General Resources for Youth & Families

We Have Rights

Short videos demonstrating what to do in different situations, for example if Immigration & Customs Enforcement (ICE) arrives at the door, is inside the home, approaches on the street, and if one is arrested. This is an empowerment campaign to prepare for and safely defend rights during encounters with ICE.

Immigrant Legal Resource Center (ILRC) Community Resources

A searchable list of available resources that bring clarity to complicated immigration issues. Resources include a wide range of downloadable tools produced for diverse audiences, from experienced advocates to directly impacted community members seeking answers about the complex world of immigration law.

ILRC Know Your Rights Toolkit

A collection of materials created to educate the community and prepare individuals for possible encounters with immigration authorities. This toolkit includes specific information on knowing your own rights, legal resources, family plans, and more.

ILRC Step-By-Step Family Preparedness Plan

A fillable and printable plan that goes into detail about different childcare options available in case of an absent parent, where to find trusted immigration services in your community, and how to prepare to assert your constitutional rights in the presence of an immigration officer. Available in English and Spanish.

Neighborhood Legal Services of Los Angeles County (NLSLA)

Fillable form for Family Preparedness Plan

Fillable form for Child Information as part of the Family Preparedness Plan

Know Your Rights & Family Preparedness Video (Informed Immigrant)

All immigrants, undocumented and documented, in the U.S. have certain rights under the Constitution. Learn about your rights and how your family can best prepare for an encounter with immigration enforcement by watching this child-narrated explainer video.

Know Your Rights App (Informed Immigrant and NAKASEC)

This Know Your Rights app, from NAKASEC, can read your rights out loud to an ICE or law enforcement agent and send a message to an emergency contact. It also includes other resources, such as the ability to look up a consulate and a sample family preparedness plan. The app is available in 16 languages, primarily Asian languages, and includes Spanish, Haitian Creole, and Russian.

Undocumented Youth Resources (Youth Development Department-City of LA)

Tipsheet for undocumented youth highlighting Los Angeles-specific resources including legal, educational, work, and family resources. Also includes a list of Emergency Hotlines and several educational-specific resources for educators and students (K-12 and higher ed). Available in several languages.

Youth Justice Team (Bay Area Legal Aid)

Tipsheets specifically for youth encountering law enforcement focused on knowing their rights to best protect themselves. Police or ICE often assume young people don't know their rights and try to take advantage of that. This is especially true if you are a black or brown youth, who are more often mistreated by law enforcement.

Tough Topics for Kids: Family Separation (Colorín Colorado)

Books for youth across age-groups that address tough topics like family separation, incarceration, and deportation. Books are a great tool for helping kids make sense of hard realities and open the dialogue around how they may be feeling about their own personal experiences. Some available in different languages.

When Children Are Afraid of a Parent's Deportation
(University of Minnesota Institute for Child Development)
Spanish Version

As immigration enforcement orders intensify, many children are afraid of being separated from their parents and other loved ones. This document, prepared by child mental health professionals, describes steps that immigrant and refugee families can take to support their children's resilience and healthy relationships during this frightening time. Available in English and Spanish.

Navigating ICE Presence in Schools: Essential Information for Families (KQED)

Article written for families about what they should know about ICE in schools, how to talk to kids about ICE raids, and what kind of information to share. Resources for legal and other supportive immigration related resources are also linked throughout the article.

Real or Rumor: How to Verify Online Reports of ICE Raids
(WITNESS Online Resource Library)

Misinformation about ICE raids heightens fear and uncertainty in immigrant communities. Together with United We Dream, WITNESS created this resource to help guide folks to make the content they post easier to verify, as well as help people verify online posts of raids and immigration enforcement activity before pressing the share button. Also available to download in Spanish, Arabic, and French.

Eyes on ICE (WITNESS Online Resource Library)

Online resource collection that covers how to safely, ethically, and effectively film abuses against immigrants from ICE agents, Border Patrol, and others through in-person trainings, tip sheets, case studies, videos, and more.

Public Counsel Immigration Resources

A hub for immigration-focused resources that aim to help individuals, families, service providers, and advocates understand key rights and protections in immigration-related encounters, including language to use, navigating Wellness Checks, and registration requirements for non-citizens. Available in English and Spanish.

Together for Wellness: Immigrant Support Resources

Resource Finder which includes Know Your Rights and Immigrant videos and hotlines. Available in English and Spanish.

ACLU - Immigrants' Rights

A list of constitutional rights, regardless of immigration status, and how to express them.

Support Resources for Immigrant Families in L.A. County
(LA Best Babies Network)

A continually updated page of resources for immigrant families in LA County, which includes details on upcoming webinars, citizenship clinics, DACA renewals events, how to access legal services, grocery delivery, and much more.

Immigration Enforcements Guide for Students and Families (LACOE)
Spanish Version

This guide helps prepare families regarding immigration conditions and offers resources throughout LA County.

Talking to Your Kids Guide (Corazón Norte)
Spanish Version

A tipsheet for how to talk kids about family preparedness.

BrightLife Kids (CalHOPE Program)

BrightLife Kids is a CalHOPE program designed to offer coaching and guidance to families living in California with children of the age group 0-12. Their coaching services assist families in communication and problem solving as well as assist kids in managing their feelings.

Soluna (CalHOPE Program)

Soluna is a wellbeing app designed to offer coaching, tools, peer connections, and care navigation for teens and young adults aged 13-25 in California. The app is free and confidential for individuals looking for support related to their wellbeing and mental health.

List of California School-Based Health and Wellness Centers (California School-Based Health Alliance)

This website provides a list of California School-Based Health and Wellness Centers. These centers are student-focused and can offer services such as primary medical care, behavioral health services, or dental care services.

How to help kids cope with ongoing ICE raids, deportations (EdSource)

Spanish version

This Quick Guide notes ways families can prepare and help their kids cope with ICE raids and deportations.