

Breaking the Silence

A Training Manual
for Activists, Advocates
and Latina Organizers



**Family Violence
Prevention Fund**

Produced by the Family Violence Prevention Fund
with financial support provided by the Office on Violence
Against Women, U.S. Department of Justice

Breaking the Silence

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and Latina Organizers

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DEDICATION

To all the mothers and advocates who unite their voices to break the silence. Through their work they are creating a better world, in which violence will be just a memory of the past, for their daughters and all the women in the future.

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Our most profound gratitude is extended to Sonia Parras Konrad, the author of this manual. Her experience, activism, and leadership in immigrants' rights and domestic violence issues have made an impressive difference in the lives of battered women and their children.

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Introduction

The experiences that immigrant women survivors of domestic violence in the U.S. have endured inspire many of us to join efforts and organize. By organizing we can collectively fight against the injustices that we suffer, not only in our homes but also in society. Some of the key points needed to begin and maintain a strong and active group of immigrant women are:

1. Accepting that domestic violence against women is everyone's responsibility and that stopping this silent war against women requires education and working together.
2. Recognizing that domestic violence affects not only the woman, but also the whole family.
3. Supporting and enabling women survivors to unite and organize.
4. Including other community voices in solidarity with our fight to protect our rights, have a voice in society, and stop domestic violence in our homes.
5. Developing a support network in the community and in the system.

This training manual provides basic information about our rights, how the system that protect domestic violence survivors works, and how to overcome the barriers that block immigrant survivors of domestic violence from accessing the available protections from abuse. This manual also suggests strategies for organizing, how to work together as a group, how to ensure that the group stays together, how to start an agency to provide culturally specific services, and how to negotiate and improve the system.

■ How to Use This Manual

Congratulations! You have taken the first step towards starting your own revolution. This manual is designed to guide you in your efforts to organize a group, start making some necessary changes, and learn the most basic aspects of domestic abuse. The information in this manual is also designed to help victims in emergency crisis situations.

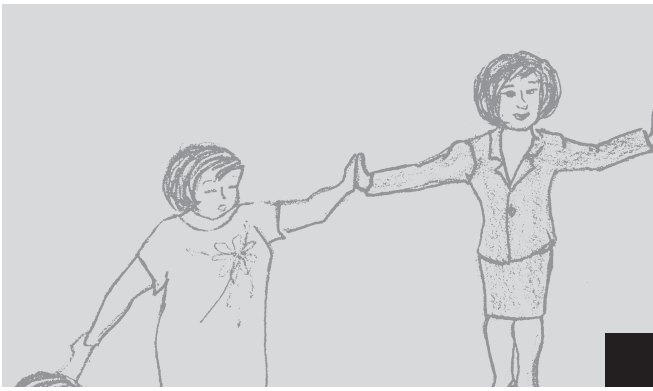
You can use this manual as a training tool by following the exercises, or simply as a guide to start and maintain a group of activists and advocates for battered immigrant women.

The manual is divided into three sections.

- The first section, “The Importance of Starting a Group,” contains three chapters: “We Need to Organize,” “Starting Our Group,” and “Changing Times.” These first three chapters provide you with the most basic materials needed to start organizing and maintaining a group of women activists and organizers focused on providing victims and survivors of domestic violence with the services they need. Each chapter has a series of exercises. If you decide to use this manual as a training manual, review the exercises and use them in the training workshops. We suggest that you also create some of your own exercises that best illustrate your understanding of the materials. The last chapter provides exercises and information focused on steps to take in order to change the system and laws for our community.
- The second section, “Domestic Violence: The Silent War Against Women,” focuses on becoming a counselor/advisor or trainer of new counselors/advocates on domestic violence and how to support immigrant victims in crisis situations. This session will prepare you to respond to difficult and conflictive questions resulting from what we have learned in our lives and in our communities over the years.
- The third section “Knowing Our Rights and Remedies under State and Federal Law” provides information on laws and benefits in the United States for battered immigrant women.

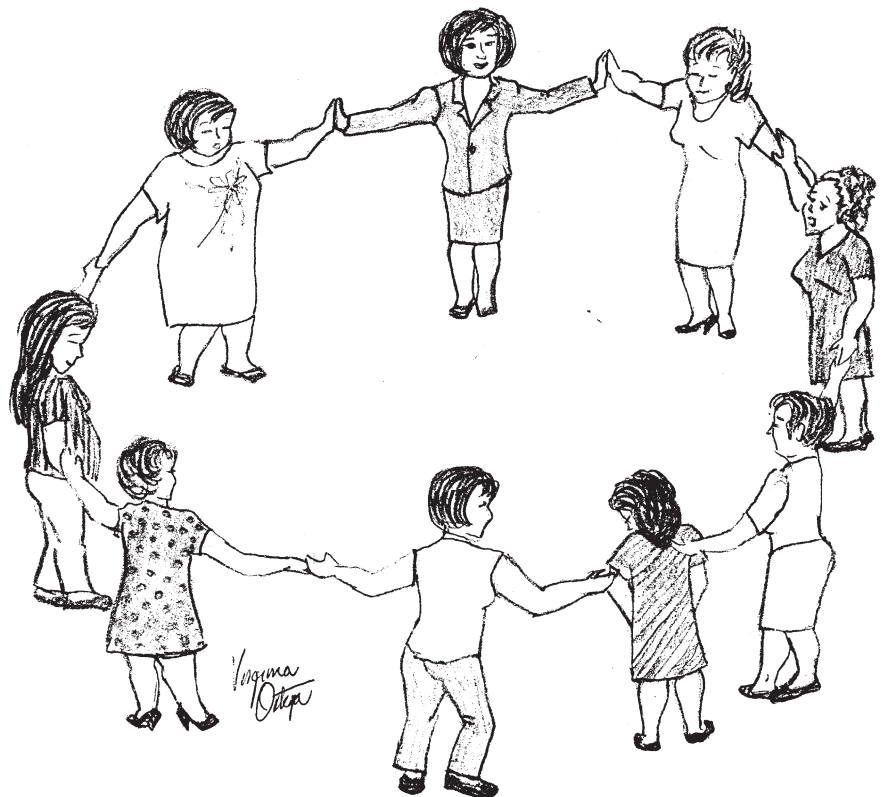
This manual is the result of many women’s experiences organizing themselves without a guide of any kind. We hope that you find the experiences of the many other immigrant women who are organizing throughout the country helpful in your organizing efforts.

Our goal is that more women join the fight for our rights, and become leaders to guide other women on the road towards eradicating domestic violence.



Section One

THE IMPORTANCE OF STARTING A GROUP



CHAPTER ONE:

We Need to Organize

1. OUR REALITY

Our community is made up of women from many corners of the world, as well as second or third generation immigrant women born in this country. The wealth of our cultures deserves to be recognized, respected, and celebrated. Our challenge is to realize that although we are all immigrant women, we are not all the same.

We have many common characteristics that bring us together. But we must also recognize the differences, attitudes, and prejudices that can divide us. We come from a variety of experiences and socio-economic situations. Some of us come from war-torn countries, fleeing chaos and oppression. Others come after the dream to provide a better future for our children. Or maybe we are in this immense country simply because life's circumstances brought us here.

● EXERCISE 1.1. *I am unique and special*

FACILITATOR'S GUIDE

Objective: To recognize our individuality and identify what makes us unique and what we have in common with other participants. Help the participants understand that being different is a positive attribute.

INSTRUCTIONS: Circle the words that you identify with in the columns below. When done, share your paper with the participant sitting next to you. Notice what you have in common, and also pay attention to the differences.

1. married	14. have some education	25. working	36. witness of abuse against women
2. single	15. have advanced education	26. unemployed	37. mother of abused daughter
3. widowed	16. have a lot of family here	27. citizen	38. feel valued as a woman
4. living with someone	17. have little family here	28. resident	39. don't feel valued as a woman
5. have a boyfriend	18. have no family here	29. without papers	40. Spanish is my first language
6. have a girlfriend	19. recently arrived	30. understand English	41. Spanish is my second language
7. working class	20. have been here more than 5 years	31. speak some English	42. bisexual
8. middle class	21. have been here more than 10 years	32. speak no English	43. lesbian
9. privileged class	22. believer	33. survivor of abuse	44. heterosexual
10. have children	23. non-believer	34. daughter of an abused mother	
11. don't have children	24. spiritual	35. friend of an abused woman	
12. have grandchildren			
13. uneducated			

2. I HAVE THE RIGHT TO AN OPINION AND THE RIGHT TO CHANGE MY MIND!

Often times, we do not question the values learnt in our family. However, if we don't take the opportunity to think for ourselves and change what appears to us as unjust, our role as women is reduced to following values and customs without questioning. Having an opinion and making it count is the first step toward improving our lives, but how do we start?

The following exercise challenges us to analyze all of those “cultural rules” that we always accept because they’ve been with us | all of our lives.”

● EXERCISE 1.2:

FACILITATOR'S GUIDE

Objective: To reflect on what we know about unequal treatment of women and haven't questioned or challenged. To realize what are the beliefs that our cultures impose upon us.

INSTRUCTIONS: Choose the word or words you think best complete the sentences. When you are done, share your answers and opinions with the group.

1. The _____ is always right and his/her decision must be respected.
☐ Man ☐ Woman ☐ Boy ☐ Girl
2. The _____ always knows what needs to be done and can solve the problem.
☐ Man ☐ Woman ☐ Boy ☐ Girl
3. In our culture, the woman's role is to:
☐ Study and learn how to improve and have a good job
☐ Put the children and husband first and compromise for the sake of the family
☐ Be an activist and fight for women's rights
☐ Not go out in public much, so as not to be “seen” and be more respected
☐ Other
4. The head of the family makes the important decisions and determines the discipline. The head of the family is the _____.
☐ Father ☐ mother ☐ Son ☐ Daughter ☐ Other _____
5. When a woman is hit or mistreated by her partner it's because:

- ☐ She deserves it
- ☐ Her partner is an abuser
- ☐ She must have said or done something to provoke it
- ☐ Her partner probably lost control
- ☐ Other _____

6. When an abused woman with children separates from her abusive partner, she:

- ☐ Has no conscience because she should stay for the children's sake
- ☐ Is being courageous and wants to make sure her children don't grow up to be like their father
- ☐ Is crazy; a woman should always stay with her husband
- ☐ Other _____

7. A woman without a man:

- ☐ Isn't worth anything
- ☐ Can be independent and find value in herself
- ☐ Isn't respected
- ☐ Can take care of herself and earn respect

8. In the family, the role of the mother and daughters is _____.
The role of the father and sons is _____.

● EXERCISE 1.3:

FACILITATOR'S GUIDE

Objective: To recognize the positive qualities and values that we all have and that can help us make changes on the outside.

INSTRUCTIONS: Write at least five qualities that describe you in each of these categories. When you are done, share what you have written with the group. You can do it!

What I like best about my personality	What I like best about my body	What I like best about myself as a friend	What I like best about myself as a mother or daughter	What I most enjoy doing	What I do to take care of myself	What I want for myself
1.						
2.						
3.						
4.						
5.						

3. OUR RIGHTS

Being a woman is something to take pride in and celebrate. We feel the oppression of living in a society controlled by men, who decide and define what our role in society is supposed to be. Even in our own families we are pressured to first be mothers and wives before attempting to be career women.

As mothers, daughters, and wives we play important roles, but we are also important as individuals, as women. We deserve to be respected and to be valued. In order to grow as women and get stronger, we need to claim our rights.. But, what are those rights?

● EXERCISE 1.4 : Our Rights

FACILITATOR'S GUIDE

Objective: To recognize our basic rights as women and as a human beings. To add to the list.

INSTRUCTIONS: Read the list out loud and add the rights that members of the group propose.

- I have the right to not be perfect
- I have the right to say “no”
- I have the right to have an opinion and have it be respected
- I have the right to change my mind
- I have the right to make decisions and have them respected
- I have the right to give myself time and to relax
- I have the right to make mistakes
- I have the right to learn and be educated
- I have the right to be respected and valued
- I have the right to be treated justly and equitably
- I have the right to be paid for my work
- I have the right to say what I think and feel without fear
- I have the right to love and to be loved
- I have the right to share my body when, how, and with whom I choose
- I have the right to _____
- I have the right to _____
- I _____
- I _____

Recognizing our rights and voicing them in front of others is an important step.. Unfortunately, we live in a society in which we have to struggle to be respected, treated as equals, and protected against all forms of violence against women. Together, however, we can achieve justice and respect. Start by asserting your rights at home with your children and partner. Also remember to assert your rights at work, and with other members of your community.

Remember that women that are in violent relations may face a greater challenge in trying to assert their rights. This is true not only for asserting her rights with her abuser but also with service providers that should be helping her in surviving the abuse. How can we go about asserting our rights in the context of domestic violence?

4. THE CHALLENGE

Violence against women and domestic abuse is a reality anywhere in the world. There are laws and resources in this country to protect women against violent attacks and domestic abuse. Some of these resources are:

- Shelters for abused women
- Individual and group counseling
- Police
- Protection and restraining orders
- Various legal actions
- Social and medical services

However, despite the availability of these resources, the social service providers in the United States are not providing competent services to battered immigrant women. This is our business. We need to change that situation. In order to change systems to better serve immigrant survivors, we need to recognize and identify the challenges and how to solve them. How can we start this process?

During the following exercise you'll learn about just some of the current barriers that prevent immigrant women from receiving the same kind of help that any other domestic violence survivor has.

● EXERCISE 1.5:

FACILITATOR'S GUIDE

Objective: To recognize the challenges that prevent adequate services.

INSTRUCTIONS: Read the lists to participants. Then, facilitate a discussion about other challenges that aren't mentioned in the lists. Don't assume that the participants are as knowledgeable as you are about these services and the challenges. Make sure that everyone understands the terminology by asking open questions to the group.

4.1 In Battered Women's Shelters or Help Centers:

- a. There is a lack of personnel trained or certified to work with battered immigrant women

- b. When the survivor contacts a center or shelter, she can't communicate because there is no bilingual staff
- c. Using an interpreter can be difficult and frustrating for the survivor who is revealing sensitive information via a third party. In some cases, the interpreter is a member of the survivor's community, which involves an element of risk
- d. They don't offer transportation and some immigrant women do not have a driver's license nor know how to use public transportation
- e. The meeting schedules and availability of services aren't practical
- f. There is no childcare available during group meetings or while she receives services
- g. Shelters enforce strict rules that are difficult to follow and don't consider the needs of the immigrant survivors and her children
- h. They find immediate solutions to crisis situations, without considering the long-term impact on the survivor and her children nor planning for the long term survival of the abuse.

What experiences have you had that are examples of other types of barriers?

- i. _____
- j. _____

4.2 The Police

- a. They intervene in crisis situations without an interpreter
- b. They use the children to translate the details of how their mother has been abused, which traumatizes them a second time
- c. They are unaware of the importance of immigration status and can't advise the survivor about likely remedies, such as the VAWA law
- d. They wrongfully ask the survivor about her immigration status
- e. They arrest the survivor based on observations only, without investigating
- f. They don't write or file a report about the altercation

What experiences have you had with the police that are examples of other types of barriers?

g. _____

h. _____

4.3 Hospitals

- a. They ask for documentation in the emergency room without clarifying or explaining alternative forms of required documentation. They don't explain why it is needed
- b. Lack of interpreters
- c. Lack of bilingual personnel
- d. They don't take the time to answer any questions the survivor may have
- e. They do not refer victims to additional services such as the local office on victim's of crime where they can be assisted in paying hospital bills, etc.

What other experiences have you had in the hospitals that are examples of other types of barriers?

f. _____

g. _____

4.4 Social Services or Public Benefits Departments

- a. They lack information on the rights of abused immigrant women
- b. They lack interpreters or bilingual personnel
- c. They ask for documentation from the person not seeking benefits, not following verification protocol

What experiences have you had that are examples of other types of barriers?

d. _____

e. _____

4.5 In General

- a. There is a lack of appropriate materials to inform immigrant survivors of domestic violence of their rights and community resources
- b. There is a lack of programs that respond specifically to the needs of abused immigrant women.
- c. Services that are offered don't consider the different needs of battered immigrant women

What experiences have you had that are examples of other types of challenges?

d. _____

e. _____

5. BEING ACTIVE, NOT REACTIVE

The above exercise makes us realize how much work we have ahead of us. We must remember that we have the right to receive appropriate services, regardless of our immigration status. Quite often, when immigrant survivors seek out services, they have frustrating experiences and lose hope of receiving any help. Many complain of receiving help only during a crisis, without receiving any support afterwards, which is when help is most needed. But, we can choose how we respond to these problems. We could either:

- 1. Complain about the services and our experiences with them
- 2. Not use the services, or
- 3. Unite to change the services and educate the community about our rights

Can we change services and policies that harm our communities?

How we go about it?

● EXERCISE 1.6:

FACILITATOR'S GUIDE

Objective: To recognize the importance of organizing to create change.

INSTRUCTIONS: Using the options listed above, discuss the answers to the following questions:

- 1. What do you think of each option?

2. Which one is best, and why?

3. Are there alternatives? What are they?

We are the key to achieving social, economic and political changes needed to promote equality and improve the well being of our families. It is our responsibility to bring our strengths together and fight for our rights. We are all important, and all of us have strengths and skills to contribute to this cause. It is important that we come together to create one strong voice, and work towards ending domestic violence. As one, we can ensure equal access to the appropriate services for all communities.

In order to understand what we need to work on and what we want to change, we need to analyze the services available in our community and whether they meet our communities' needs. We have the right to request that the services meet the needs of ALL survivors, regardless of race, ethnic group, or country of birth. This is the challenge that pushes us to fight for our dignity and respect as immigrant women.



CHAPTER TWO:

STARTING OUR GROUP OF ACTIVISTS

This chapter is for those women activists that want to join efforts and start an immigrant women's group or organize to achieve social change through activism.

To facilitate the initial process of organizing, the chapter suggests guidelines and includes exercises to help activists think about how they can organize and sustain their group. The limit is the sky!

1. THE BENEFITS OF ORGANIZING

Creating the change that we want in our lives is easier if we work together with other women and support one another. We all benefit by working with other women who share our interests and work towards common goals. Some of the benefits of joining efforts and organizing include:

- a. Providing support to members, our families and our community to end domestic violence and its consequences
- b. Knowing our rights, staying informed, and supporting each other in the defense of our rights
- c. Collaborating with other service providers that work with immigrant survivors of domestic abuse to be effective and respond to our needs
- d. Assist other women with solving problems that they encounter with service providers in an organized and effective manner
- e. Strategize around problem solving and steps to take on behalf of our community to change systems to improve their response to immigrant survivors.

What other benefits do you think organizing a group can offer?

2. THE PILLAR OF WOMEN ORGANIZING: FEMINISM

As you start organizing around issues or to reach goals, it is important to agree about who we are and our role in our communities. Sometimes, we have preconceived ideas about words or phrases that have negative connotations in our countries of origin. Many women don't feel they have the freedom or confidence to identify themselves as feminists. Is it important to define yourself as a feminist? What does it mean? Are you a feminist?

- If you think that men and women can be equally intelligent and can have the same skills and potential, you are a feminist.

- If you think that women and men should earn the same salary when they do the same job, you are a feminist.
- If you think that women that stay at home to care for their families deserve respect for the work they do, you are a feminist.
- If you think men (fathers, children, brothers, partners) are an essential part of our effort to eradicate violence against women and we should work side by side towards this goal, you are a feminist

¹ *Adapted from the National Federation of Business and Professional Women's Clubs*

Feminism is not a new concept. It is as old as a human's wish to be treated with respect, equity, and justice. As feminist women, we don't want to be more than men, but we do want to defend our position in society as being equal to men. We need to be treated as equals, regardless of our socio-economic status, where we come from and the experiences we may have had with domestic violence. To fight for equality, we must first set an example with our own group.

