



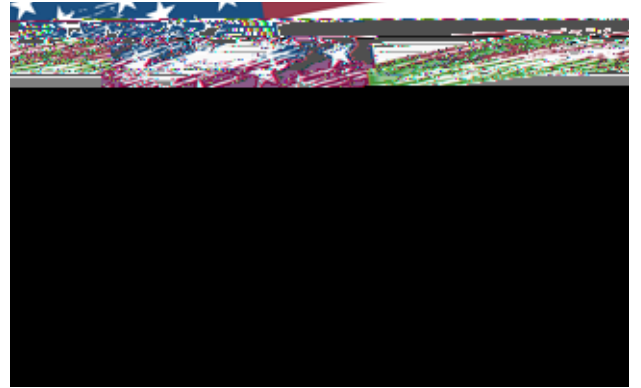
California Association

of Bilingual Education

Celebrating Electoral Victories

Dear CABE Familia,

As the results of the recent presidential election are awaited, we recognize the many families who are celebrating their children's achievements.



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TIPS FOR PARENTS

1. Stay Informed from Reliable Sources

- Follow trustworthy news outlets and community organizations to get accurate information about policies that might impact your family.
- Be cautious of misinformation and rely on sources known for fact-checking and balanced reporting.

2. Connect with Local Community Resources

- Join local immigrant support groups or community centers that can provide guidance, resources, and updates.
- Attend community meetings or webinars where experts explain rights and changes that could affect immigrant families.

3. Know Your Rights

- Educate yourself and your family members about your rights, especially if you are an undocumented immigrant or in the process of obtaining legal status.
- Carry "Know Your Rights" cards and teach family members what to do if approached by authorities.

4. Seek Legal Advice

- Consult with an immigration attorney or nonprofit legal aid organization to understand your status, options, and any proactive steps you can take.
- Check for free or low-cost legal aid services in your area that cater specifically to immigrant communities.

5. Create a Family Plan

- Develop a family safety plan that includes emergency contacts, important documents, and steps to take in case of an urgent situation.
- Have copies of birth certificates, passports, and other essential paperwork stored in a safe and easily accessible place.

6. Prioritize Emotional Well-being

- Emotional well-being is essential during uncertain times. Talk openly with family members about fears and encourage one another.
- Consider speaking to a mental health professional who can help process anxiety related to these worries.
- Engage in relaxing activities together, such as family walks, art projects, or community activities, to create moments of connection and relief.

7. Stay Engaged in Your Community

- Being involved in local events, school activities, or neighborhood groups can foster a sense of unity and purpose.
- Community involvement can also provide a sense of stability and help families feel more connected and supported.

8. Advocate and Participate

- Engage in advocacy efforts through organizations that support immigrants' rights.
- Help raise awareness or participate in safe, peaceful demonstrations that promote unity and understanding.

9. Reach out for Support

- Talk to friends and extended family members who might share similar concerns.
- Utilize online forums or networks that connect immigrant families for mutual support and solidarity.

10. Remember Your Strength

- Immigrant families often have a history of resilience and strength. Remind each other of the challenges you have already overcome.
- Focusing on shared values and goals can help shift the perspective from fear to hope for a brighter future.
- Facing uncertain times can be difficult, but taking proactive steps and leaning on supportive networks can make a meaningful difference.



1. **Nombre y espacio seguro**

- **Discusiones abiertas:** Cree oportunidades para que los estudiantes expresen sus sentimientos en un entorno seguro y de apoyo. Utilice discusiones adecuadas para la edad sin enfocarse demasiado en detalles políticos.
- **Reaseguramiento:** Refuerce que el aula es un espacio seguro donde todos los estudiantes son valorados y respetados, independientemente de las circunstancias externas.

2. **Que sobre derecho y coordinar apoyo**

- **Compartir conocimiento:** Ayude a los estudiantes a entender sus derechos de una manera reconfortante y empoderadora. Use un lenguaje sencillo para explicar que las leyes protegen a los niños y familias. Coordine con la administración para alinear políticas y apoyo, use los recursos de "Conozca sus derechos" de la NEA si es necesario, y colabore con colegas para un enfoque unificado que brinde a los estudiantes una experiencia de aprendizaje equilibrada y reflexiva.
- **Recursos:** Ofrezca recursos o información de contacto para los padres que puedan tener preguntas o preocupaciones sobre los derechos.

3. **Facilitar la estabilidad**

- **Mantener la estructura:** Asegúrese de que las rutinas escolares y horarios de clase sean consistentes, proporcionando comodidad y reduciendo la ansiedad en tiempos inciertos.
- **Previsibilidad:** Anime a los estudiantes a participar en actividades que les den alegría y un sentido de normalidad, como contar historias, proyectos en grupo o tareas creativas.

4. **Construir un espacio seguro**

- **Ser accesible:** Haga saber a los recursos de apoyo de los estudiantes sobre las opciones de apoyo disponibles.

3. **5.1. **El rol del docente en la equidad y el bienestar****

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- Siga medios de comunicación confiables y organizaciones comunitarias para obtener información precisa sobre políticas que

DESCARGO DE RESPONSABILIDAD

Los recursos proporcionados por la Asociación de California para la Educación Bilingüe (CABE) se comparten únicamente como un servicio a nuestra comunidad. La inclusión de cualquier organización, publicación o individuo no implica el respaldo ni la recomendación por parte de CABE. Animamos a todos los miembros a acceder y utilizar estos recursos con discreción, ya que CABE no se hace responsable del contenido, precisión u opiniones expresadas en ellos.

RECURSOS

Crisis Line

Users can text the key word "election" or "elecciones" to 741741 to flag that they are specifically anxious or stressed about the election. <https://time.com/7096438/election-stress-crisis-text-line-988/>

SoCal

[5 Easy Ways to Talk to Kids About Voting | Early Childhood](#)

Child Mind Institute

[Guidance for Speaking to Kids About the Election](#)

American Psychological Association

[Talking to children about the election](#)

Justice for Immigrants

[Diez cosas que ustedes pueden hacer para acompañar a los inmigrantes indocumentados](#)

The New York Times

[Ideas for Student Civic Action in a Time of Social Uncertainty](#)