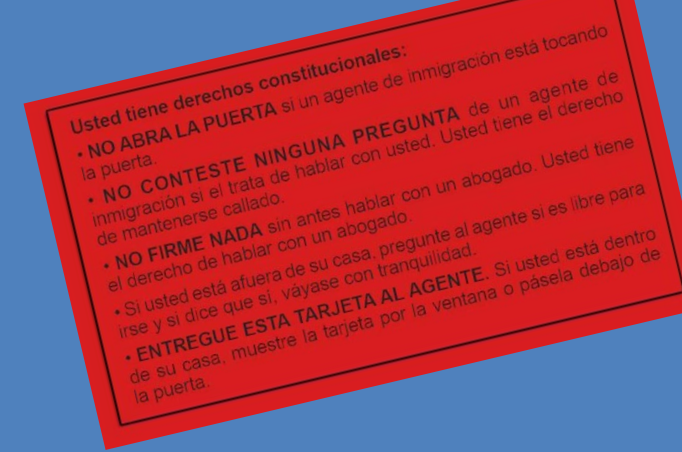
Have a list of emergency contacts at home and on your person. Make sure everyone is aware of it.

4

Always carry important phone numbers with you. Decide who you will call in case of an emergency and make sure that person is aware of it.

5

Always carry a card that states you wish to remain silent (Red Card). Think carefully about how you respond to any question you are asked.



6

Keep physical and electronic copies of important documents and keep them in one place. Create a family Dropbox/Google Drive where all family members can access and find their respective paperwork.

7

If you or your children are sick or have a specific health condition, write down the medications, dosages, and frequency. Make an electronic copy of your medical records.

8

Seek legal help, especially if you have a criminal record or are at risk of deportation

9

Ensure that everyone in the family is familiar with the emergency plan and knows how to stay in touch with one another. Have a conversation with your children about the situation.

10

Know your rights. Focus on taking action instead of worrying!

11

12

13



With your co-workers

- Agree as a group that everyone will remain silent and request to speak with a lawyer, regardless of immigration status.
- Make an agreement to not run and remain calm in the event of a raid.
- If there is a union, contact the representative.
- Carry a card with the contact information of the key person to call in case of an emergency.
- Carry a RED card indicating that you choose to remain silent.
- Encourage coworkers to create their own family emergency plans.

At the community level

- Reach out to community organizations.
- Form a community rapid response team:
 - Identify key (trusted) individuals.
 - Establish a local communication network.
 - Involve individuals without risk (with documentation) who can verify risky situations and communicate them to the local network.
- Organize a community rapid response that activates key individuals and mobilizes the community to spread alerts.
- Utilize community radio stations.



What to do if **ICE** comes to your home



- Do not open the door.
- Ask the officer to show identification and the arrest, search, or deportation warrant. Request that they slide it under the door.
- Verify the name, address, judge's signature, etc., to ensure it is correct and legal.
- An arrest warrant allows officers to enter the home, but a deportation order (Form I-205) does not grant permission to enter without your consent. See an example.
- Keep a “Know Your Rights” RED card handy. Slide it under the door to the ICE officer or read it aloud in English if possible. Everyone in the family should know and practice how to do this.
- If an agent forces their way into your home, do not resist. Tell the officer that you do not consent to their entry or search. State that you wish to remain silent and make a phone call as soon as possible. Call the “designated person” you chose for emergencies to activate your plan and contact your lawyer.

This is what a deportation order looks like

DEPARTMENT OF HOMELAND SECURITY
U.S. Immigration and Customs Enforcement
WARRANT OF REMOVAL/DEPORTATION

File No: _____
Date: _____

To any immigration officer of the United States Department of Homeland Security:

(Full name of alien)

who entered the United States at _____ on _____
(Place of entry) (Date of entry)

is subject to removal/deportation from the United States, based upon a final order by:

☐ an immigration judge in exclusion, deportation, or removal proceedings
☐ a designated official
☐ the Board of Immigration Appeals
☐ a United States District or Magistrate Court Judge

and pursuant to the following provisions of the Immigration and Nationality Act:

I, the undersigned officer of the United States, by virtue of the power and authority vested in the Secretary of Homeland Security under the laws of the United States and by his or her direction, command you to take into custody and remove from the United States the above-named alien, pursuant to law, at the expense of:

(Signature of immigration officer)

(Title of immigration officer)

(Date and office location)

SAMPLE

ICE Form I-205 (8/07) Page 1 of 2

To be completed by immigration officer executing the warrant: Name of alien being removed: _____