Do you believe you are a feminist? Why?

What other guiding principles do you think you, as women, want to follow?

3. FIRST STEPS

Organizing for change or starting an activist group is a great adventure. . These are some things you may want to consider as you start your journey:

1. Group representation and participants
2. Recruiting or forming a coordinating group
3. Finding a sponsoring organization to help out with materials, training, grant writing, initial funds and other resources

3.1 Group Representation and Participants:

1. When you take the first steps towards starting a group of activists, the size of the group does not really matter. Two women getting together can start a big of a revolution as a thousand women. When you start recruiting or gathering member activist, think about women you have worked with in different contexts or gatherings for different reasons. You may have worked together already at the church for fund raising events, at the school during parents meetings or at the neighborhood helping at fests or other social gatherings. If some of you have expressed an interest in volunteering or helping women in your community that are suffering violence at home, you have already taken the first step. Also, you may want to start a group with other goals in mind, for instance, to have an opportunity to share your knowledge (cooking, painting, crafts, teaching computer classes, ESL, story telling, teaching dances from your country to young girls, etc).

2. If you have already identified some interests, as an strategy to become stronger, you may want to select a small committee that will assist with first steps and logistics of strengthening your goals. This does not mean they make the decisions but, to present the information to the rest of the group to make decisions together.

It is a good idea to select more than one or two members for this purpose, as it may become overwhelming and lead towards lack of participation in decision making from the rest of the group if only one or two members take the lead.

3. It is exciting in your first gathering to think about why you are meeting and what you want to achieve through your meetings. Your decisions may change as you grow and gain experience. Also, choosing a name will give you a sense of identity and belonging. Choose a name that reflects the spirit mission and strength of the group. For practical purposes, let's choose organizing around prevention and provision of domestic violence services as the focus of the group. You can substitute the specific for whatever other issue or goal your group decides to focus on.

3.2 Recruiting a Coordinating Committee

If you think it will help your group, start a coordinating committee; recruit a guide group of professional women with relationships to service providers and other groups. If you don't have these kinds of participants in your group, then consider forming a committee or lead group that can help get the group started. Participants in such a committee or lead group should be:

- Knowledgeable about domestic violence and how it affects our families
- Committed to putting an end to violence against women in our community
- Committed to developing action plans and negotiating with potential sponsoring organizations

Who to invite to the group depends partly on location. Being in a rural area where there are no services in close proximity is not the same as being in the city with various resources and services. The recommended minimum representation in the first group, regardless of location, includes:

- Survivors of domestic violence, of various nationalities
- Community activists ready to focus on the issue of domestic violence
- Youth activists
- Workers at domestic violence shelters or programs for survivors of domestic violence
- Spiritual leaders working with the community
- Legal service providers

If participants live in an area with more resources, then also consider inviting:

- Workers at health services
- University students
- Professional women
- Immigration legal services representatives
- Activists from organizations supporting the immigrant community

Is anyone who might have good contacts or offer more support missing from this list?

Select some members of the group that want to take on a “leader” (guide) role. Combined, they will need to have the following qualities:

- Be bilingual or be able to communicate in language of origin and English
- Have a vision of the future
- Have contacts with organizations and institutions
- Be a survivor of domestic violence
- Be a professional or have her own business

Why do you think these qualities are important?

Of course, it’s not essential to have each of the above qualities represented to start the group. For example, if there isn’t anyone in the group who can speak English, then the group can always find help to fulfill this need.

3.3 Looking for a Sponsoring Organization

When looking for a sponsor, it’s important to consider an organization that is likely to have the following characteristics:

- Is working in areas similar or related to the work of the group
- Is making an effort to serve the community
- Is interested in supporting the group’s work

In Iowa, for example, the Iowa Coalition Against Domestic Violence supported the organization LUNA when it was just beginning by providing:

- Meeting space
- Contact with other service providers
- Help with mailings to organize meetings
- Use of computers and printers

- Access to telephones and fax machines
- Help organizing childcare
- Help with fundraising activities
- Transportation

The Coalition hired on a part-time basis two of LUNA's members to work exclusively on community organizing and to be able to spend more time developing their group.

Another group El Poder de la Mujer (The Power of the Woman), in El Paso, Texas, received sponsorship from Las Américas (The Americas) Immigrant Advocacy Center. Las Américas had participated in the Family Violence Prevention Fund's project and received economic contributions that in turn provided them the opportunity to sponsor El Poder de la Mujer.

Both Las Américas and the Iowa Coalition Against Domestic Violence believe that helping doesn't mean doing things for the members, but rather orienting and training members so that they do the work themselves. Every state of the United States has a coalition against domestic violence. They work at a state level and are formed by members of local service providers helping survivors of domestic violence.

If you don't live near your state's coalition office, you can look for sponsoring organizations at the local shelter or at local service centers for survivors of domestic violence. In almost all of the states, you'll be able to find community immigrants' rights organizations that may be able to act as sponsors.

4.4 Initial Conversations to Secure an Agency's Backing:

If you have contact with a local program against domestic violence, contacting them is a good place to start. However, remember to analyze the community's resources and select the most appropriate organization. It's always a good idea to ask to speak with the organization's director, since she is the one with the authority to make decisions.

For your first meeting, be prepared and ready to make a good first impression. It's important that the group gets together before the appointment to determine what needs to be addressed at the meeting. During the meeting, you'll need to explain:

1. Your group's history:

- Who you are
- How you started the group
- Why you started the group
- What the group's needs are

2. Your goal:

- ▶ For example, “Form a group of women activists and organizers to work together with other service providers to offer services, prevention, and education to survivors of domestic violence in their communities.”

3. What your group needs from the agency:

- ▶ Access to telephone, fax, and postal services
- ▶ A place within the agency to work

If you don't get the support from the first agency you meet, don't give up. Keep asking for support from other organizations or agencies, such as:

- ▶ Immigrant service agencies
- ▶ Community aid agencies or community centers
- ▶ Churches, temples, ministries, parishes, religious centers

4. GROUP LOGISTICS

Success doesn't come easily, but requires a lot of effort and work, as well as planning. Sometimes it can seem overwhelming. This section covers group logistics that can be revised and adapted to suit your group's situation. The advice given is based on the experiences of other groups and mistakes they have made and learned from. Remember that although some projects don't turn out as planned and sometimes you might feel frustrated and want to abandon the whole thing, don't give up. At the end of this chapter, you'll find an example of a first meeting agenda and an invitational flyer.

NOTE: This manual assumes that some of you are already meeting on an either informal or formal basis.

4.1. Meeting Logistics

Your group will become more united through the meetings you have with community members and by setting objectives. It will also pave the way to possible sponsors. Nevertheless, organizing and carrying out the meetings can be a difficult task. The advice that follows will help make your meetings stronger.

Before deciding to have the meeting, consider all of the possible problems or situations that could interrupt the meeting's dialogue or objectives. Many of us are mothers of small children and don't have childcare. Also, we work both at home and outside and are very tired at the end of the day. We may or may not have driver's licenses, gas money, or any form of transportation. We may not even have time to eat before going to a meeting. This is our reality, and while they seem like small matters, they are important and distract us from the meeting's objectives.

What other topics and difficulties do you think need to be discussed and worked out before having a meeting?

When other groups decided to have their first meetings, they found that a number of topics needed to be resolved before they could deal with the meeting objectives. Some of the topics were:

- Meeting location
- How to get to the meeting
- What to do with the children
- Meeting schedule
- Refreshments
- Materials for the meeting
- Confidentiality

Later on, we'll discuss some solutions that the groups found to these problems.

Remember that situations can be different: Find your own solutions to deal with your group's needs!

4.1.1. Where to have the meeting?

As you get started, most likely you won't have a sponsoring organization or a place to meet. Until you do find a sponsor and a secure meeting site, consider the following places where you could hold a meeting:

- A member's house
- School
- Shelter
- Offices of domestic violence agencies
- Church
- Community center
- YWCA or similar center
- Open public space (park, plaza)

Make sure that the place where you do decide to meet isn't noisy and is comfortable. Also, remember to designate some place and someone to care for the children during the meeting.



4.1.2. When to meet?

This is something you'll have to decide amongst yourselves. However, do keep in mind that the schedule and location of the meeting should meet the needs of the majority of the group.

Priorities in our jobs, families and private lives influence our availability and often change. Just because one or two group members have schedule changes isn't reason enough to change the schedule for the whole group. Changing schedules on a constant basis can confuse and discourage group members. Consistency is one of the most important aspects for the group to work well. The best thing to do is determine a fixed time and day to meet.

Organizers of the first meeting should make sure to schedule and announce the meeting early on, so that the participants can make their plans. You can announce the meeting by posting flyers in popular places around the community, or by a telephone chain, in which every person invites one or two friends to attend, and they in turn invite their friends.

4.1.3. Keeping the group active

Another challenge for a newly formed group is keeping the members happy and involved in the group's activities. Some of the initial mistakes made by other groups are:

- Only two or three members taking on the role of leader, without including the others
- Being too concerned about the number of group members instead of working with the members that do attend the meetings
- Lack of communication between members
- Lack of planning and vision

To avoid these problems, all of the members need to be active organizers and advisors/counselors working to improve the situations of women and children who have survived domestic violence. Being a leader and taking on a more active role will be easier for some members than others. This is a good quality, but working together as one, where everyone's voice is heard, will bring strength to the members and the group as a whole. A good leader is someone who helps those around her to improve and grow. A bad leader is one that wants to impose her opinions and order those around her. Support the other members and be a good leader by:

- Listening
- Asking for opinions and encouraging other members to participate
- Helping members become more active
- Sharing what you've learned and keeping members informed

- Including members in ALL of the projects
- Delegating responsibilities
- Teaching members how to carry out tasks
- Inspiring others
- Fostering leadership development
- Guiding the group to achieve the determined goals

What other qualities do you think a good leader should have?

Establishing the Group's Vision, Mission Statement, and Values²

Being sure of the group's direction, what you want to accomplish, how you will help survivors in your community and how you'll make connections with service providers are all indispensable for the group's development. In order for the group to stay active and united you'll need to determine the principles that will guide your organization. Your group's vision, mission, and values will reflect the group's identity and clarify for members what your group is fighting for.

4.2.1. What is your vision?

To create a vision, imagine that you have accomplished your mission in an ideal future. For example, the following vision is one that many of us live with and fight for:

"Our vision is to live in a society in which women are respected and in which violence against women doesn't exist."

5.2.2. What is your mission statement?

To determine your mission statement think about what your task is going to be, what your purpose is, and to what the group and its members are dedicating themselves. The following are mission statements from other groups:

"To help and empower women in our community achieve their goals of mental, spiritual, and economic growth and survival. We want our families to experience a safe and nonviolent future."

-LUNA

"To promote leadership development of rural women so as to allow them to be the link that creates social, economic, and political changes necessary to ensure their human rights are respected."

-Líderes Campesinas

² Adapted from "Liderazgo Facilitador" November 12, 1998, Interaction Associates, LLC

4.2.3. What are your individual values? What are the group's values?

What you believe to be important and valuable will be reflected in both your individual and organizational conduct. For example, in regards to what we've been discussing so far, the values would be:

"Respect and equality for women, responsibility, educating our families and children to put an end to domestic violence, and raising sons and daughters who use communication, not violence."

Once you have determined the vision, mission statement, and values of the group, write them down and let your community know about them. Make an informative brochure to distribute to new group members and service providers.

4.3 Planning and Establishing Short-Term and Long-Term Goals

Planning your goals and objectives is like making a map with directions to follow. Talking about the group's goals and how to achieve them will help keep the group focused and on the right track. Planning and staying focused, along with your work on developing a vision, mission statement and set of values will be very beneficial when it comes time to seek funding and grants. These things will also ensure that you are respected as a serious group.

Define a goal of what you want to accomplish. Goals can be general or specific and should define what you want to accomplish. To start with, think about a couple of general goals that you can work towards. To make sure they are feasible and that the whole group is clear about them, answer the following questions:

- What do we want as a group, and why?
- What is the time frame in which we want to achieve this goal?
- What are the steps we'll need to take to achieve this goal?
- What will we need to reach at each step?
- What will be the time frame to carry out each objective?
- How will we assess the success, or lack thereof, of each step?
- What are some alternative plans?

Goals can be short-term or long-term. For example, one of LUNA's goals, "to improve the services at battered Latina immigrant women's shelters," is a long-term goal. In order to carry it out, LUNA broke it down into smaller steps. The first step they took was to ask members that had used or were using the shelters to find out about the specific failures in the shelters' services.

Short-term goals, which are easier to carry out, provide immediate results and a feeling of success. In the case of LUNA, when they realized that their goal was too large and difficult, they decided to divide it into a number of short-term goals. Their first goal was “in three months time, to create a system to provide Latina women in the shelter the kind of food that they would normally eat at home.” They called this goal Project Pantry.

Another one of LUNA’s long-term goals is to be financially independent. They wanted to be able to hire group members to work on achieving the goals and to cover group expenses. As this was also too a large goal, they divided it up into a bunch of short-term goals. The first of these goals was to deal with the urgent need of child-care. Many of the mothers wanted to attend the meetings but had no one to take care of their children. So LUNA raised money by selling food and hired some babysitters to look after the children during the meetings.

Your goals should reflect your group’s vision and mission statement, as well as the group’s needs and the needs of the women and children you want to help.

Establishing both short- and long-term goals is essential to keep the group active and the members involved in achieving the goals. You’ll also inspire new members to work together towards the common goal.

The **appendix** has sample worksheets that show how other groups have planned their activities, plus worksheets to help you plan activities and establish goals, plus the steps you’ll need to take.

On Page 24 and 25, you will find a sample “First Meeting Agenda” and sample invitation flyer.

5.4. Documenting, Recording and Archiving

One of the most tedious but most important jobs of the group is keeping a record of the group's activities, participants and members, including telephone numbers and addresses. This is an important task, as it helps the group evaluate its own progress, successes and mistakes. You will be able to show sponsoring organizations documentation about the goals you have reached and how many talks you have given, as well as a record of how many members are in the group and how many participate.

To make sure everything does get written down in a useful manner, two well-organized participants should commit to a minimum of a six-month timeframe in which they will be responsible for documenting and maintaining the files. They need to create member lists with personal data, keep track of who participates, and document the group's short- and long-term goals..

Also, if you create materials for talks and training sessions, it's a good idea to have large three-ring binders handy for all of the members. You will also want to keep a file of any information you get at meetings with service providers or information from training sessions. This file should be accessible to the members.

6. CONCLUSION

Remember that in order to organize you need to be organized, and that a good leader is someone who works with the group, not against it. Also remember that EVERY member and participant is important and has her own unique quality. Some will be good at training, while others will be good at organizing activities, cooking, making photocopies, or raising the group's spirits with funny jokes. What is most important is that everyone feels valued and treated as equal.



FIRST MEETING AGENDA**5:00-5:30pm Introductions and getting to know one another**

Participants introduce themselves and talk a bit about themselves and their vision for the group. Participants write their names, telephone numbers, and addresses on a sign-in sheet to be notified of future gatherings.

5:30-5:35pm Electing a moderator

The moderator's job is to ensure that all of the members participate, are respected, and are listened to. She will help make sure all of the agenda points are covered and that the meeting ends on time.

5:35-5:40pm Electing two volunteers to act as secretaries

These volunteers will be responsible for taking notes at the meeting, copying them and sending them, along with details of the next meeting, to the members that provided their addresses, or else distributing them at the next meeting.

5:40-7:00pm Discussion over the following points:

1. Why they want to have meetings and what they hope to get out of the meetings
2. Meeting logistics: problems and possible solutions (where, childcare, transportation)
3. Deciding where to meet. It must be somewhere secure and stable
4. Proposing names of possible group guides, to be voted on at the next meeting

7:00-7:30pm Celebration

Members share their opinions about the plans made during the meeting and how they see themselves in the future.

**DECISIONS WE NEED TO MAKE
TO BUILD A STRONG AND ORGANIZED GROUP**

1. OUR VISION OF AN IDEAL FUTURE
2. OUR MISSION STATEMENT
3. PLANNING

Leadership Meeting



Come learn with other women about the different options and rights that we have in this country.

We offer childcare and connections to the community

Where:

When:

Call _____ if you have any questions

We look forward to seeing you!

CHANGING TIMES

INTRODUCTION

In order to improve the response service providers give to immigrant survivors, we need to understand their roles and how they work. This chapter presents basic information about how the system responds to victims of domestic abuse in general.

The second part of this chapter suggests steps to take to achieve systemic change. By improving our system we will ensure that our community receives appropriate services.



1. OUR COMMUNITY RESPONSE SYSTEM

Our community has been helping victims and survivors of domestic abuse in many ways. Many service providers, community leaders, neighbors, friends, and family members provide support and help to survivors of domestic violence. For example:

- Religious personnel, such as the minister or pastor of Protestant churches or the priest in the Catholic church
- Community leaders who provide support by translating, interpreting, advising and who are well connected and well known
- Mothers, sisters, or friends who are or have been in similar situations

Who else could be on this list?

● EXERCISE 3.1

FACILITATOR'S GUIDE

Objective: To discern who does and doesn't understand the issue of domestic abuse and who can or can't help.

INSTRUCTIONS: Look at the following examples. Which one do you think really helps, and why?

Maria's husband has abused her again. Her right arm is hurting her a lot and her lip is cut. Maria asks her pastor for help. The pastor tells her:

- ☐ One must make sacrifices for the family and ask for God's help.
- ☐ Maria, you need to see a doctor and get these wounds looked at. What have you done to make Manuel hit you like this?
- ☐ Maria, you need to see a doctor and get these wounds looked at. You are not to blame nor are you responsible for your husband's actions. No one, not husbands nor parents, has the right to hit another person.

Sometimes our community members aren't informed or don't understand what domestic violence is because we have been suffering in silence, as if it were a private matter. But experience shows that domestic violence is a matter for the **WHOLE COMMUNITY**. Protecting women and children and not tolerating violence are everyone's concerns. Besides the people listed above, who else in your community is important for the support and help they offer survivors of abuse? Do you know their names, where they work, and how they can help? Do you know how to get in touch with them?

The experiences of many survivors and service providers show that working as a team with the same objective helps the survivor of domestic violence get better and become stronger. Through collaboration and teamwork, the survivor gets more comprehensive services and specialized help. In the U.S., this kind of teamwork is called the Community Response Model.

In this model, service providers work together to better respond and attend to the survivor's needs. The principal members of a Community Response Team are:

- ▶ Police or sheriff
- ▶ Staff at emergency rooms trained to work with abused women and children
- ▶ Hospital's social workers that can inform the survivor of available help
- ▶ Shelter for victims of abuse and sexual assault
- ▶ Court personnel (judge, court secretary, etc.)
- ▶ Lawyers, consultants and community activists
- ▶ Human services department
- ▶ Public benefits department

Policies regarding undocumented immigrants differ depending on location. Recently, possible changes to policies governing the relationship between the Department of Homeland Security (DHS) and the local police have recently been announced. There is a chance that in the future, the DHS will train some police departments on how to detain undocumented persons. Currently, there are police departments or sheriffs, even civil judges, who report undocumented persons to the DHS. For these reasons, it is imperative that you, as an activist, find out about the policies where you live in order to provide the most accurate advice to survivors. Also, always recommend to an undocumented immigrant survivor that she carry the name and telephone number of a lawyer or representative who can help her if someone reports her to the DHS. (Section Three has more information on rights and the DHS.)

The following table details who are involved in the U.S. Community Response Model responding to battered survivors.

1.1. A General Look at the Legal System:

Who?	Police	Public Prosecutor	Judge	Survivor's Attorney
Responsibilities	<p>Protects, defends, and investigates crimes.</p> <p>At the crime scene, interviews witnesses, survivor, and alleged perpetrator.</p> <p>Determines if there is enough evidence to arrest the alleged perpetrator.</p> <p>Makes arrest, if there is enough evidence, and writes reports of the investigation and interviews.</p>	<p>Accuses or orders the arrest of the alleged perpetrator.</p> <p>Represents the state and officially persecutes criminals.</p>	<p>Presides over the trial and decides sentencing.</p>	<p>Defends and works for the client.</p> <p>Attends the trials, prepares and submits documents to the judge.</p> <p>Stays in touch with client at all times. Cannot make decisions without consulting client.</p>
How are they in contact with the survivor?	<p>By calling 911.</p> <p>Going to the police department.</p> <p>Neighbors may contact them if they believe there has been criminal activity or that someone is in danger.</p>	<p>When the police determine that a crime has possibly been committed.</p> <p>Based on the police reports, the public prosecutor is able to press charges against the perpetrator.</p>	<p>In a criminal case, when the public prosecutor presses charges against the alleged perpetrator, the judge will preside over the perpetrator's trial.</p> <p>In a civil case, the requesting party (survivor) can, by herself or with the help of a lawyer or counselor, ask the judge for a protection order or restraining order and that the judge decide her case.</p>	<p>The survivor contacts the attorney and contracts him or her for a particular case.</p> <p>In criminal cases, the state can provide a public defender if the survivor doesn't have the money to pay for one, even if she's undocumented.</p> <p>These attorneys represent criminal cases only, not immigration cases.</p>

Who?	Police	Public Prosecutor	Judge	Survivor's Attorney
How can they offer support to the survivor?	<p>By protecting her and recording what she says has happened.</p> <p>By taking photos of wounds, taking her to a hospital or shelter.</p> <p>By writing a detailed report.</p>	<p>By taking the case against the aggressor to court. The survivor may or may not have to testify in court.</p> <p>By requesting a restraining order, to prohibit the perpetrator from contacting the survivor.</p>	<p>In a criminal case: convicting the accused.</p> <p>By sending him to classes for abusers and ordering the perpetrator to not contact nor attack the survivor.</p> <p>In a civil case: by deciding if an assault occurred after listening to both sides, and sending the perpetrator to classes.</p> <p>By ordering the perpetrator to leave the house, to not attack or contact the survivor in the future.</p> <p>By facilitating the request for a restraining or protection order</p>	<p>By representing the survivor in her divorce hearings or issues about child custody, visiting rights and support</p> <p>By referring her to attorneys specialized in immigration laws, in order to help her get residency without assistance from her abuser, if she qualifies under the VAWA law.</p>
Debunking Myths	<p>The police are not the DHS (or immigration).</p> <p>The police are not allowed to ask for immigration papers.</p> <p>You don't need papers to ask for their help.</p> <p>Police are required to write a report and document what happened even if they don't arrest the perpetrator.</p>	<p>The public prosecutor isn't the DHS, nor works for the DHS.</p> <p>They should not ask for your immigration papers.</p> <p>You don't need papers to ask for their help.</p> <p>They are NOT the survivor's lawyer, but rather only represent the STATE and work to convict criminals that break state law.</p> <p>The judge isn't the DHS, nor works for the DHS.</p>	<p>The judge should not ask for your immigration papers.</p> <p>You don't need papers to ask for help or get access to the courts.</p> <p>The judge doesn't take sides. The judge is obligated to decide cases based on the evidence provided and following the civil or criminal processing codes.</p>	<p>The attorney isn't the DHS, nor works for the DHS.</p> <p>The attorney doesn't need to ask for your immigration papers, unless doing so can help in the immigration case.</p> <p>You don't need papers to get an attorney's help or representation.</p> <p>The attorney represents only his or her client, but will have to speak with the perpetrator's attorney or with the perpetrator directly.</p> <p>In criminal cases, the attorney does need to know the immigration status to better represent the client.</p>

1.2. The Social Response System:

Who?	Hospital	Human Services Department	Shelter	Counselors
Responsibility	<p>Help and heal the sick or wounded.</p> <p>Provide emergency care to survivors with body wounds</p>	<p>Assign public benefits to those who qualify.</p>	<p>Protect and help survivors and their children</p>	<p>Help survivors and their children</p>
How does the survivor contact them?	<p>The survivor may go by herself to the hospital or is brought there by ambulance, police, counselor in a shelter, or a friend.</p>	<p>When the survivor asks for public assistance for herself and her kids.</p>	<p>Through the crisis line, or by being referred by the police, hospital or the public prosecutor</p>	<p>Through the crisis line to the shelter. Many counselors work out of office, in places where they are needed.</p>
How do they help the survivor?	<p>Many nurse practitioners and doctors have been trained in issues of domestic violence.</p> <p>The staff records the wounds and their own impressions and also treats the wounds.</p> <p>They can refer the survivor to a social worker or a domestic abuse counselor.</p>	<p>Some offices help applicants fill in the forms, others don't.</p> <p>They review the applications and either approve or deny the request.</p>	<p>They provide a secure and anonymous place to live during the crisis.</p> <p>They provide food and other services while the survivor is living there and needing to hide and recuperate.</p>	<p>Provide individual and group counseling to help the survivor recuperate and better understand her options.</p> <p>Accompany survivor to appointments with doctors, attorneys, to court or human services.</p> <p>Help lodge a civil protection order</p> <p>Help prepare an insurance plan</p> <p>Help look for a place to live, school for the kids, work and whatever else is needed for the survivor should she decide to start a new life without her abuser.</p>

Who?	Hospital	Human Services Department	Shelter	Counselors
Debunking myths	<p>The survivor doesn't need immigration papers to get emergency help.</p> <p>The hospital doesn't work with or for the DHS.</p> <p>The hospital may need her personal information and insurance card if she has one: it's a normal procedure</p>	<p>Even if the mother is undocumented, if the children are lawful residents or US citizens, they qualify for public assistance.</p> <p>A survivor whose immigration status case is pending under VAWA law may qualify for public benefits under special legal provisions.</p> <p>They don't work for the INS, but some will contact the DHS if a person is trying to fraudulently obtain benefits.</p>	<p>All survivors, regardless of their immigration status, have the right to use the shelter and receive its services.</p> <p>The shelter does not collaborate with DHS nor does it contact the DHS when someone doesn't have papers.</p> <p>The shelter asks only for immigration status of the survivor as well as the abuser to see if the survivors can qualify for an immigration case under the VAWA law.</p>	<p>All survivors regardless of their immigration status have the right to receive a counselor's help.</p> <p>The counselor doesn't collaborate with or contact the DHS when the survivor doesn't have papers.</p> <p>He/she asks only for immigration status of the survivor as well as the abuser to see if the survivor qualifies for an immigration case under the VAWA law.</p> <p>The survivor doesn't need to leave her abuser or the house to receive help from counselors.</p>

● EXERCISE 3.2

FACILITATOR'S GUIDE:

What's missing from this table? Are there important people in the community that should be included in the Community Response Model?

Who?	
Responsibilities	
How to reach them?	
How do they help?	
Myths	

2. GETTING READY TO BE A BETTER ACTIVIST

Civic activism allows us to have a voice in the system. Having a voice allows us to stand up for our rights and demand better access to resources and services. Civic participation gives us a better opportunity to be treated equally and for services to be improved to meet our needs.

What benefits can we gain by working with other community members and service providers in our fight for rights and in civic-political activism?

- ▶ Improve the relationships among our community members, agencies, and service providers
- ▶ Build trust and partnerships between our organization and the service providers
- ▶ Share with and show service providers the obstacles that impede our women from receiving access to their services
- ▶ Improve resources of certain agencies that support battered immigrant women
- ▶ Inform and improve efforts to increase funds and appropriate services
- ▶ Create contacts and support networks with local, regional, state, and national agencies and organizations that advance the rights of immigrant women and survivors of domestic violence



3. ORGANIZING CAMPAIGNS FOR CHANGE

Organizing a campaign is one way to work towards change. It is a way for your opinions and voices, as well as those of other community members, to be heard and valued by the system. You can voice your opinions in favor or against policies or practices that affect you and achieve the changes you believe in. Preparation, organization, and teamwork are key in creating a campaign.

What follows is basic advice and guidelines on campaign organizing. Hopefully, it will make you feel more secure about how to start. But, the best way to learn is from your own experiences, and the only way to do that is to simply get out there and do it.

On page 41, you'll find a glossary of terms that can be used in a campaign

To carry out a successful campaign, remember:

- The more united voices involved in the campaign, the stronger the message
- Involve a lot of people to send out a strong message
- Use meetings and educational talks to involve more people
- Be sincere when giving informative talks
- Work as a team

Before having an initial meeting about starting a campaign, you need to make sure the group is in full agreement of the group's goals. Then you need to create a clear campaign "strategy." A strategy is like a map that shows where you are now, where you want to go, and how you are going to get there. Use the following questions to help work out your campaign strategy:

3.1 What Do You Want? What Is the Goal?

You need a clear sense of what you want to achieve. It should be understandable and easy to explain. An initial goal, such as changing the law, needs to be impressive enough to attract people's interest. It must also be accessible enough to achieve concrete results within a reasonable amount of time, such as six months to a year.

3.2 Who Can Give You What You Want? Who's the Audience?

The first question to ask is "Who has the power or authority to give us what we want? Is it Congress, the local health department, city council, a shelter director, or chief of police?" Whoever it may be, this person is your main audience. The second question is "Who or what has the most direct influence on how this person makes decisions?" This could be a local business leader, contributors, the media, professional organizations, or community groups. These will also be part of your audience and to what or whom you should direct your efforts.

3.3. What Does This Audience Need to Hear? What Is the Message?

Your campaign needs to have a clear and persuasive message so that your audience knows what you are campaigning about. Proponents of campaigns often make the mistake of thinking that the most effective message is one that they themselves find persuasive. How does your audience think and what will really bring them to your side? Your message needs to be repeated often and clearly.

3.4 From Whom Should the Message Be Heard? Who Is the Messenger?

A message can have a very different effect depending on who communicates it. You'll need to have a few messengers that are credible "experts" -- women who can speak about their personal experiences, and others who have special credibility or connections to the person or group to whom you are directing your campaign.

3.5 How Can We Make Sure They Listen? What's the Delivery? What Tactics Do We Use?

Campaigns can get their message heard through many different ways. Some are formal, such as through lobbying or the media, while others are more direct or "in your face," such as protests and direct action. When planning a campaign, consider all the options for taking action and choose the ones that make a winning combination. You won't need to use all of the tactics you come up with. Some of them can be used to support the organization's future goals, as well as for developing leadership, building visibility, strengthening the community, creating ways for larger groups to get involved in the work, etc.

Some strategies you can use to organize your campaign are:

A. Grassroots Organizing

Getting people involved in social justice activism through public rallies, protests, distributing fliers, registering voters, and collecting signatures, as well as testifying at hearings. These are all great ways to bring important issues to a political level.

B. Alliance and Coalition Building

Building networks of individuals, groups, and organizations that work towards social justice.

C. Media Support

Capturing public interest through television, newspapers, radio, and the Internet. Support from the media boosts public interest and awareness of important social justice issues.

D. Lobbying

Convincing legislatures to support legislation that will promote public interest. Improving legislation is a powerful way to achieve social justice.

E. Strategy Development

Influencing the public and government to work with investigators, analysts, and activists to support the most effective public policies.

There are also a number of other tactics you can use in your campaign. See page 42 for a larger list.

3.6 What Resources Do We Need to Achieve This?

What Is the Strategy?

You need to determine if you have the resources you'll need to implement your ideal campaign. Do you have enough employees, volunteers, money, time, infrastructure, connections, and community support? You may need to consider everyone's skills, language, childcare needs, and immigration status. Ask yourselves: "What do we need to achieve this? Do we have the resources? What can we do to make it more possible?" You'll need to make a budget, a timeframe and a work plan to support and direct the campaign.

3.7 How Do We Document and Measure the Progress? How to Assess It?

If your campaign is based on clear goals and objectives, you'll need to have a way to measure the progress you make towards achieving your goals. Develop a long-term plan to document your work: Establish reference points to measure your progress and set times when you'll ask, "How is the work going? What are we achieving? Do we need to change anything in our plan? What are we learning?"

3.8 Campaign Planning

Your group's first campaign should be about something simple and easy to change. This will provide you with experience and give you confidence in planning larger campaigns in the future. While we have the same rights as anyone else in this country to require that the system respond to our needs, remember that the system isn't perfect. Campaigns that are going to change the system need to have a plan that covers the whole process through to the end.

The following chart shows a campaign plan to receive better help from the police. The chart also includes techniques that can be used for planning any campaign.

PROBLEM	ANALYSIS	ANSWER	OBJECTIVE	AUDIENCE
<p>What is the problem or issue that we want to see changed or improved?</p> <p>The police department doesn't have interpreters, nor are police trained in intervention or helping immigrant women victims of domestic abuse.</p>	<p>Why is it a problem?</p> <p>Police can't communicate with the victims when they do intervene, making the intervention ineffective and putting the victim and her children in danger.</p> <p>Police use the children as interpreters, which traumatizes the children again and puts them in future danger.</p> <p>What more can you add?</p>	<p>How does this affect victims in our community?</p> <p>Immigrant women aren't reporting crimes committed against them.</p> <p>Our children are growing up to believe that crime against your own family bears no consequences, and that violence is an acceptable way of solving conflicts and controlling the family.</p> <p>There's a great lack of trust in the system and the protection it offers to victims of domestic abuse.</p> <p>Criminals aren't apprehended and continue to commit crimes against their families.</p>	<p>What's the desired solution?</p> <p>That the police department hire bilingual/bicultural personnel.</p> <p>First steps would be:</p> <ol style="list-style-type: none">1. That the police receive training in these problems and effective intervention in crisis situations2. That the police hire trained allies-volunteers to help in crisis interventions.3. That these same volunteers become part of the police department's staff.	<p>Who has the authority to make the changes?</p> <p>Who influences this person or organization?</p> <p>The city's mayor or city council</p> <p>The department chief or commissioner</p> <p>Who else should hear this message?</p>

MESSAGE	MESSENGER/S	WAYS	ALLIANCES	RESOURCES
<p>What do they need to hear?</p> <p>Everything just described under "problem," "analysis," "answer," and "solution."</p>	<p>Who will present the message, or from whom do they need to hear the message?</p> <p>The group leaders, with backing from the group, as well as people with connections and influence over the mayor and department chief, for example, a judge, shelter director, etc.</p> <p>It's important for the group leaders to have handouts, pamphlets, or other materials to distribute to the audience.</p>	<p>How are they going to present the message?</p> <p>This depends a lot on the group and the level of work and alliances established. For example, they could:</p> <ol style="list-style-type: none"> 1. Formally request a meeting with people who need to hear the message. 2. Make a petition and collect signatures around the community -- in churches, workplaces, community centers, etc. Take this petition and signatures to the meeting. 3. Invite a group of victims and survivors to speak of their experiences and make the situation real for the ones who need to listen and make changes. 4. Have ready a written petition with proposed solutions and be prepared to discuss the problem. 5. Confirm a date to follow up on the meeting 6. Think of other ways to be heard in case it becomes clear in the meeting that they aren't going to do anything to improve the situation. Consider mobilizing the community, contacting the newspapers, radio and/or TV, talking to state and or federal government representatives. 	<p>Who can help you and how?</p> <p>Who are the leaders or professionals that have experience negotiating that can help the community?</p> <p>Example: A police officer aware of the problem, a city representative, a member of a victims' service agency, the director of a shelter, etc.</p> <p>You need to contact each and every person who can help, maybe one-on-one, or maybe as a group. Be prepared to explain what kind of help you are looking for.</p>	<p>What do you need?</p> <p>volunteers statistics stories funding</p>

● EXERCISE 3.3

INSTRUCTIONS: Choose an easy topic to start with, such as the lack of types of food our community eats in shelters, lack of counselors who speak our language, etc. Once you've chosen a topic, fill in the columns below and answer the questions as thoroughly as possible. At the end of this exercise, you'll have a plan of all the points you'll need to consider in order to affect change in the system. Next page, you'll find questions to help you evaluate your plan and the progress. (Full-size copies of the following worksheets are in the appendix, Page 105.)

3.9. Worksheet for Campaign Organizing

PROBLEM	ANALYSIS	ANSWER	OBJECTIVE	AUDIENCE
What is the problem or issue that you want to see changed or improved?	Why is it a problem?	How does this affect victims in your community?	What's the desired solution?	Who has the authority to make the changes? Who influences this person or organization?

MESSAGE	MESSENGER/S	WAYS	ALLIANCES	RESOURCES
What do they need to hear?	Who will present the message, or from whom do they need to hear the message?	How are you going to present the message?	Who can help you and how?	What do you need?

Final Assessment

Do we need to change anything in our plan?

How are we going to know if we're on target or if something is missing?

What are we achieving through this?

How is the plan working? What are its weak spots?

How shall we document the process and results of this campaign to help us in the next campaign?

What other questions do we need to ask ourselves to evaluate our progress?

■ Glossary of Terms for Community Campaign Organizing

- **Alliances:** Groups or individuals that share the same vision and are ready to collaborate in activities of the same campaigns
- **Community campaign:** a series of activities carried out over a specific time period with the objective to mobilize the support needed to achieve success
- **Constituents:** Those who benefit from the results of the campaign
- **Goal:** A declaration that clearly explains what the group wants to achieve with the campaign, and how it will go about achieving it
- **Investigation:** Collecting information to strengthen the group's power to suggest a solution to a problem, and to know its target allies and enemies
- **Message:** Words the group uses to explain the campaign to constituents, alliances, targets, and others
- **Objective:** Specific steps to take towards reaching the final goal
- **Problem:** A situation that many people would like to see change
- **Strategy:** The general game plan for the whole campaign
- **Target:** The person/s that have the ability to make possible what the group suggests
- **Tasks:** Daily (step by step) work that needs to be done during the campaign
- **Vision:** An idea of how things could (and should) be different than how they are now

■ Tactics for Taking Action

When you feel like there's nothing you can do, think again. The following 41 different non-violent actions of protesting and persuading have all been used at one point or another by groups like yours.

This list was prepared by Mujeres Unidas y Activas.