Port, date, and manner of removal: _____

Photograph of alien removed

Right index fingerprint of alien removed

(Signature of alien being fingerprinted)

(Signature and title of immigration officer taking print)

Departure witnessed by: _____
(Signature and title of immigration officer)

If actual departure is not witnessed, fully identify source or means of verification of departure:

If self-removal (self-deportation), pursuant to 8 CFR 241.7, check here. ☐

Departure Verified by: _____
(Signature and title of immigration officer)

SAMPLE

ICE Form I-205 (8/07) Page 2 of 2

✓What to do if ICE conducts a raid at the workplace

- They may call your name or ask you to confirm your identity before attempting to arrest you.
- Before giving your name or answering any other questions, ask: "Am I free to leave?"
- If they say yes, you should leave and respectfully say: "I do not want to answer any questions."
- If they say no, respond: "I do not want to answer any questions, and I want to speak to a lawyer."
- Hand the ICE agent your red card.
- If they search your pockets or belongings, say: "You do not have my permission to search me."
- DO NOT LIE.
- Do not provide any false documentation to ICE agents.
- Do not run or resist arrest.
- Do not answer any questions.

Resource: [Legal Aid at Work](#)



What to do if ICE or other law enforcement agencies detain you in public places (street or store)

- State that you want to remain silent and cannot answer questions until you can speak with a lawyer.
- Do not answer questions about your place of birth, immigration status, or how you entered the U.S.
- Do not provide personal information or information about your family.
- Do not sign anything you do not understand or agree with before speaking with a lawyer.
 - Signing could result in losing your right to speak with a lawyer or to have a hearing before an immigration judge. It may also lead to immediate deportation without a hearing.
- Request to make a phone call. Call the "designated person" you identified for emergencies to activate your plan, contact your immigration lawyer, and gather important documentation, etc.

What should I do if ICE agents approach me on the street or in public?

When ICE agents arrest someone in public (or after stopping a car), it typically happens quickly. They may call your name out loud and ask you to confirm your name and then detain you.

- Before you say your name or anything else, **ask, "AM I FREE TO GO?"**
 - **If they say YES:** Say, "I don't want to answer your questions" or "I'd rather not speak with you right now." Walk away.
 - **If they say NO:** Use your right to remain silent! Say, "I want to use my right not to answer questions" and then "I want to speak to a lawyer."
- If ICE starts to search inside your pockets or belongings, **say, "I do not consent to a search."**
- **DON'T LIE or show false documents. Don't flee or resist arrest.**
- Don't answer questions about your immigration status or where you were born. They will use any information you provide against you. Do not hand over any foreign documents such as a passport, consular IDs, or expired visas.
- If you are in Criminal Court for a court date, ask to speak to your defender before they take you away.

- Resource: [Home-Raid-community-Flyer_ENGLISH-Nov-2021.pdf](#)
- [If Questioned by Police, FBI, Customs Agents, or Immigration Officers | ACLU of Southern California](#)
- [KYRimmigrationEnglish.pub](#)



Recommendations



Recommendations

- ✓ Do not be swayed by rumors.
- ✓ Stay alert to potential fraud/scams related to:
 - Deposits for housing rental payments
 - Immigration applications
 - Tax-related payment applications
 - Wage theft due to immigration status
 - Taking advantage of vulnerable communities
- ✓ Search for a trusted organization you can call for help.



Recommendations

- ✓ Never say that you are an American citizen or that you were born in the USA.
- ✓ Do not use false names.
- ✓ Do not use false (fake) Social Security numbers or those belonging to other people.

Recommendations

In stores or supermarkets

- ✓ Supervise your children and ensure they do not wander off alone.
- ✓ Pay for all items you take and confirm that nothing is concealed in blankets, coats, or strollers.



Recommendations

While driving



- ✓ Ideally, if you're in a car with a US citizen who knows how to drive, they should always be the ones to drive.
- ✓ Ensure that everything in the car is functioning properly, including lights and signals.
- ✓ Carry the car's registration and insurance at all times.
- ✓ Drive within the posted speed limit.
- ✓ Maintain an adequate distance between vehicles.
- ✓ Always wear a seatbelt.
- ✓ Ensure that babies and children are in proper car seats with seatbelts securely fastened. Do not allow them to stand while the car is in motion.
- ✓ Use necessary turn signals at all times.
- ✓ Do not pass in areas marked with solid lines.
- ✓ No open alcoholic beverages inside the car.
- ✓ No drugs, including for passengers in the vehicle.
- ✓ Do not drive if you have been drinking at a party (DUI/DWI).
- ✓ Do not throw trash out of the car onto the street.
- ✓ Avoid placing objects around windows or mirrors that could obstruct your view while driving.