Propaganda and publicity; declarations

1. Publish, circulate a public declaration
2. Petitions (they can be presented dramatically)
3. Letters to the editor of publications
4. Press conferences
5. Flyers
6. Banners and posters
7. Public service announcements on radio, TV

Pressure individuals and institutions

8. Telephone campaign
9. Letter or postcard campaign
10. Fraternizing: inviting an official to a meal or community celebration
11. Lobbying
12. Visiting an official's office, with or without an appointment
13. Visiting the official's house, club, or church; demonstration, handing out flyers
14. Demonstration or picket lines
15. Lawsuits (in court) Watch out! Keep the pressure outside the courtroom
16. Pressuring a second target (someone who can put pressure on the first target, especially a boss)

Symbolic actions; drama

17. Processions and marches
18. Vigils and religious services (use candles, lights, etc.)
19. Songs (funny ones, religious ones, etc.)
20. Caricatures and symbols, such as dolls

- 21. Special symbolic clothing and costumes
- 22. Street theater
- 23. Symbolic sounds (drums, bells, whistles)
- 24. Symbolic or real funeral for victims
- 25. Homage at a burial site
- 26. Group fasting: hunger strike

Public assemblies

- 27. Assemblies or protest or support meetings in public places
- 28. Educational events as a protest

Leaving an event

- 29. Leaving an event as a protest
- 30. Silence (after a speech or presentation)

Voting

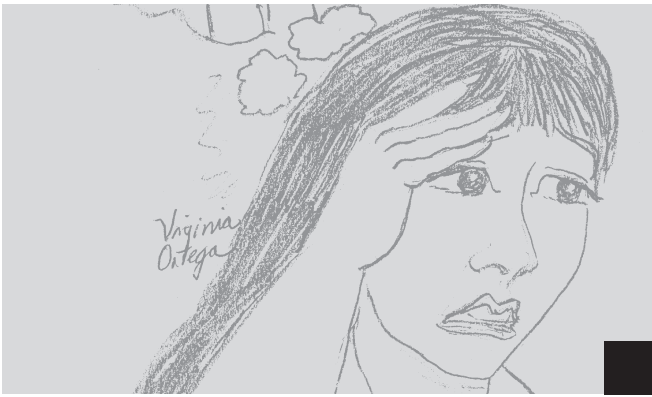
- 31. Registering voters
- 32. Educating voters
- 33. Mobilizing voters on Election Day

Not cooperating

- 34. Refusing honors or prizes
- 35. Boycotting private businesses (such as a supermarket chain)
- 36. Buying only from locally-owned stores

Direct intervention

- 37. Talking (a lot) at public meetings or hearings
- 38. Vigils
- 39. Entering and leaving an office or building to take up space and call attention
- 40. Blocking (physically, but peacefully) an entrance
- 41. Blocking an unjust action (demolition, removal, etc.)



Section Two

DOMESTIC VIOLENCE: THE SILENT WAR AGAINST WOMEN



■ How to Use this Section

Violence against women is a real problem. As women, we have lived with or been witness to threats, physical and psychological abuse, and sexual abuse. It's hard to imagine a world where such violence doesn't exist. Many times, we find ourselves trying to explain to women that how they are living isn't normal and that as victims/survivors they can get help to feel safer and overcome the abuse they are suffering.

This section is designed for you to be able to train other women. It is divided into three different training sessions that can be done in one three-hour session, or in three sessions of one hour each. The goals of the section are to:

- ▶ Establish a firm foundation about the help we can provide survivors of domestic violence, with an emphasis on immigrant Latina women
- ▶ Develop a basic understanding of the dynamics of domestic violence: its causes and its effects.
- ▶ Learn more and use what we know in individual and group counseling
- ▶ Learn to protect ourselves and how to develop protection plans for abused immigrant women

At the beginning of each chapter, you'll find a sample agenda that the facilitator can adjust as necessary and use for the trainings.

IMPORTANT NOTE FOR THE TRAINER: Violence against women is, unfortunately, very much a part of our lives. You may find that women are reluctant to share or don't understand the information discussed in this section. Be well prepared and ready to analyze the participants' questions or comments in order for the whole group to move forward. Also note, that while both men and women comment that women also abuse their partners, studies show that 95% of the domestic violence cases reported are committed by men against women.

1. CHAPTER ONE:

BASIC CONCEPTS

SAMPLE FACILITATOR'S AGENDA

TRAINING: THE SILENT WAR AGAINST WOMEN

Introduction: 10 minutes

To start the training, it's a good idea to do some kind of activity to help the participants relax and get to know one another. This will help them participate more, later in the training.

Breaking the Ice Exercise: The tree of strength

Objective: For the participants to recognize their value and good qualities

Preparation:

- a. You'll need materials: color paper, pencils, Scotch tape and a large piece of poster board.
- b. Cut the color paper to look like leaves.
- c. Draw a tree with large branches on the poster board and pin it to the wall.

Procedure:

- a. Ask the participants to take a colored leaf and write all the positive things they know about themselves or what other people say about them. For example, "People say I a good mother, funny, a good friend, etc."
- b. Ask each participant to attach the leaf to the tree, then introduce herself to the group and read aloud to the group what she has written on the leaf.
- c. At the end, you'll have a tree filled with colored leaves full of all the participants' positive values and qualities.

Note: This same tree can be used for other activities, by adding flowers or fruit, or each person can write what she has learned, etc.

I. MY RIGHTS AS A BATTERED WOMAN - 5 minutes

- a. Give a brief introduction to this section.
- b. Ask the participants to read the rights given in Chapter 1 of this section.
- c. When done, ask participants what they think of these rights, what they like most, and why.

II. WHAT IS DOMESTIC VIOLENCE? - 10 minutes

- a. Give a brief introduction to this section. To assess the group's general understanding of the issue, ask participants to explain what they think domestic violence means.
- b. Do Exercise 1.1.

III. CAUSES OF DOMESTIC VIOLENCE - 10 minutes

- a. Read the Facilitator's Guide.
- b. Introduce the exercise.
- c. Do Exercise 1.2

IV. MYTHS AND REALITIES ABOUT DOMESTIC VIOLENCE - 5 minutes

Review together all the myths and realities that exist surrounding domestic abuse

V. Abusive Behaviors that Oppress and Control the Partner - 30 minutes

In order to help lead the group through the following exercise, you will need to be well prepared and learn the definitions of the domestic violence tactics.

Exercise: Let's Talk About Domestic Violence!

Objective: Participants discover that they have enough understanding to speak about domestic violence, the qualities needed to work together and the ability to present issues important to their communities.

Preparation:

1. Familiarize yourself with the Power and Control Wheel.
2. Get materials: eight pieces of paper cut in the same way as the Power and Control Wheel. (Make the pieces big enough to work with) a circular piece of paper, tape or glue, magazines, pamphlets, markers, scissors.
3. Draw a large size copy of the Power and Control Wheel and cut out the eight parts and title them: emotional abuse, verbal abuse, sexual abuse, using children, threats, intimidation, economic abuse, using male privilege.
4. Cut out a same sized circle in white on which to place the eight pieces and title it Power and Control.
5. Look for images that describe each one of these forms of abuse in different magazines, pamphlets or on the Internet, and cut them out. Make sure you have enough images to be able to describe each form of abuse. For example, to explain intimidation, you could cut out a photo of a man threatening a woman with a gun.

Procedure:

1. Divide the group into eight small groups and give each group one part of the Power and Control Wheel with its title, plus glue or tape for the cutouts.
2. Give each group five minutes to talk with one another about what the type of abuse they have been assigned means to them.
3. After five minutes, ask all of the participants to select images that show the abuse they've been assigned.
4. Participants then paste or tape the cutout images on their paper to form a collage.
5. Ask one or two volunteers in each group to explain to the rest why they chose the images and what they mean to their group. Ask them to post their paper on the cutout Power and Control wheel on the wall.
6. At the end of the exercise, the wheel will be complete and the group will have spoken about each form of abuse.

To conclude, put the cutout descriptions of physical abuse on the outer rim of the wheel. Tell the women that they have just done their own presentation and that they, as the experts in this subject matter, can present it better than anyone else.

1. MY RIGHTS AS A BATTERED WOMAN

Understanding and respecting our rights is fundamental. If we don't understand and respect the basic rights of the women we want to help, we risk creating an abusive dynamic similar to the ones from which they are trying to flee. We must always remember our rights.

1. I have the right to not be abused
2. I have the right to be angry about the abuse I have suffered
3. I have the right to choose to change my situation
4. I have the right to feel liberated from my fears of further abuse
5. I have the right to ask for and get help from police and other social agencies
6. I have the right to share my feelings and not be isolated from others
7. I have the right to want a better father figure for my children
8. I have the right to be treated as an adult
9. I have the right to leave abusive situations
10. I have the right to my privacy
11. I have the right to express my thoughts and feelings
12. I have the right to share my thoughts and feelings and know they are kept confidential
13. I have the right to develop my talents and skills
14. I have the right to turn to legal institutions to be free of my abuser
15. I have the right to not be perfect
16. I have the right to be in control of my own finances
17. I have the right to decide what happens with my body at every moment
18. I have the right to not be sexually abused
19. I have the right to control all aspects of my life

2. WHAT IS DOMESTIC VIOLENCE?

We often have preconceived ideas about what domestic violence is and is not. The first step, therefore, is to clarify what it is. To do this, define some forms of abusive behavior and ask participants what they would call that behavior.

Domestic violence occurs between heterosexual and same-sex partners that are in, or have been in an intimate relationship. They could be married, living together, or separated. They could be teenagers or adults. Domestic violence happens to all types of couples, regardless of social, economic, cultural or immigration status. Domestic violence or domestic abuse can be defined as:

A series of assaultive and coercive behaviors on a personal or social level, including physical, sexual, and psychological attacks, used to manipulate and achieve compliance in order to control the partner and make the survivor change her behavior in response to the abuse.

● EXERCISE 1.1

INSTRUCTIONS: If you are using this as a training manual, read out loud the following scene, so that the participants don't see the answers. Ask participants what type of behavior can be identified as abusive, and write it down on the board.

Scenario:

Luisa and Pedro have been married for two years. Ever since they started going out, Pedro has complained that Luisa is a flirt and talks to lots of men. He insists that Luisa change her clothes before they go out and that she should not talk to men, which he says shows a lack of respect. Since they've been married, Luisa can't talk on the phone to her family or bring friends over to the house. Sometimes Pedro reminds Luisa of her duties as a wife and that she must have sex with him when he wants it. Luisa doesn't want Pedro to get angry, because when he does, he gets aggressive and hits her.

- ▶ Pedro uses jealousy to manipulate Luisa
- ▶ Pedro uses her clothing to control what Luisa can and can't do
- ▶ Pedro prohibits behavior through excuses, such as "respect"
- ▶ Pedro isolates Luisa from her friends and family, who could help and defend her
- ▶ Pedro sexually abuses Luisa with rules and imposed traditions
- ▶ Luisa is afraid of Pedro
- ▶ Pedro physically abuses Luisa



Ask the participants how they would categorize the types of abuse Luisa is dealing with:

- ▶ Domestic abuse?
- ▶ Domestic violence?
- ▶ Abuse in the home?
- ▶ Mistreatment in the home?

Remember that all of the terms are valid and interchangeable.

3. THE CAUSES OF DOMESTIC VIOLENCE³

FACILITATOR'S GUIDE

In order for participants to be engaged and involved in the training, they need to feel that their opinions are important. Let them voice their opinions, even if they aren't well informed. At the end, clarify the information.

1. Alcohol releases inhibitions. The intoxicated person may behave differently than when he is not intoxicated and use alcohol as an excuse. Ask participants if they think the abuser hits the survivor in public or in private, and if he would hit anyone, even men who are larger and stronger than he is. There are men who don't drink that are abusive. There are also men who are alcoholics and don't abuse their partners.
2. We all get angry at times. But we don't hit the person we are arguing with. Physical assault is a conscious, premeditated action. Abusers use their physical strength to reinforce their control over the survivor and scare her.
3. Abuse is learned at home. When a son watches his father control his mother and sees that the mother does what the father wants, the message he learns is that violence can help him get what he wants.

³ Adapted from a training manual created by Family Violence Prevention Fund.

DOMESTIC VIOLENCE IS NOT CAUSED BY:	DOMESTIC VIOLENCE IS CAUSED BY:
<ul style="list-style-type: none"> ▶ Genes ▶ Sickness ▶ Drug or alcohol abuse ▶ Stress from work or living in a foreign country ▶ Anger ▶ Lack of control ▶ Survivor's behavior 	<ul style="list-style-type: none"> ▶ Consciously chosen behavior ▶ Behavior practiced out of sight of other people ▶ Behavior consciously carried out to control the survivor ▶ Behaviors learned in the family and in society

● EXERCISE 1.2

INSTRUCTIONS: Mark the following explanations true or false. Why do you think they are true, or false?

1. I'm not a survivor of domestic abuse because my partner only hits me when he's drinking alcohol.

☐ True ☐ False

2. It's my fault that my partner yells at me and hits me, because I provoke him and then he loses his temper.

☐ True ☐ False

3. My partner can't help it; it's in his genes. His father also insulted and hit his mother.

☐ True ☐ False

4. MYTHS AND REALITIES ABOUT DOMESTIC VIOLENCE

Myths	Realities
Domestic violence only happens in North American families.	Violence happens in families of all cultures, nationalities, religions, social class, and race.
Immigrant women experience a different kind of domestic violence than North American women.	Being scared, hurt, humiliated, or feeling controlled, are all human emotions and feelings. Everyone experiences the effects of violence the same way.
Abuse is a family issue.	Domestic violence is a crime, independent of the relationships between people.
I'm in the U.S. illegally, so I can't get help to be protected.	Any abused immigrant woman, regardless of legal residence in the U.S. can get help to be protected from abuse.
It's easy for abused women to leave their abusers.	Leaving an abuser is difficult. Women may have a real fear that they could be killed or gravely injured by their abusers if they walk out.
Only women who leave their abusive husbands will receive help.	Women who are being abused, but want to keep living with their abusers can still get help.
It's the woman's fault.	Violence is a learned behavior that abusers use to resolve conflict. No woman is responsible for the violent behavior of an abuser.
Alcohol and drugs cause domestic violence.	There is no connection between substance abuse and battery. Many men are abusive and don't drink, while others are drug addicts, but don't hit.
Domestic violence happens only to poor families.	Domestic abuse affects women of all classes, cultures, races, ages, and professions.
If I leave my abuser, he'll get custody of my kids and I won't be able to see them.	Courts generally don't give custody to abusive fathers.

5. ABUSIVE BEHAVIORS THAT OPPRESS AND CONTROL THE PARTNER

There's a belief that domestic violence is only physical, such as when a woman is being hit. However, as we shall see, a woman can be abused without being hit or sexually abused. In many cases, the abuser uses his physical strength or physical threats to reinforce the control he wants over his partner. In reality, however, the majority of abusers use emotional, psychological, and verbal abuse as much as physical abuse.

While there is no set formula to “measure” or “quantify” domestic abuse, there are repetitive behaviors that many abusive relationships have in common. The list that follows doesn't include all of the behaviors that can be abusive in nature. What is important is to always ask the survivor what kind of impact the abusive behavior has on her and how it makes her feel.

Remember that the common denominator and result of the behavior is always the same: to manipulate the survivor, to control her, to strip her of her self-esteem and to put her under the abuser's control.

DOMESTIC VIOLENCE IS:⁴

1. A pattern of assaultive and coercive behaviors, including physical, sexual, and psychological attacks, as well as economic coercion that adults or adolescents use against their intimate partners.
2. A pattern of behaviors including a variety of tactics -- some physically injurious and some not, some criminal and some not -- carried out in multiple, sometimes daily episodes.
3. A combination of physical force and terror used by the perpetrator that causes physical and psychological harm to the victims and children.
4. A pattern of purposeful behavior, directed at achieving compliance from or control over the victim.
5. Behaviors perpetrated by adults or adolescents against their intimate partner, in current or former dating, married or cohabiting relationships of heterosexuals, bisexuals, gay men and lesbians.

4 Adapted from materials written by Anne Ganley in “Improving the Health Care System's Response to Domestic Violence: A Resource Manual for Health Care Providers,” produced by the Family Violence Prevention Fund in collaboration with the Pennsylvania Coalition Against Domestic Violence. Written by Carole Warshaw, M.D., and Anne L. Ganley, Ph.D., with contributions by Patricia R. Salber, M.D.

1. PHYSICAL ABUSE

Physical abuse is used to reinforce control over the victim or survivor. This includes any kind of unwanted physical contact whether or not it causes physical pain or injury. Physical abuse can be directed at a survivor, children, pets, family members, or loved ones. A woman who changes her behavior out of fear of being physically attacked by her partner is being physically abused, even if she hasn't been touched. Some examples of physical abuse are:

- Pushing
- Slapping
- Strangling
- Kicking
- Punching
- Throwing things
- Restraining
- Biting
- Threatening physical harm

2. SEXUAL ABUSE

This kind of abuse is especially difficult to understand because of the confusion we may face about our “duties as wives.” Regardless, it's important to remember that our bodies belong to us and the decision to share it without coercion, threats, accusations or anger is only ours to make.

- Making comments about your body or those of other women
- Treating women like sexual objects
- Accusing you of having a lover or getting jealous if you won't have sex with him
- Making you get undressed in a particular way
- Reminding you of your duties as wife, so that you agree to have sex
- Not respecting your wish to not have sex
- Criticizing how you have sex
- Insisting in having sexual contact or touching you
- Insulting you or calling you names, like “whore”
- Making you get undressed in front of him or others
- Showing sexual interest in others
- Having affairs while forbidding you to have affairs
- Forcing you to have sex with him or with others
- Forcing you to have sex after having hit or mistreated you
- Waking you up to have sex, without respecting your desires
- Punishing you by abstaining from sex

3. EMOTIONAL ABUSE

Emotional abuse can take the form of a variety of behaviors, all of which make the survivor feel scared, devalued and that no one can help her. The survivor grows more and more dependent of the abuser as he destroys her self-esteem.

- Ignoring your feelings
- Belittling and ridiculing your beliefs, religion, race, ethnic group, immigration status, likes, culture, and customs
- Punishing you by not being affectionate to you or your children
- Not appreciating your efforts or work
- Criticizing you constantly
- Insulting you
- Humiliating you in public and in private
- Spying on you
- Not valuing you
- Threatening to leave you
- Lying about you and your family

4. INTIMIDATION AND THREATS

The abuser can use certain types of behavior to create fear, insecurity and impose obedience through certain types of behavior.

- Using looks, gestures or actions that provoke fear
- Breaking things
- Hurting pets to frighten you
- Threatening to kill or hurt someone you know or appreciate
- Showing guns or other objects as a warning or to send a message
- Threatening suicide if you leave him
- Saying that he'd never let you leave him
- Destroying or hiding important immigration or identification papers

5. ISOLATION

The effects of isolation can be devastating. When a survivor is isolated, she loses contact with her family, friends and anyone who could offer her help or support. In turn, her friends and family may turn against her or stop supporting her.

- Starting fights when you want to go visit friends
- Insulting or berating family and friends
- Making you feel guilty when you're away from him
- Always making you ask for permission to go out
- Refusing to take care of the kids when you are going to go out
- Making you late for work frequently, thus putting your job at risk
- Accusing you of having affairs
- Controlling the use of the car
- Locking you in the apartment or in a room
- Not letting you talk with friends or family
- Not allowing you to learn English

6. USING CHILDREN OR OTHER LOVED ONES

Threatening to hurt or hurting someone we love is another form abusers use to gain control. Abusers know that many survivors are willing to suffer in order to protect their loved ones.

- Threatening to kidnap or take the children out of the country
- Not letting you take the children to visit your country of origin
- Threatening to report the children to DHS and telling you they'll be deported
- Punishing your children when he's mad at you
- Calling you a "bad mother"
- Telling the children "I am in jail (or going to jail) because your mother is mad at me."
- Refusing to help take care of the children
- Using the children to make you feel guilty
- Threatening to sexually abuse your children if you don't satisfy him sexually

7. ECONOMIC ABUSE

Battered women who are controlled financially or have limited access to accounts suffer economic abuse.

- Controlling access to money
- Not including your name on the bank accounts or on items bought together
- Making all of the important financial decisions without consulting you
- Taking away your paycheck or selling your things to get money
- Requiring you to stay at a job or get a job
- Requiring you to work
- Threatening to report you to DHS if you work “under the table,” with falsified documents or no documents
- Not letting you get job training or schooling

8. DENYING, BLAMING OR NOT CARING

These tactics make the women feel crazy and guilty for what happens. This behavior creates an environment in which feelings, needs, and thoughts are ignored and berated.

- Saying that he wouldn’t have hit you if you hadn’t provoked him
- Saying that the abuse never happened, that it doesn’t matter, that you’re exaggerating
- Saying that you deserve it

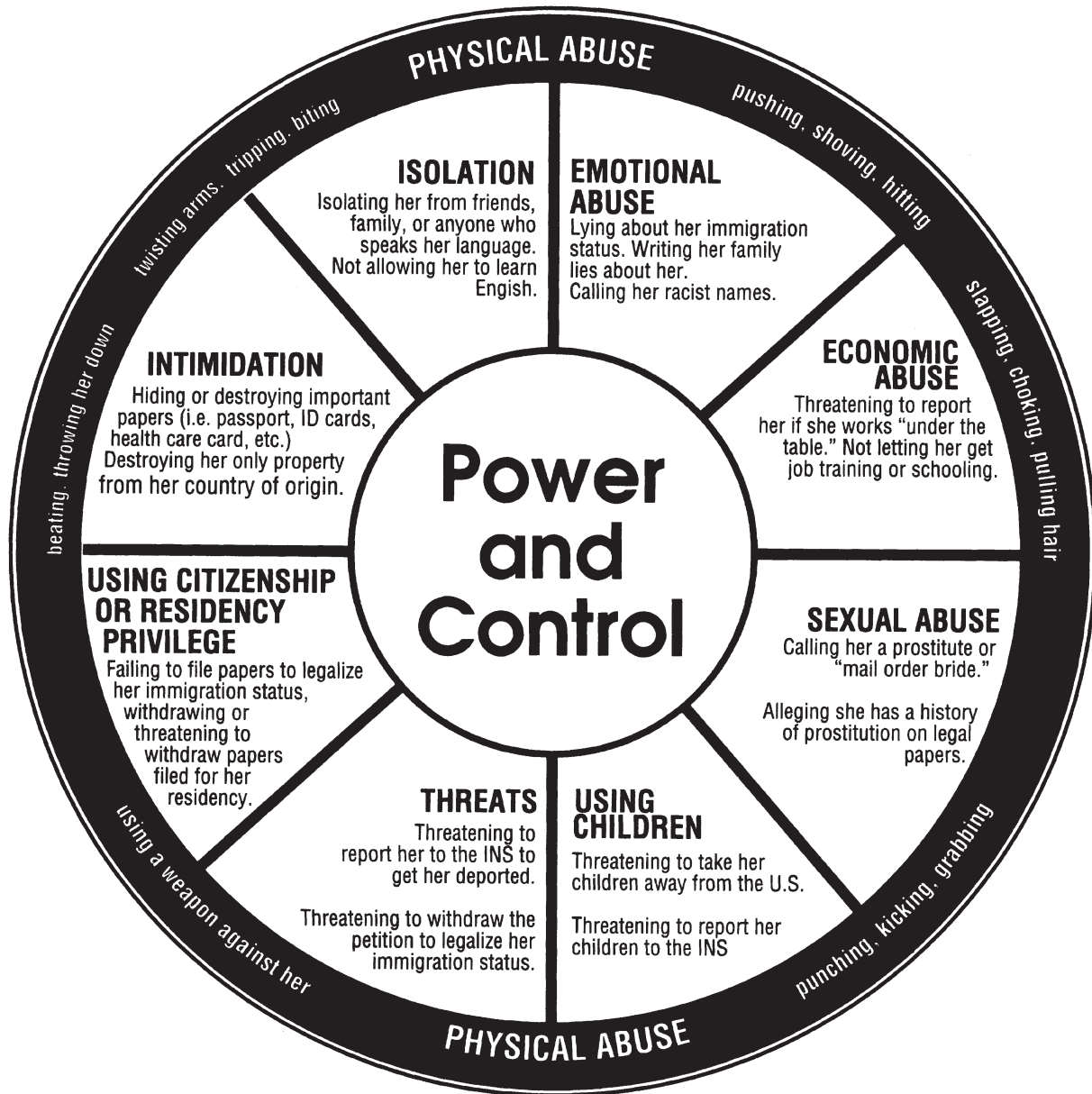
9. CONTROLLING THROUGH “PROTECTION” AND CARE⁵

Some abusers use words like “care” or “protection” as a way to control, emphasizing that your actions cause consequences.

- Not liking that you’re not at home
- Worrying and wanting to know where you are all of the time
- Calling you or coming to your place of work to make sure you are “okay”
- Buying things in such a way that you don’t have to go out, or that he always goes with you
- Giving you advice on how to dress, behave, and what to do so no one speaks badly of you

⁵ *Adapted from materials written by Ginny Nicarthy*

Forms of Domestic Violence that Women Experience



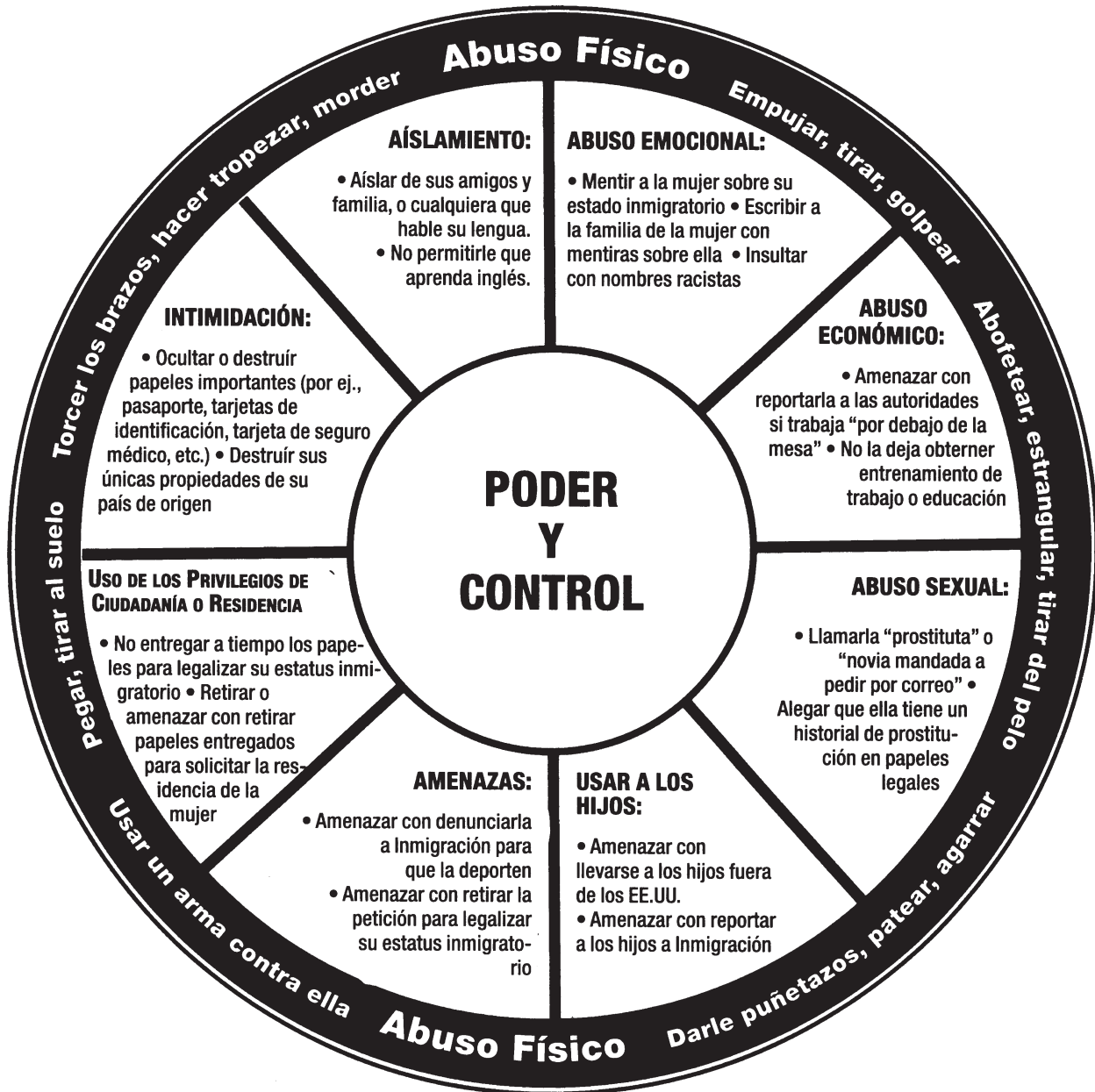
This version of the Power and Control wheel, adapted with permission from the Domestic Abuse Intervention Project in Deluth, Minnesota, focuses on some of the many ways battered immigrant women can be abused.

Forms of Domestic Violence that Immigrant Women Experience



The Power and Control wheel developed by the Domestic Abuse Intervention Project in Deluth, Minnesota shows the various tactics of abuse that batterers use to control their partners.

Formas en las que la mujer experimenta el abuso doméstico



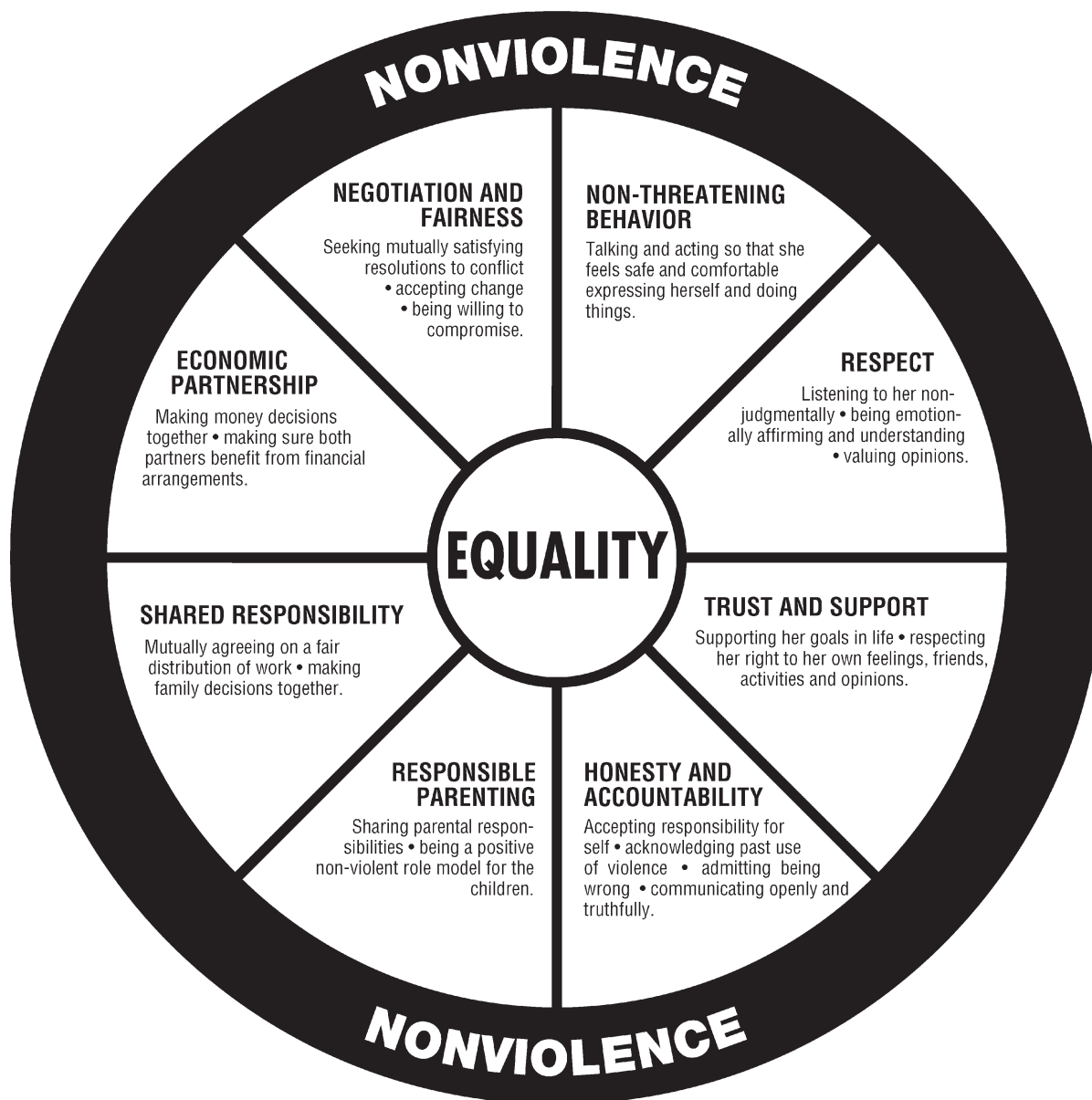
Esta versión de la Rueda de Poder y Control, adaptada con autorización del "Domestic Abuse Intervention Project" (*Proyecto de Intervención Contra la Violencia Doméstica*) de Duluth, Minnesota, se concentra en algunas de las muchas maneras en que las mujeres maltratadas inmigrantes pueden ser abusadas.

**Formas en las que la mujer inmigrante
experimenta el abuso doméstico**



La Rueda de Poder y Control, en esta página, esquema desarrollado por el "Domestic Abuse Intervention Project" (*Proyecto de Intervención Contra la Violencia Doméstica*) de Duluth, Minnesota, muestra las diversas tácticas de dominación que los agresores usan para controlar a sus parejas.

Equality Wheel



Domestic Abuse Intervention Project

202 East Superior Street

Duluth, Minnesota 55802

(218) 722-2781

Rueda de Igualdad



Domestic Abuse Intervention Project

202 East Superior Street

Duluth, Minnesota 55802

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CHAPTER 2:

SUPPORTING THE VICTIM/SURVIVOR OF DOMESTIC VIOLENCE

INTRODUCTION

This chapter's goal is to prepare you, as a counselor/advocate and an activist, to effectively help victims/survivors of domestic violence. The information is rather basic; it is your responsibility to get more advanced training.

SAMPLE FACILITATOR'S AGENDA

TRAINING:

SUPPORTING THE VICTIM/SURVIVOR OF DOMESTIC VIOLENCE

INTRODUCTION - 10 minutes

Breaking the Ice Exercise: Musical chairs (adapted from an exercise by Líderes Campesinas)

Objective: Participants relax and introduce themselves to one another

Preparation:

Materials: chairs, radio-cassette player, tape of music

Put the same amount of chairs as participants in a circle

Procedure:

- a. Ask all of the participants to sit down.
- b. Explain the game and remove one chair.
- c. Participants dance around the chairs until you stop the music.
- d. Participants find a chair and sit down.
- e. The participant who doesn't find a chair introduces herself to the group and shares one good quality about herself and what she hopes to gain from the training or another relevant topic.
- f. Repeat the game until only one participant still gets a chair. The last participant can ask the facilitator a personal question.

I. TALKING WITH THE VICTIM/SURVIVOR FOR THE FIRST TIME - 20 minutes

- a. Review the materials and exercises
- b. Introduce subject
- c. Do Exercise 2.1

II. LEARNING TO NOT BLAME THE SURVIVOR - 15 minutes

- a. Review the materials and exercises
- b. Introduce subject
- c. Do Exercise 2.2

III. EMERGENCY ASSISTANCE AND CRISIS INTERVENTION - 15 minutes

- a. Review the materials and exercises
- b. Introduce subject

c. Do Exercise 2.3

d. Do Exercise 2.4

1. TALKING WITH THE VICTIM/SURVIVOR FOR THE FIRST TIME

Conversations that we have with a friend or family member can become confidential and reveal the abusive behavior of husbands, boyfriends, or partners. This is a crucial moment and words of support, strength, and guidance may save her life in the future. The following are examples of advice and information you can share with a survivor who is revealing for the first time the abuse or abusive behavior she is suffering:

- You aren't to blame, nor are you responsible for his actions. He will always find some excuse for his abusive behavior and not take responsibility for his own actions.
- How can I help you? What do you need? Physical abuse usually gets worse. That's a fact. That's why I'm concerned and want to help you, and will support and respect whatever decision you make.
- It doesn't really matter what you do or don't do, he'll always find a reason to be abusive.
- He's the only one who can stop his abusive behavior. It's not up to you; you can't change it.
- You are a very courageous woman. Consider this huge step you've taken. You are looking or thinking about looking for help for yourself and your children. This shows how smart and courageous you are.
- He'll tell you whatever he thinks you want to hear, if you are thinking of leaving him.
- It's normal that you feel love for him. If you didn't love him you wouldn't have so much patience; however, this relationship isn't a healthy one in which you can feel happy and safe.
- You need to find out about all your options, possibilities, rights, and available services so that when you are ready, you make the decision that will help you the most.
- I am here to help you and will always be here for you, whether you stay with him or if you leave. I am always here to support you.
- Your children are learning abusive behaviors from their father. They may start thinking that physical or psychological abuse is a way to solve conflict or get what they want. If not for yourself, then do it for your kids. They deserve better. They deserve to grow up in a nonviolent home where they can feel safe.

● EXERCISE 2.1

INSTRUCTIONS: Read the following case and comment on Ana's position. What kinds of problems do you see with Ana's attitude?

Ana goes to a support group for the first time, referred by the family doctor. She explains the following:

"My husband is really a hard worker and a good father. I don't know why the police are sending me to this group. I am not one of those abused women. I often think that he is a blessing from heaven, and don't complain about anything. He doesn't drink, smoke or mess around with other women. The only thing is that he's strict and likes things to be a certain way. He's in charge of the bank accounts because he says I'm a disaster and not very responsible. He doesn't give me any money, but he buys me the food I need. Through the years, I've learned to have everything just the way he likes it. Sometimes I forget something and he gets mad and yells at me and slaps me, but that's not abuse - it doesn't hurt much and he only does it to correct me. Sometimes he'll insult or beat me, which does hurt, but he only does that when I argue with him or provoke it. He prefers that I stay at home and not go outside so that I'm not seen as one of those women who do nothing more than gossip, and so that other men don't think I'm not respectful of my husband.

I'm here today not because I'm one of those abused women, but because when the police came to the house they told me that I had to come to this group. That last time he got mad he grabbed me by the neck and was strangling me. I couldn't breathe, so I scratched his face to make him let go. I shouldn't have done that, because he got more furious and really socked me a good one that night. My husband is going to a group for men who hit their wives. He really doesn't need to go to that group, because it's seriously only happened just once. My husband told me that maybe at this group I'll learn to behave and be a better wife, because both of us need to be more responsible."

Ana dismisses the abuse probably because her husband has made her believe that she deserves what she gets and is to blame for his loss of control. She also belittles it, saying that it's not as bad as it appears and that what's happened isn't really abuse.

She denies the gravity of the last occasion in which she could have died. Physical abuse often increases and the survivor is more at risk each time. It's important to remember that abuse almost always gets worse and more serious.

Practice in Pairs:

1. Ana's testimonial could confuse the other women in her group and make them think that it is her fault for being punished, because it seems like her husband is a responsible and reliable man. As facilitator of the group, and considering what you know up to this point, what would you say to Ana and to the group?
2. Ana blames herself and feels responsible for her husband's abuse. How would you help Ana understand that she doesn't deserve to be physically or psychologically mistreated? What would you say to her?
3. Based on what you have learned, how would you respond to Ana's husband's comment about how both of them need to be more responsible and that she needs to be a better wife?