Recommendations



On the street

- ✓ Cross streets only at designated areas.
- ✓ Do not walk between moving vehicles.
- ✓ Bicycles must stay off sidewalks; use designated bicycle areas only.
- ✓ Wear protective gear when riding bicycles or motorcycles.
- ✓ Supervise children to prevent accidents.
- ✓ Check traffic lights/signals to know when it is safe to cross the street.

Recommendations

At home

- ✓ Keep music at a moderate volume.
- ✓ Avoid drinking alcoholic beverages in public.
- ✓ Maintain cleanliness outside and around the home.



Recommendations

In public areas or parks

- ✓ No alcoholic beverages.
- ✓ Avoid causing disturbances.
- ✓ Place trash in the proper receptacle.



Detentions based on racial profiling

The U.S. Supreme Court **upheld detentions based on physical appearance, language, or location** as part of ICE migratory operations in California.

It is considered that **ethnicity can be a relevant factor** to justify a "reasonable suspicion."

Judge Sonia Sotomayor denounced that these practices **violate the Fourth Amendment** and affect legal citizens due to their appearance or language. – [El País](#) Sep 14 2025.

Although the case focused on seven counties in California, this can mean:

- More arbitrary detentions in workplaces, bus stations, or public spaces.
- Greater climate of fear in Latino communities, including legal citizens and permanent residents.
- Legal precedent that weakens the protections of the Fourth Amendment against detentions without justified cause.

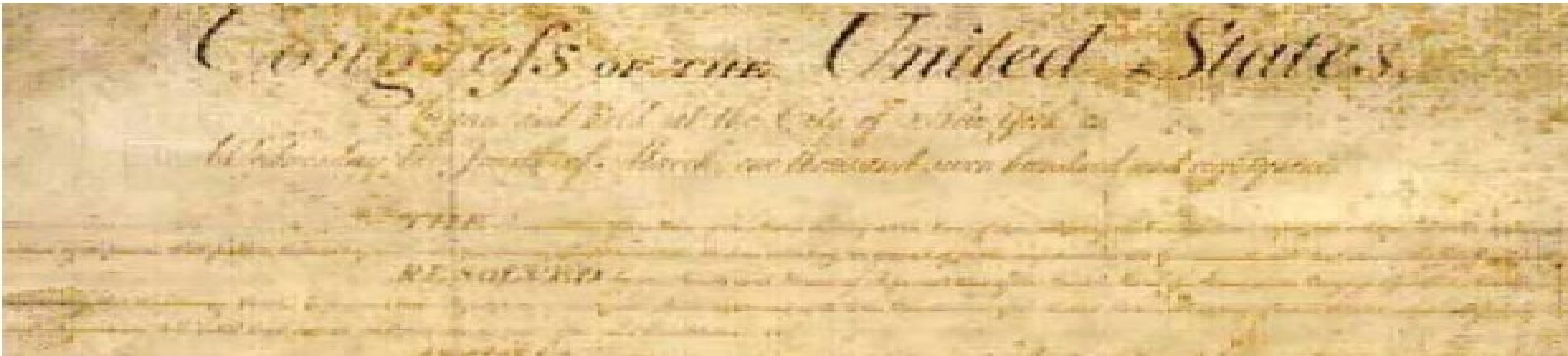


The [Fourth Amendment](#) is a fundamental pillar in the protection of privacy and citizens' rights against unfounded government actions.

- Protection against unreasonable searches and seizures.
- Requirement of judicial warrants.
- Probable cause.
- Specific description.
- It is **NOT** an absolute protection.

[Fourth Amendment \(ratified on December 15, 1791\)](#)

The right of the people to be secure in their persons, houses, papers, and effects, against unreasonable searches and seizures, shall not be violated, and no Warrants shall issue, but upon probable cause, supported by Oath or affirmation, and particularly describing the place to be searched, and the persons or things to be seized.





ACLU recommends to the community

- **Know your rights:** nobody is obligated to answer questions about their migratory status without the presence of a lawyer.
- **Remain silent and ask for legal advice** if you are faced with an ICE interrogation.
- **Document incidents** of abuse or racial profiling and report them to community hotlines.
- **Organize locally:** participate in neighborhood support networks and attend "know your rights" workshops.