2. LEARNING TO NOT BLAME THE SURVIVOR

Many times, when we talk about our friends, neighbors, or family members that are being abused, the first thing that comes to mind "well I don't know how she stays. I couldn't stand it," or "She's insane -- after what he's done to her, she keeps going back to him. I would have left him for sure." When we make these kinds of comments, we are denying the very nature of abuse. The appropriate question isn't "Why doesn't she leave him?" but "Why doesn't he stop abusing her?"

The following ways of blaming the survivor need to be recognized, avoided, or clarified if they come up during your conversation with the survivor:

- ▶ If she had done something else, he wouldn't have hit her
- ▶ She must have done something to deserve getting hit
- ▶ He's a good man; surely she must have provoked it
- ▶ If she stays with him, she must like to get hit
- ▶ I wouldn't tolerate it; I would have packed my bags and left him for good

ABUSERS THINK OR SAY	SURVIVORS REACT OR THINK
<p>1. He doesn't accept responsibility: "I couldn't deal with the fact that she wouldn't hurry up to go out..." or "I told her to keep the baby quiet and not to wake me up because I had to go to work."</p> <p>2. Blaming the survivor justifies the abuse and anger against the survivor: "Don't you know how much it pisses me off when dinner isn't ready?"</p> <p>3. Lies and manipulation: "You know that no one will ever love you as much as I love you. This will never happen again."</p> <p>4. Power trips: Use of control tactics, including threats or feelings of blame. "I'll kill myself if you leave me" or "If you go, I'll take the children and you'll never see them again."</p> <p>5. Becoming the survivor: "You never want me to go out by myself, as if you don't trust me. I'm tired of your distrust..."</p>	<p>1. Takes on the abuser's responsibility: "If I had hurried up, he wouldn't have gotten mad..." or "It must be me, because he doesn't act this way with anyone else."</p> <p>2. Justifies the abuse as something she deserves: "I should have had dinner ready, because I know how he gets when he's hungry."</p> <p>3. Confusion and hope: "No one is going to love me like he loves me, and he is going to change."</p> <p>4. Feels sad, responsible that the abuser could really carry out his threats and hurt himself.</p> <p>5. Starts to think that she is also to blame for what happens and deserves it: "I need to trust him." "He deserves to go out and have fun even if he does go alone."</p>

The following exercises provide a way to get a better idea of the lack of support for women in domestic violence situations, and an understanding of what they face.

● EXERCISE 2.2

INSTRUCTIONS: First, write a list of the ten most important things in your life; for example, children, family, friendships, religion, home, work, car, etc. Then, ask yourself the following four questions. (You don't have to share your answers with anyone; they'll be confidential.)

1. From the list of ten things: What would you be willing to get rid of/lose in exchange for your partner to not insult you or threaten to hit you?
2. From the list of ten things: What would you be willing to get rid of/lose in exchange for your partner to not beat you or take away your work check?
3. From the list of ten things: What would you be willing to get rid of/lose in exchange for your partner to not pull your hair in front of the children?
4. From the list of ten things: What would you be willing to get rid of/lose in exchange for your partner to not hit you with a belt or break your arm?

Survivors of domestic violence have to ask themselves these kinds of questions everyday. It's not easy to escape the abuse and leave your life behind, often without support from family or friends. The fear of losing your children is also difficult to deal with, as is wondering how you'll support them and explain that their father can't live with their mother.

3. EMERGENCY ASSISTANCE AND CRISIS INTERVENTION⁶

What a counselor/advocate does and the qualities she shows at the moment of a crisis can save a woman's life. Being able to immediately identify the level of violence in a situation (danger of assault, possible weapons in the house, death threats) is essential, as is identifying the obstacles that the woman faces. What you find out will determine the best safety plan to follow as well as what steps to take (immediately calling 911, sending a taxi, etc.)

The goal of a good counselor/advocate is to help the woman "recover her life and take control of her situation." At times this can get complicated, resulting in a situation in which the woman goes from being "controlled" by the abuser, to being "controlled" by the counselor. Having the following qualities will help you be a good counselor:

- ▶ Try to understand the woman's situation, putting yourself in her shoes
- ▶ Show that you really are worried and listen attentively, without interrupting
- ▶ Accept without criticizing
- ▶ Don't joke around
- ▶ Be sincere
- ▶ Give realistic advice
- ▶ Be patient

● EXERCISE 2.3

INSTRUCTIONS: Select the best answer and explain why it's the best.

Marisol tells you that she doesn't want to leave her husband even if he kills her. You tell her that:

- a. You can only help her if she is considering leaving her husband, because if she doesn't, well, there's not much help you can give her
- b. She's a bit crazy, since no one should risk her life for any man.

⁶ Adapted from materials written by Anne Ganley in "Improving the Health Care System's Response to Domestic Violence: A Resource Manual for Health Care Providers," pages 216-253

- c. You don't want her to leave her husband if she's not ready to.
- d. You are going to help her be safe, whether she leaves her husband or not.

Answer: D. This is the best response because it doesn't make the help conditional and provides the victim/survivor the support and sense of security she needs, whatever personal decision she makes.

● EXERCISE 2.4

INSTRUCTIONS: Read the following scenario. Choose the best response and explain why it's the best.

You've been getting together with Marisol once a week for almost a year. She knows she's in an abusive relationship. After two months of meetings, Marisol decided to leave her abusive husband and was in the shelter for two weeks. But, she decided to go back. Since then Marisol hasn't made any changes to her life or appear willing to try to leave him, despite that fact that you have worked together on a safety plan for her and her children and that she has her family's support and a chance to get a good job.

Finally, you say:

- a. Seems like the counseling isn't working, because you haven't made any progress.
- b. We should make some changes and plan some small steps that you can work on.
If that doesn't work, that's okay. I'll still be here to support you.
- c. If you want us to continue meeting, you'll need to change something, like getting a job or trying to leave him again. Are our meetings helping you? Do you feel safer?
- d. Are you feeling ready to help yourself plan how you'd like to see yourself in six months? What are your priorities? I'd like to help you make the plans. Take your time to carry out your plans; the rest of my friends and I will always be here to support you.

Answer: D. What's most important is that the meetings provide the victim/survivor some help. If you personally feel that the meetings aren't helping, you need to ask the victim/survivor if they are helping her and continue. Meeting with a counselor/advocate is a welcome break from the isolation some women endure. Others feel more secure and less depressed. Basically, if the counseling is helping the victim/survivor, then it needs to be continued.

CHAPTER THREE:

RESCUING, CRISIS CALLS AND SAFETY PLANS

SAMPLE FACILITATOR'S AGENDA

TRAINING: RESCUING, CRISIS CALLS AND SAFETY PLANS

Introduction: 10 minutes

Breaking the Ice Exercise: Passing the Message

Objective: To understand the importance of confidentiality and good communication

Preparation: Put chairs in a circle.

Procedure:

- a. Give the first person a piece of paper with the following note written on it:
"It looks like Ana and Luis had a fight last night. Luis yelled at Ana and told her she was worthless, didn't know how to do anything, and that she should pack up and leave the house. Ana got angry and sad and felt really bad. She doesn't know what she should do. I told her to make an appointment with a counselor."
- b. Ask the first participant to read the note to herself, fold it up, and hold on to it.
- c. She then recites the message into the ear of the participant sitting next to her.
- d. The second person then recites what she has heard into the ear of a participant sitting next to her, and so on around the circle.
- e. Once the message has gone around the circle, the last person recites what she heard, and then the first person reads what was written to see how much the message changed.
- f. This game shows how damaging gossip can be and how it is better to find out what's going on from the source, rather than spread rumors. It also shows that if a woman is getting counseling, confidentiality must be maintained so as not to jeopardize the trust in the person that is helping her.

I. THE RESCUE TRIANGLE - 5 minutes

- a. Get familiar with "Guidelines for Avoiding the Role of 'Rescuer'"
- b. Introduce subject
- c. Go over information about the Rescue Triangle
- d. Read and review the guidelines with the group

II. IDENTIFYING THE VICTIM'S/SURVIVOR'S NEEDS - 20 minutes

- a. Get familiar with the material
- b. Introduce subject
- c. Do Exercise 2.5

III. CHART FOR HELPING DOMESTIC VIOLENCE CRISIS CALLS - 30 minutes

Introduction: Go over the chart with all of the participants and answer questions.

Exercise:

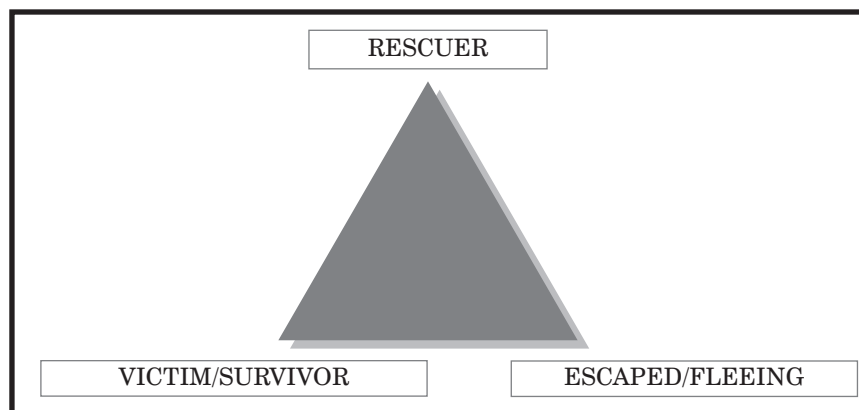
- a. Break participants into two groups
- b. Assign the role of victims in different situations to the first group: For example, you are going to call and want to go to a shelter, you call and don't want to go to a shelter but need medical attention, you call and you are not sure what you want, etc.
- c. Assign the second group the role of counselors. They must determine what the crisis is and how to help the victim, according to the diagram.
- d. Participants pair up - one with role of victim, one with role of counselor/advisor - and role-play the different situations.
- e. When done, participants switch roles.

IV. Emergency Safety Plan - 20 minutes

Exercise: Participants pair up and each practices going over the safety plan, trying to cover all of the points.

1. THE RESCUE TRIANGLE

This triangle describes an unhealthy relationship in which the counselor/advocate goes from being the rescuer to someone who runs away from and avoids the survivor. This dynamic happens when the counselor/advocate takes on the role of "savior." "Rescue" is defined as an attempt to "save" a person who appears weak or unprotected. In the case of helping survivors of domestic abuse, rescuing shows a lack of respect towards the survivor. It also sends a message that the rescuer-counselor/advocate doesn't trust the survivor's abilities to make sound choices about her own life.



- **RESCUER:** Sees the survivor as helpless and becomes her rescuer. Takes on the role of facing and solving the survivor's problems without the survivor making any effort.
- **VICTIM/SURVIVOR:** Believes she doesn't have the strength to change her situation. Hopes the rescuer will rescue her from everything.

- **ESCAPED/FLEEING:** The counselor-rescuer tells the survivor she's tired of always rescuing her and begins to push away and avoid her. The rescuer becomes resentful and angry with the survivor for appearing to need more and more help every day. The survivor loses hope and becomes increasingly frustrated and desperate, because she is still dependent on the counselor.

GUIDELINES FOR AVOIDING THE ROLE OF 'RESCUER'

- At the beginning of the relationship, the counselor/advocate needs to be very clear about what her role is and not give any false hopes
- The person needing help needs to be the one who says exactly what it is she needs or wants
- They both need to agree on the conditions they will work with
- They both need to do their part and make an effort to achieve their goal
- Both should do only what feels comfortable to them
- Both need to be honest and direct
- Don't provide help without first being sure that the survivor is going to be involved in the process and will help herself as well
- Always look for ways to do things that allow the survivor to feel powerful and in control of her life.

2. IDENTIFYING THE VICTIM'S/SURVIVOR'S NEEDS

There's a difference between:

- 1) intervening when the woman is in imminent danger and when it's almost impossible to make any kind of decision and
- 2.) being in a moment of calm in which the woman can think of her safety options and what steps she needs to take.

The first situation requires crisis intervention skills, while the second requires help from a counselor. When you intervene in a crisis situation, your objective is to help the victim so that the temporary crisis doesn't get worse and turn into a disaster that causes permanent damage.

● EXERCISE 2.5

INSTRUCTIONS: Decide what kind of assistance Luisa needs.

1. Luisa calls a counselor/advisor to talk because she feels lonely and sad after having left her house and abuser.
2. Luisa asks you to go with her to an appointment to ask for public benefits for her children because she's scared they are going to call the DHS.
3. Luisa calls because her husband is just about to arrive home and he has threatened her that he's going to hit her as soon as he gets home.

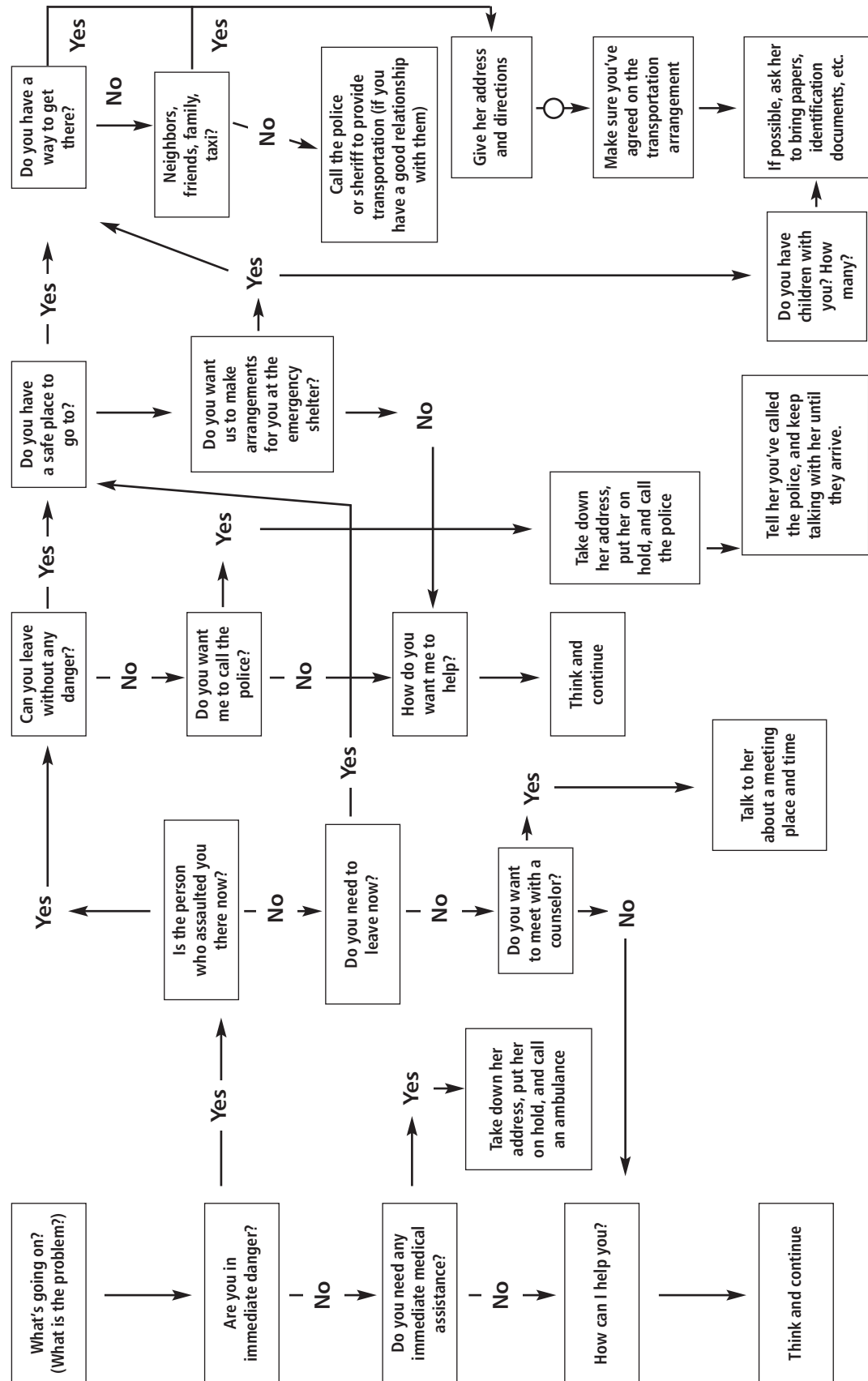
ANSWER

1. Is not a crisis call
2. Is not a crisis call, although you'll want to find out if economic survival is important for her physical safety
3. Is a crisis call: see the chart on the following page

In a crisis intervention, a counselor/advisor needs to:

- ▶ Focus entirely on the immediate problem
- ▶ Work quickly to find a short term solution
- ▶ Be flexible about using the intervention that works best at that moment
- ▶ Be realistic
- ▶ Work towards and achieve very specific and limited goals

3. CHART FOR HELPING DOMESTIC VIOLENCE CRISIS CALLS



4. EMERGENCY SAFETY PLAN

The following is a list of suggestions that you and the woman you are helping can follow to be safe and prepared to avoid dangerous situations. By no means is this a complete safety plan. There's no guarantee that taking these measures will insure safety, but trying to follow them may help improve the situation.

PLACE	SURVIVOR	COUNSELOR/ADVISOR
AT HOME	<ul style="list-style-type: none">▶ Avoid staying in rooms that are closed or have dangerous utensils, such as the bathroom or kitchen.▶ Talk with a neighbor about a signal you can use to show her to call the police in case of danger. This could be a lamp at the window that's turned on during the day or a handkerchief tied to something outside.▶ Show the children how to call 911 and try to have a cellular phone handy.▶ Make copies of important documents for you and your children, have a spare set of keys, and leave them at a neighbor's house or in a trustworthy place.	<p>Don't ever, under any circumstances, give your home address or personal telephone number.</p> <p>If you are worried about the woman's safety, give her the police or emergency center's telephone numbers.</p> <p>Never give her your last name, or that of your husband, children, or family members.</p>
AT WORK	<ul style="list-style-type: none">▶ Tell a coworker or guard to call the police immediately so they know he has come to your workplace. Don't stay alone and don't go in the bathroom. Go to where there are the most people around.▶ If you have a protection order, give a copy of it to your boss and keep another copy handy at work and in your purse.▶ Think of or plan a way to leave the building if necessary. Make sure that you and your coworkers have the doors closed at all times and don't open them if you're not sure who wants to come in.	<p>Where you work needs to be kept a secret and as confidential as possible.</p> <p>Talk to the police about them making rounds and keeping an eye out for possible suspects.</p> <p>Have a safety plan prepared and ready.</p>

PLACE	SURVIVOR	COUNSELOR/ADVISOR
IN THE STREET	<ul style="list-style-type: none"> ▶ Avoid places that are dark, don't have exits or are empty. ▶ Ask someone to call the police. ▶ Yell loudly for help. 	<p>Try to make sure that the abuser never sees you with the survivor.</p> <p>Remind the woman that she mustn't give out your name.</p> <p>Have a safety plan prepared and ready.</p>
WITH THE ABUSER AT THE TIME OF ATTACK	<ul style="list-style-type: none"> ▶ Notice your abuser's physical strength and assess the level of danger to which you'll be exposed. ▶ Try as best as possible to get out of the abusive situation by leaving the house. 	<p>Don't confront him.</p> <p>Try to agree and pretend you're on his side</p> <p>Try to ask for help.</p>

REMEMBER:

1. Being safe and secure is the first priority for you and the woman you are supporting.
2. Rescuing isn't helping. Helping is returning power and security to the survivor.
3. We aren't born knowing these things. Read, research, ask questions and prepare yourself to be a better counselor.