¿Qué hacer si lo levanta
ICE? El consulado
mexicano explica



NoticiasNW



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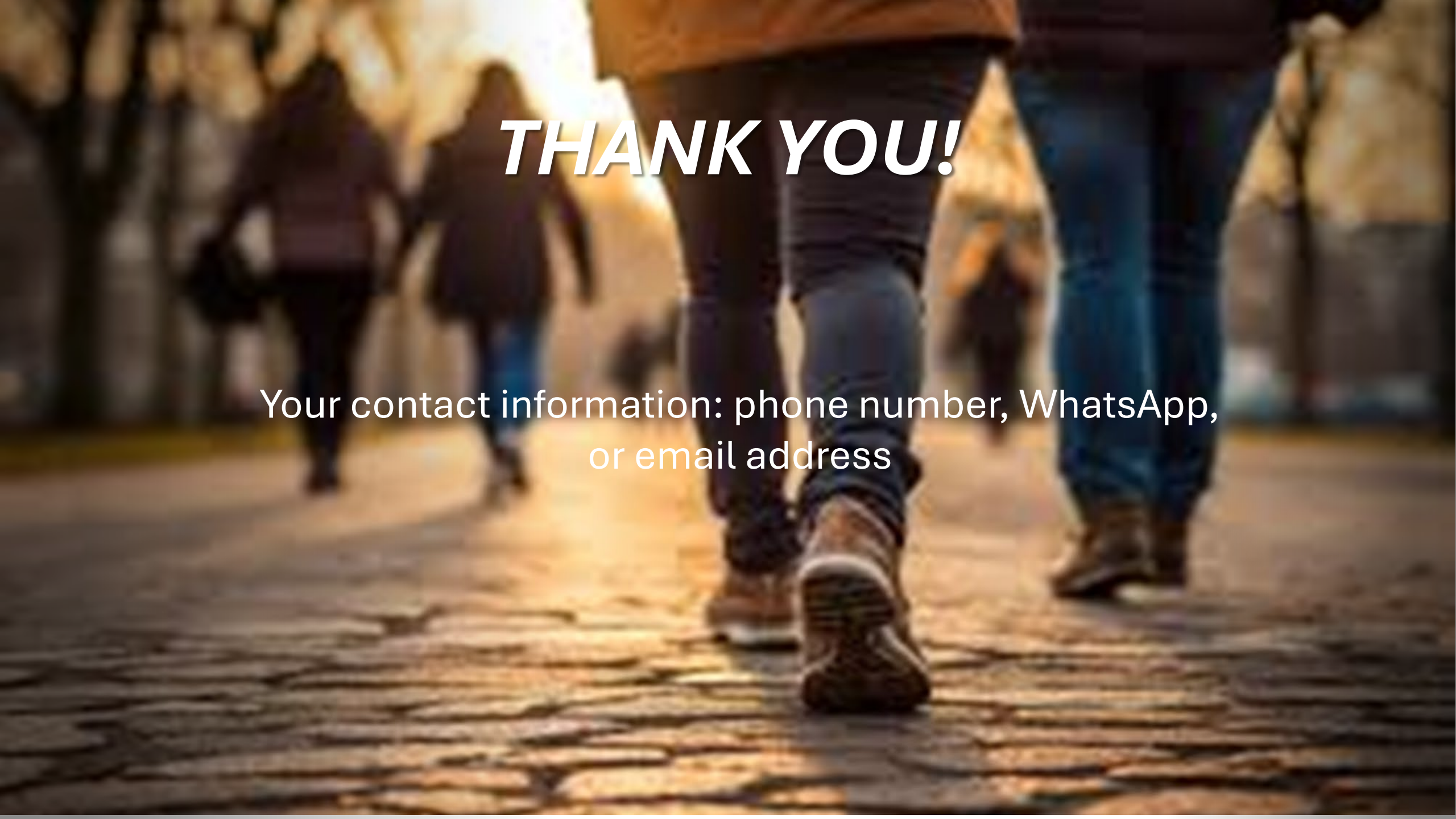
How to get support from the consulate

<https://www.facebook.com/reel/1277535954083718>

- Report immediately to the consulate.
Mexico - **CIAM** - MEXICAN
INFORMATION AND ASSISTANCE
CENTER
U.S. and Canada Phone Number
520 623 7874
- Provide the person's name.
- Take note of the **A NUMBER** or **Número A**.
A unique number consisting of 7, 8, or 9
digits. It is found on their documentation
or identification bracelet given by the USA
government.

Identify available local resources

Consulates of various countries	
Trusted community organizations that can provide support	
Pro bono lawyers or legal organizations	
Notary publics or organizations offering the service	
Others	



THANK YOU!

Your contact information: phone number, WhatsApp,
or email address

Resources