Section Three

KNOWING OUR RIGHTS AND REMEDIES UNDER STATE AND FEDERAL LAW



CHAPTER ONE:

RIGHTS AND REMEDIES FOR BATTERED IMMIGRANT WOMEN PROVIDED BY THE STATE

1. INTRODUCTION

Immigrant women survivors/victims of domestic abuse have many questions about the laws and benefits in the United States. The following section provides general answers and information. If you have more questions or think that you may qualify for one of these remedies, ask a counselor at the shelter closest to you or a local immigration lawyer who knows about the special routes to immigration status, for more information. At the end of this manual, there is a resource list of organizations around the country.

NOTE: Remember to stay informed of all of the available local resources.

2. HELP AVAILABLE TO BATTERED WOMEN

Even if you don't have immigrant status in this country or if your immigrant status is connected to your abuser's work visa, you can get the following services in your state:

- Shelters and other programs against domestic violence
- Protection orders from the court
- Child custody and support
- Police assistance
- Medical emergency assistance
- Your abuser can be criminally charged
- Your U.S. citizen children can receive public benefits
- You may also qualify for public benefits, depending on the state in which you live.

3. PROTECTION ORDERS

You have the right to access the legal system and ask the judge for protection from the person who is assaulting and abusing you, regardless of your immigrant status, or whether your partner is or is not a citizen, resident or has legal documents. The information that follows is generic and changes depending on the state where you live.

3.1 What is a Protection Order?

A protection order is a document signed by a judge stating that the person who asked for the order has been assaulted and that the abuser is prohibited from doing the following:

1. Contacting the protected party in person, by phone, by letter, or through third parties or any other means
2. Assaulting the protected party again
3. Bothering, pursuing, threatening the protected party
4. Any other type of conduct about which the protected party has asked for help from the judge in order to feel safe and secure

Even though a protection order is granted by a court judge, it is just a piece of paper. You must take safety and precautionary measures to prevent any possibly dangerous situation from happening.

3.2 Who Can Ask for a Protection Order?

- a. Depending on the state you live in, there is a series of requirements that must be met to qualify for a protection order. A general rule is that there must be a determined relationship between the assaulter and the assaulted, such as married, separated, adults living together, adults with children in common, divorced, etc.
- b. The person who requests the protection order must claim that there was a physical assault, including sexual assault. In general, the law defines “assault” as “threat or use of force on another that reasonably makes the person fear bodily harm.” The following are all considered assault: slapping or hitting the face, pushing, pulling hair, pinching, raising the hand as if to hit, throwing objects, sexual attack, forced sexual acts, death threats, and others.
- c. Finally, in order to determine if you do need court-ordered protection, the judge will want to know if you fear for your own safety and that of your children and if you are afraid of the person that assaulted you.

3.3 How Do You Ask for a Protection Order?

1. You can go to court and explain that you want a protection order. They will give you some forms to fill out. It’s important that you write down details of the most recent assault, but also include past assaults. A counselor may be available to help you if you don’t know how to write in English. If one isn’t available, then write in your native language. After you’ve filled in the forms, the secretary will accompany you to the judge or will let you know where you need to go and what procedure to follow. You don’t need to have immigration papers to ask for this order.

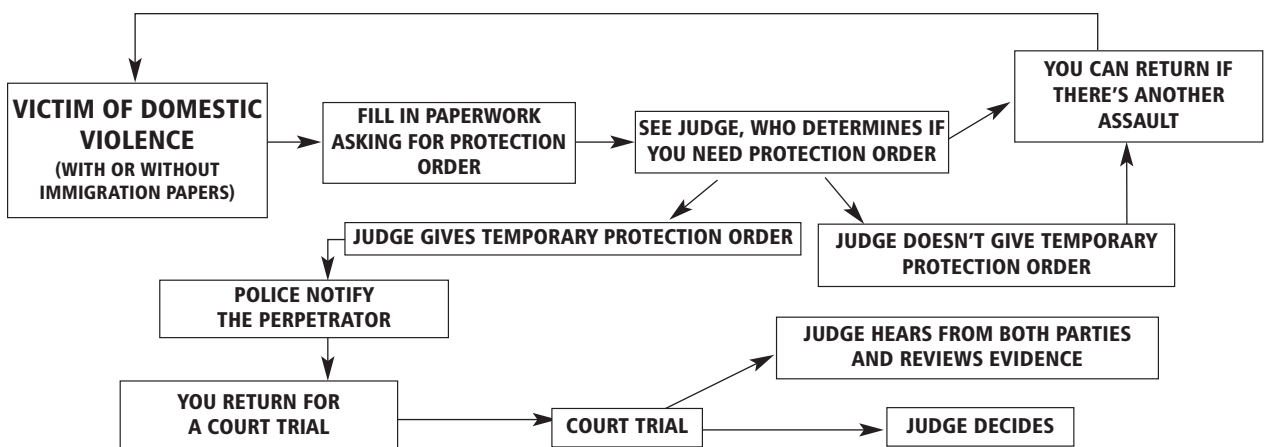
NOTE: If you have bruises or if he broke something, take photos to use as proof. Also, if you have witnesses, start talking to them about going with you to the hearing to receive a permanent order. This takes place about two weeks after getting a temporary protection order.

2. The judge will see you in his/her office, and will ask you about the assaults. If the judge believes that you do need protection, she/he will give you a temporary protection order, in effect for about two weeks.
3. A copy of the order will be sent to the police, who in turn presents it to the perpetrator. From that moment, the perpetrator may go to the house to pick up clothes only when accompanied by the police. Your perpetrator cannot call or contact you. If he does, he is violating a judge's order and could go to jail.
4. About fifteen days later, there will be a hearing at which your perpetrator testifies. The judge listens to the case again. This may or may not be the same judge that gave you the temporary protection order in the first place. This hearing is your opportunity to present proof, photographs, witnesses, ripped clothing, broken objects, etc. If you prove that an assault occurred, the judge will grant a new protection order, valid for one year depending on the state where you live.
5. If the judge grants you the order, you may also be able to ask the judge to determine temporary custody of your children, visiting hours, child support, etc. Some judges, however, do not make the decisions about children. If that is the case, you can go to the child welfare office in your area to ask for help.

REMEMBER: There are attorneys that can help you with just about any legal issue, as well as legal counselors to help and represent you in the final hearing.

3.4 Can I Withdraw the Order?

You can withdraw the protection order, but you'll have to go to court to do so. Often, a better option is to ask the judge to modify the order. You can ask that the protection order permit you to live with the person who assaulted you, but still forbid him from attacking you again. It's possible that this type of situation may stop him from assaulting you again.



4. MOST COMMONLY ASKED QUESTIONS & CONCERNS

In the United States, hitting or threatening to use physical force against a partner is punishable by law. There is a system that focuses entirely on helping survivors of domestic abuse, both civil and criminal in nature. Whatever your immigration status, you have the right to get help from police, judges, lawyers, and available social services.

4.1 I'm afraid that if I call the police or the court, they'll call the Department of Homeland Security (DHS, formerly INS) and have me deported.

- The police and the state legal system are separate from the DHS. When a survivor has been assaulted, the priority is to protect her and to avoid any further assaults.
- When police intervene, it's their job to protect the survivor and determine if a crime has been committed. Normally, police aren't going to investigate immigration status when they are called. If they do, make sure that you tell them nothing. See the sample card to carry with you, at the end of this section.
- If the police determine that you were assaulted, threatened physically, or in danger, they can arrest the perpetrator. If that happens, the state's public prosecutor will decide if there is enough evidence to press charges. The court may grant you an immediate "no contact" order so the perpetrator can't hurt you in the future.

NOTE: If you collaborate with the police in the criminal investigation against the perpetrator, you could be eligible for a U Visa, a new immigration status. See the next chapter.

- If you don't call the police, but want protection from the civil court, the family judge will preside over the request for a protection order. Even if the perpetrator accuses you in front of the judge of not having papers, the judge cannot consider that in the trial; the judge's job is only to determine if you need protection. However, do be aware that not all judges are trustworthy. If the judge asks you about your immigration status, don't tell him or her anything and ask for time to find an attorney for another hearing

4.2 He says he'll take the kids from me and get me deported if I ask for help:

- If you and your abuser are the biological parents of your children, and they are still minors, then you both have the same rights, until a family judge determines something else through an order.
- If the judge doesn't make a final decision about custody or visiting rights, then both parents have the same rights.
- The fact that the father is a U.S. citizen or resident and that you may be undocumented does not give him any special rights.

- If your abuser threatens to take away your children or if he tries to get physical and/or legal custody of the kids, he will have to go to court and you will be notified of his court actions. Get in touch with a lawyer immediately, as you could lose your custody rights.
- If you were never served court papers or if he didn't start the legal process in family court, then you have the same rights regarding your children as he does.
- In many states, there's no law about home abandonment. If you are in immediate danger you can leave the house with your children and go to a shelter, as necessary.
- **As a general rule, don't sign any papers that your husband or his lawyer gives you without first consulting your own lawyer.**

4.3 We got married outside of the U.S. What are the laws about asking for custody of my children or getting a divorce?

The county judge has jurisdiction over those living in the county, regardless of their immigration status. If you want to ask the judge to determine your case regarding custody, divorce, separation, child welfare, or personal protection, you have the right to do so. Even if you were married outside the United States, the U.S. laws still apply, and you can apply for a divorce if you want.

4.4 I don't have immigration papers. Is there a way I can get help?

- Yes. Please see Chapter 2 for more information.

CHAPTER TWO:

FEDERAL REMEDIES & VAWA

Under federal law, battered immigrant women have options to apply for permanent residency, based on the abuse they have suffered. There may be other ways to get status, which is why it's a good idea to meet with an immigration expert. These are:

1. To self-petition for legal permanent residency, under the Violence Against Women Act (VAWA)
2. Canceling deportation, under VAWA (if the person is already in the deportation process)
3. A crime survivor's visa, called the U Visa
4. Asylum, based on being a victim of domestic violence

In the following section, we'll discuss the options of self-petitioning under VAWA and obtaining a U Visa.

If you are in immigration proceedings or have ever had a hearing with an immigration judge, you must contact an immigration advocate right away!

1. WHAT IS VAWA?

The Violence Against Women Act, better known as VAWA, was passed by Congress in 1994. VAWA makes some special provisions to protect immigrant survivors of domestic violence and abuse. In particular, VAWA allows survivors to ask for permanent residency for themselves, without needing to rely on the abuser to process her case or that of her children.

NOTE: Your help as an activist, organizer, and counselor is very important in VAWA cases. You'll always want to work with an immigration and domestic violence expert or a lawyer that looks over the case before it's sent. If you send the case by yourself, you might put the person you are trying to help at risk.

Self-Petitioning for Legal Permanent Residency

Self-petitioning under VAWA gives victims or survivors of domestic violence the ability to file for legal permanent residency in the U.S., without needing the abuser's assistance. The self-petition can also include all unmarried children under the age of 21 living in the U.S. or abroad. In order to self-petition, the survivor must be able to prove that:

- ▶ She is married to a U.S. citizen or permanent resident. If divorced, that no more than two years have passed since the divorce papers were signed
- ▶ The abuser is a U.S. citizen or legal permanent resident, or was within the last two years

- She is a victim or survivor of battery or extreme cruelty inflicted by a spouse or parent that is a permanent resident or U.S. citizen
- She lived at some point with the abuser
- She is a person of good moral character

2. WHAT ARE THE VAWA REQUIREMENTS?

The VAWA does have some very specific requirements that must be met.

1. The survivor must be or have been the spouse or child of a legal permanent resident or U.S. citizen:
 - Be a spouse (or divorced in the last two years). The children can also be included on the petition.
 - Be a child (biological, adopted, stepchild)
2. The survivor or the survivor's child must have endured physical abuse or extreme cruelty, some of which must have occurred during the marriage.

If the spouse files the petition:

- The abuse can be to the child as well as to the mother
- She must be able to prove that some of the abuse occurred during the marriage

If the son or daughter files the petition:

- They can be the biological, adopted, or step children of the abuser.
3. The marriage must have been entered in good faith, which means not for the sole reason of trying to get immigration status
 - If the abuser was previously married and never divorced, he is committing bigamy. Regardless of this, the survivor still qualifies for self-petitioning.
 4. The survivor must have lived at some point with the abuser
 5. The survivor must be a person of good moral character

3. WHAT KIND OF PROOF AND HELP IS NEEDED TO SELF-PETITION?

As a domestic abuse or immigration counselor, you will be able to help survivors gather the documents and proof she'll need to prove her case. Many times the women are too traumatized or scared, or still live with their batterers, and getting these documents can be very difficult for them. Without the kind of help you can give, they might feel too overwhelmed and abandon their case.

The following is a list of the documents a lawyer or immigration counselor will need to prove the survivor meets the above-stated requirements and have a well-documented case. There's no need to get all of the documents listed below; consider it a suggested list of the ones you can get. Use whatever types of documents that may help prove the case requirements.

‣ **Proof of identity and current status**

- Birth certificate
- Passport and I-94 card
- Any DHS document

‣ **Proof of spouse's status**

- Birth certificate
- Naturalization card
- Residency card
- Passport

‣ **Proof of relationship**

- Marriage certificate
- Children's birth certificates or other evidence of paternal relationship
- Wedding photos
- Letters or postcards sent by the husband
- Letters sent by in-laws
- Insurance documents (health, life, car, etc) with both the survivor's and husband's names
- Court, police or hospital documents that show proof of marriage

‣ **Current residence**

- Work documents
- Certificates of study
- Rent bills
- Electricity, gas, telephone, cable bills

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- Mail sent to current address
- Statements from neighbors, friends or others who can vouch for residency in the U.S.
- ▶ **Proof of having lived with spouse for a period of time**
(Doesn't matter if in the States or elsewhere)
 - Children's birth certificates
 - Family photos
 - Statements from family friends
 - Documents that show they live or lived together (mortgage or rent bills)
 - Copies of taxes
 - Insurance policies naming the wife or husband as beneficiary
 - Gas, electricity, telephone, cable or rent bills
 - School or medical records
 - Credit card bills
 - Bank accounts, in both names
 - Documents showing property debts, in both names
 - Newspaper or magazine subscriptions
 - Legal documents, with both names
- ▶ **Proof of battery and/or extreme cruelty**
 - Letters from agencies that are aware of the abuse (shelters, doctors, nurses, social workers, police or court documents)
 - Letters of support (medical or psychological reports, letter from a priest, children's teacher, coworkers, employers, divorce lawyers)

<i>Has</i>	<i>Needs</i>
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	<i>Has</i>	<i>Needs</i>
- Personal statements: the survivor must be able to describe specific examples from as many sections of the Power and Control Wheel as she can. The goal is to show that the survivor is a victim of violence. The purpose of the statement is to tell the story truthfully, which establishes credibility and sincerity, and in as much detail as possible.	<input type="checkbox"/>	<input type="checkbox"/>
- Statements from people who witnessed or became aware of the abuse	<input type="checkbox"/>	<input type="checkbox"/>
- Photos of scars, bruises, or other signs of physical abuse or any other proof of abuse	<input type="checkbox"/>	<input type="checkbox"/>
▶ <u>Proof of good moral character</u>		
- Personal statement written by the survivor	<input type="checkbox"/>	<input type="checkbox"/>
- Police clearances from every place the survivor has lived for more than six months in the last three years	<input type="checkbox"/>	<input type="checkbox"/>
- Statements and letters from friends, church members, family members, clients, etc. showing that she is a good person, worker, mother, etc.	<input type="checkbox"/>	<input type="checkbox"/>
- Documents from the children's school	<input type="checkbox"/>	<input type="checkbox"/>
▶ <u>Proof of good faith marriage</u>		
- Marriage certificate	<input type="checkbox"/>	<input type="checkbox"/>
- Children's birth certificates	<input type="checkbox"/>	<input type="checkbox"/>
- Wedding photos and photos of the couple together (before and after the wedding)	<input type="checkbox"/>	<input type="checkbox"/>
- Letter indicating name change and showing husband as emergency contact	<input type="checkbox"/>	<input type="checkbox"/>
- ID cards with photo and married name	<input type="checkbox"/>	<input type="checkbox"/>
- Statements from friends and neighbors	<input type="checkbox"/>	<input type="checkbox"/>
- Car registration	<input type="checkbox"/>	<input type="checkbox"/>
- Letters and postcards sent with both names	<input type="checkbox"/>	<input type="checkbox"/>
- Proof of large purchases made by the couple together (fridge, house, car)	<input type="checkbox"/>	<input type="checkbox"/>

► **Proof of termination of previous marriages**

- Divorce decree
- Annulment decree
- Death certificate

<i>Has</i>	<i>Needs</i>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

● **EXERCISE**

OBJECTIVE: Identify the possible legal steps under the VAWA law

INSTRUCTIONS: After reading the following scenarios, please indicate if there are any legal options for these people and what it would be.

Scenario One

Rosalinda was born in Mexico. She married Manuel, a legal permanent resident in the U.S. They had three children, all born in Mexico. Manuel found work in Iowa and paid a coyote to bring Rosalinda and only two of the children across the border. Manuel decided that the youngest could stay with the grandmother until they had enough money. Manuel had always been abusive and mistreated Rosalinda. Ever since they were young, Manuel hit her and accused her of being too friendly with other men. When they got to Iowa, things didn't change. Manuel didn't want to ask for legal immigration status for Rosalinda or the kids. On one occasion, he started to yell at her and throw plates and whatever else he could find in his path. One of the plates hit Rosalinda in the stomach. When she fell to the floor, doubled over, he started to kick her. She was pregnant and lost the baby. Neighbors called the police and Manuel was arrested. Rosalinda testified against him and received a protection order.

Scenario Two

Ignacia has been living with James, a U.S. citizen, in Iowa for almost three years. She has a five-year-old son, Jorge, from a previous marriage. Jorge was born in Aguascalientes, Mexico. It seemed that James loved them both, but would tease and insult Ignacia to the point of tears. Ignacia could sense that Jorge was afraid of James. She worked long hours during the day and would only get home in time for dinner. One day, she didn't feel well and came home early. When she entered the house, Jorge and James couldn't be seen.

When she went into her room, she found James asleep and Jorge gagged and tied to a chair by the side of the bed. The only time James hit Ignacia was then, when she accused him of abusing her son. Ignacia has seen marks on Jorge's body when she bathed him, but when she asked about them, he would just say they were nothing, that they happened playing. For some time now, Jorge hardly eats and isn't doing well in school.

Scenario Three

Niane was born in Lesotho, Africa. Her husband received a scholarship to study at Central University and took his whole family to live in Chicago. Her husband, Kumi, had told her that he'd only show his love for her after they have a 12th child. Only after that will she be able to take birth control pills. Since arriving, Niane has never left the house alone; she has to take the children with her everywhere she goes. Kumi insults and ridicules Niane a lot. One night, he arrived home very late and drunk. When he got to bed, he started to sexually abuse her. Niane tried to defend herself but Kumi hit her so hard, he knocked her unconscious. When she woke up she was in the hospital. Her head was bandaged up and she had four stitches. She had two broken ribs, and doctors told her that she had been raped. Police began investigating the attack, but out of fear, Niane refused to talk.

THE U VISA FOR IMMIGRANT SURVIVORS OF CERTAIN CRIMES

- ▶ Battered women who don't qualify under the remedies already discussed or who are survivors of crimes, and are willing to be helpful to government officials investigating that criminal activity, may be able seek immigration status under a U Visa.
- ▶ The U Visa allows a survivor of domestic abuse, rape, sexual assault, abduction, and many other crimes, to request a U Visa. After three years with a U Visa, she can request lawful permanent residency. This new visa is very helpful to women who are being abused by boyfriends, girlfriends, husbands or fathers who are not U.S. citizens or legal permanent residents. It will also help women who are survivors of abusive bosses or other family members or who are victims of rape and other crimes.
- ▶ To be eligible to receive a U Visa a survivor needs to prove or show the following:
 1. She is a victim of one of the following crimes and has suffered substantial physical or emotional abuse because of it. Crimes include: rape, torture, trafficking, kidnapping, incest, domestic violence, sexual assault, prostitution, female genital mutilation, sexual exploitation, being held hostage, peonage, slave trade, abduction, false imprisonment, blackmail, extortion, manslaughter, witness tampering, obstruction of justice, perjury, or attempt, conspiracy, or solicitation to commit any of the above-mentioned crimes.
 2. An officer investigating the crime thinks that she has information about this criminal activity and is being, has been, or is likely to be helpful with the investigation and prosecution of the criminal activity.
 3. The criminal activity took place in the United States or violates U.S. law.

- ▶ She can show she is helpful by getting a certificate from a law enforcement person; this includes prosecutors, judges, DHS officials, or other federal, state, or local authority with the power to investigate (or oversee the investigation of) criminal activity.
- ▶ The survivor can still file for a U visa even if authorities decide not to press charges or the accused isn't convicted. The same DHS officers who decide self-petitions decide the U Visas. You definitely must work with an attorney or advocate familiar with U Visas, otherwise you might end up getting deported.

● EXERCISE

OBJECTIVE: Identify the possible legal remedies under the U visa eligibility requirements.

INSTRUCTIONS: Read the previous scenarios again and discuss who you think would be a good candidate for a U Visa, and why.

CHAPTER THREE

BASIC LEGAL INFORMATION FOR IMMIGRANT WOMEN

INTRODUCTION

Talking or learning about our rights as immigrant women in this country can get a bit complicated. Other women's groups show that adults learn best when the information is presented in an entertaining and visual way. One way to present information during the discussions is through "skits."

Skits are a fun way for the audience to learn, remember new information, and have a good time. You can ask for volunteers from the audience to act as "accompanying" characters, without having to say much. If they need to bring their children to the events, the kids can also participate. Children are incredible actors and it's good that they also learn their rights, and can remind their parents of them, too!

In the following pages, we will take a look at our rights in regards to police and immigration and present the relevant skits. Remember you can always change the content of the skits. You can add more jokes, fun bits, and pieces that will help all of you enjoy them and have a good time.

NOTE: Please remember that the information in this manual is very general and that immigration laws are constantly changing. Please consult a lawyer or immigration law advocate specialized in domestic violence if you are thinking of sending a case to the Department of Homeland Security (DHS). Going to DHS on your own is not a good idea. Remember that you must always consult a lawyer if you have received a notice to appear in immigration court or if you are thinking of starting a case.

1. YOUR RIGHTS AND THE DHS AT WORK

Scene: Three women working in a chicken processing plant

<i>Prudent One:</i>	Hey, look at that. Who's out there? Looks like police.
<i>Fearful One:</i>	No, it's immigration. Quick! Everyone run! "La migra" is here.
<i>Prudent One:</i>	No, don't run, just stay where you are, they've probably already surrounded the building.
<i>1st Immigration official:</i>	Go run after that one. Get her.
<i>2nd Immigration official:</i>	So, what part of Mexico are you from?
<i>Fearful One:</i>	Well, from Taxco, sir officer...
<i>2nd Immigration official:</i>	From Taxco, eh? Huh. Got your papers?
<i>Fearful One:</i>	Well, the truth is that, that no...

2nd Immigration official: Well then, follow me. You are being detained.

1st Immigration official: You look like you're from Mexico, too. Where are you from?

Prudent One: (doesn't respond)

1st Immigration official: Well, well. We've got ourselves a deaf one here. Where are you from!

Prudent One: (doesn't respond)

1st Immigration official: Okay, so at least tell me what's your name.

Prudent One: (doesn't respond)

1st Immigration official: So, smarty, do you have your work papers?

Prudent One: (doesn't respond)

1st Immigration official: So, you're not going to answer anything? Is that it?

2nd Immigration official: Come on, let's go. The van is full already.

1st Immigration official: We'll be seeing you soon...

DISCUSSION QUESTIONS

1. What have you learned from this skit?
2. What do you think are your rights with the DHS?
3. Are police the same as DHS agents?

ANSWERS

- You have the right to remain silent, with the police and with Department of Homeland Security (DHS) agents. In order for an agent to arrest you, he or she needs to have "reasonable suspicion" or "probable cause" to believe that you are from another country of origin and that you are undocumented. If you don't say anything to the agent, they can't prove anything.
- Even if you are arrested, you have the right to remain silent.
- They will use anything you say against you.
- You have the right to request a hearing with an immigration judge.
- You have the right to not sign anything. If you do sign papers that you don't understand, even though they are written in your language, you may be signing away your rights.
- You have right to call an attorney. The state won't provide you with a state-paid attorney; you will have to pay.
- If you are arrested, give your real name so that family members can find you.

- Always carry with you a card with names and telephone numbers of immigration attorneys.
- You have the right to ask to be freed on bail.
- You have the right to call your consulate.

ANSWERS AND INFORMATION ABOUT THE POLICE AND DHS OFFICIALS

Share with your audience the following information about police and DHS officials:

People have more rights in the criminal system than the DHS system.

1. You don't have to let a police officer know your immigration status, and the police should not ask about your immigration papers if you aren't being held for suspicion of a crime. For example, if you are driving and get stopped, a traffic violation is not a crime: it is a violation of an administrative law, but not criminal law. Nevertheless, some police don't respect your rights and could ask about your immigration status. They do have the right to ask for your driver's license, car registration papers and other personal identification cards.
2. DHS agents should ask about your immigration status, just remember you don't have to tell them.
3. Only DHS agents have the right to ask about immigration status. You can always exercise your right to remain silent, however, and the DHS agents or police can't require you to respond, no matter what kinds of tricks and threats they use.
4. Remember that anything you say to the police or DHS agent will be used against you in criminal court and could get you deported.
5. Police are trained to get information out of people. They might look innocent enough and like they are just having a friendly chat with you, but really, their goal is to get information to use against you. You have the right to stay silent and to not answer any questions. Not answering their questions is NOT BREAKING ANY LAW. Rather, you are exercising a constitutional right that belongs to you simply because you are living in the United States or its territories.
6. If the police detain or arrest you because of a criminal matter, you have the following rights:
 - The right to remain silent. Only a judge can require you to answer questions.
 - The right to contact an attorney
 - The right to a state-ordered attorney if you don't have any money to pay for one
 - The right to be released on bail

REMEMBER: Anything you say can be used against you, so exercise that right to stay quiet.

YOUR RIGHTS AND THE DHS AT HOME

- 1st Immigration official:* Let's go in here, I've heard there's a ton of wetbacks in here and they don't know their rights
- 2nd Immigration official:* We're going to get heaps of them...
- 1st Immigration official:* (knocking on the door) Open the door.
- Complacent:* Hi. How can I help you?
- 1st Immigration official:* We're looking for a couple of undocumented workers. Who's in your house?
- Complacent:* No one, I'm here by myself. It's hot, why don't you come in for a quick cold beer.
- 2nd Immigration official:* Where are you from, do you have papers?
- Complacent:* Oh yes, officer, and what a price I had to pay to get them. Here, here they are.
- 1st Immigration official:* It's gonna cost you too for having bought these papers! Get in the truck!
- 2nd Immigration official:* Well, that was easy; let's go visit the neighbors.
- (While this is happening, the neighbor has gotten nervous and is escaping through the window. The official sees her trying to escape...)*
- 1st Immigration official:* Hey! You!... Stop right there. Don't move. Where do you think you're going?
- Neighbor:* Back to my village?
- 2nd Immigration official:* Exactly, and better off that you're there, not here. Get in the truck!
- 1st Immigration official:* We're having great luck. They're making it so easy for us! They have no idea what their rights are.
- (The officials knock on the door)*
- Smart One:* Yes, who is it?
- Officials:* DHS. Open the door now!
- (Smart One says to her daughter: Go run to the phone and call everyone that was at the neighbors meeting. Tell them immigration is here and to not open their doors.)*
- Smart One:* Well, I'm terribly sorry, but I'm not going to open the door.
- 1st Immigration official:* Are you crazy, lady?
- Smart One:* No, I'm not crazy. It's my right to not allow you to enter without a search or arrest warrant.
- 2nd Immigration official:* Open the door, or it's going to get ugly!

<i>Smart One:</i>	Yes, sir, as soon as you show me that warrant.
<i>1st Immigration official:</i>	This old bat is going to make our lives impossible.
<i>2nd Immigration official:</i>	She must have gone to one of those discussion groups.
<i>1st Immigration official:</i>	All right, open the door so we can show you the papers.
<i>Smart One:</i>	No, how about passing them under the door.
<i>2nd Immigration official:</i>	There, you have the papers now.
<i>Smart One:</i>	Sorry officer, but this is in English, and I don't read English.
<i>1st Immigration official:</i>	Jeez! This one doesn't miss a beat!
<i>2nd Immigration official:</i>	Okay then! Here's another one. Try a little less Univision and more English classes, lady.
<i>Smart One:</i>	Let's see. It has my name, date, address...Oh, but it isn't signed by the judge. Sorry gentlemen, but that paper needs a judge's signature...
<i>1st Immigration official:</i>	You think you're so smart, we'll be back and next time we're taking you down...
<i>Smart One:</i>	Very well, come back with your papers in order. I'll be here waiting for you.

DISCUSSION QUESTIONS

1. What have you learned from this skit?
2. What do you think are your rights when the DHS or police want to enter your home?
3. What do you think Complacent didn't do well?
4. What do you think Smart One did well?

ANSWERS

1. The Fourth Amendment in the U.S. Constitution's Bill of Rights protects our right to privacy. Without a judge-ordered warrant, no government agent has the right to search your home or office, and you are allowed to deny them entry.
2. Agents can, however, monitor phone calls and conversations in your office, car or in meetings, as well as your mail. E-mail is particularly easy to monitor.
3. You are not required to speak with police, FBI, DHS, or any other law enforcement agent or investigator. Except for giving a name and address to a police official investigating a crime, there is no legal obligation to speak with anyone.
4. Law enforcement agents are not allowed to enter your house or office without a judge-ordered search or arrest warrant.

5. Demand to see the warrant.
6. The warrant must specify the place to be searched, the items that can be confiscated, the address, your name, and must have the judge's signature.
7. If they have the warrant, you can refuse their entry or search, but you need to clearly make it understood that you are not consenting to a search. By saying that, you limit them to only what the warrant says.
8. You have the right to oversee the search as well as the officials' actions.
9. If the police or any agent tries to question you or tries to enter your house without a judge-ordered warrant, simply refuse to answer or SAY NO!

Please remember that it is extremely important that you do not contact or go personally to DHS. Always get in touch with an attorney first, even if you are in the country legally.

- ▶ If you are detained by DHS you have the right to speak with an immigration attorney about your options.
- ▶ The rights we've discussed previously are just a brief overview. Please, consult with an immigration attorney.
- ▶ If you are a survivor of domestic abuse and the DHS or police detains you, you can show the card below to the official. Note on the card the name and telephone number of an attorney that you can trust.

(Make copies and cut out the card along the dotted lines. Fill in your attorney's information. Carry this with you at all times).

I HAVE RIGHTS

**I have been abused by my partner.
I do not wish to talk to you without calling an immigration lawyer.
Please do not ask me any questions nor to sign any papers without
my attorney being present.**

Soy una víctima de los malos tratos.
No deseo hablar con usted sin un abogado.
Por favor no me haga preguntas ni me pida que firme papeles hasta que
mi abogado esté presente.

Attorney: _____

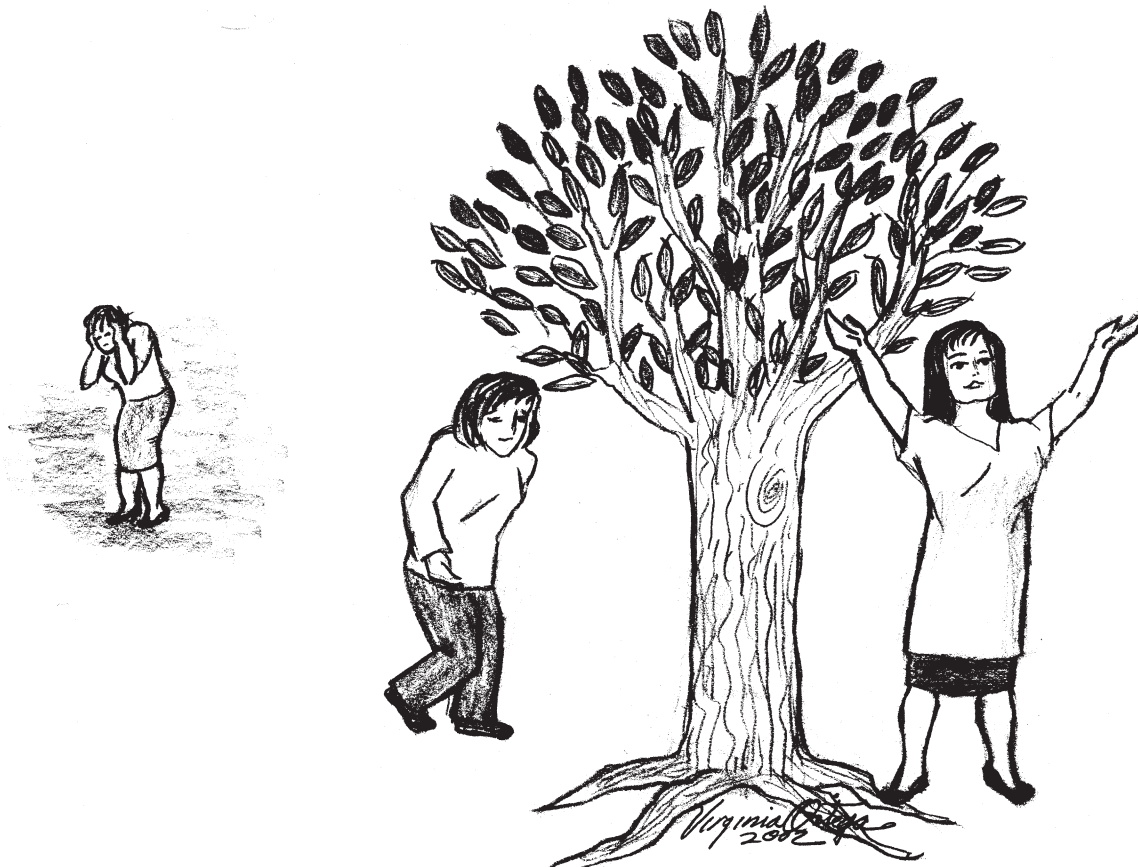
Organization: _____

Telephone Number: _____



Section Four

APPENDIX



PLANNING ACTIVITIES

Besides developing and working to attain goals and objectives, you'll often find yourselves wrapped up in planning activities or celebrations. The following is a worksheet that organizations, such as LUNA and Líderes Campesinas, use to plan activities as well as their work calendars.

Name: _____

Week: _____

Page: _____

DATE	PROGRAM	ACTIVITY	ACTION POINTS	RESOURCES	COST
EVERY MONTH	Project Pantry	Collect food and take to shelter	1st day of the month. Follow the volunteer list each month. Elena will let the volunteer know each month and also remind the sponsors a day before that the food will be collected	Donations, gas for the volunteer member (\$3)	
EVERY THREE MONTHS	Project Pantry	Gather information on how the project is going. Update volunteer list. Notice Reminder: Nancy	Collect tally at end and read the information about needs. Ask residents directly. Create for the group a report with the results of the research.	2 volunteers	0

DATE	ACTIVITY	STEPS	WHO'S RESPONSIBLE	DEADLINE	RESOURCES	COST
MAY 4	Education and community chat	1. Talk with sexual assault center and get meeting space	Betty will call Sara	May 6	Paper, computer	Sponsoring organization donation
		2. Make announcements	Guadalupe and Mireya	May 10	Transportation, 4 - 5 hours	
		3. Distribute flyers: laundries, church, by hand, schools, supermarkets, community centers, etc.)	Guadalupe, Nancy and Mireya	May 20	A \$2 donation will be asked for at the meeting	
		4. Invite members	Members and Sara, from the sexual assault center will personally call clients and friends	May 15-20	Photocopier, computer and sponsoring organization letterhead	
		5. Get donations of coffee and pastries and take them to location of chat on June 10 one hour before chat starts	Nancy will ask a Mexican store and the sexual assault center for donations. Nancy and Luisa will be in charge of getting it to the meeting room June 10	May 25		
		6. Get volunteer childcare	Elena and Betty	May 29		
		7. Prepare presentation	Team of member trainers (5) will meet and go over the presentation	May 29		
		8. Prepare agenda and material to use at the meeting	Luisa and Ana	June 2		
		9. Arrange transportation to the meeting	To be decided by trainers	June 10		
		10. Get room ready for the meeting (chairs, coffee, pastries)	Find volunteers	June 10		
		11. Clean meeting room				

GOALS PLANNING WORKSHEETS

LONG-TERM GOALS

1. _____

2. _____

3. _____

SHORT-TERM GOALS

GOAL

OBJECTIVES (Or steps needed to achieve goal)

What: _____

1. _____
2. _____
3. _____

How: _____

When: _____

Who's responsible: _____

Needs: _____

Other: _____

Goal 2... _____

ACTIVITY PLANNING WORKSHEETS

These worksheets are only an example. You'll want to make your own organization tables..

Name: _____

Week: _____

Page: _____

Date	Project	Activity	Action Points	Resources	Cost

Date	Activity	Steps	Who's Responsible	Deadline	Resources Or Cost

WORKSHEET FOR CAMPAIGN ORGANIZING

Problem	ANALISIS	Response	Objective	Audience
What is the problem or issue that you want to see changed or improved?	Why is it a problem?	How does this affect victims in our community?	What is the desired solution?	Who has the authority to make the change happen? Who influences this person or organization?

WORKSHEET FOR CAMPAIGN ORGANIZING

Part 2

Message	Messengers	Means	Allies	Resources
What do they need to hear?	Who will present the message, or from whom do they need to hear the message?	How are we going to present the message?	Who can help us and how?	What do we need?

ORGANIZING A CAMPAIGN. FINAL EVALUATION

Do we need to change anything in this plan?

What are we going to achieve with this?

What's working well and what are the weak spots with the plan?

How can we document the process and results of this campaign to help us in the next?

How can we document the process and results of this campaign to help us in the next?

What other questions do we need to include to evaluate our progress?

LOCAL RURAL GROUPS

LUNA Latinas Unidas por un Nuevo Amanecer (Latinas United for a New Dawn) Demoines, Iowa

The women in this group joined together because they felt that they needed to have a more important role in creating changes necessary in their lives and communities. They all recognized the importance of surviving domestic abuse and changing the systems that weren't responding to survivors' needs. They wanted to belong to something that would unite them and give them the strength to move ahead. By uniting and being able to lean on one another they felt supported and strong.

The Iowa Coalition Against Domestic Violence, in collaboration with the Family Violence Prevention Fund, helped develop the LUNA project and its work towards change.

Our first meetings took place at the Coalition's offices. Some of the problems of the first meetings were childcare, transportation, and clarifying the confusion between the activist group and the support group for victims and survivors of domestic abuse. Without experience in organizations, we didn't know what our responsibilities were within the group. It was difficult to think of all of the challenges and their solutions. The Coalition and other organizations and community agencies supported us and helped resolve some of our challenges, such as volunteer childcare, meeting sites, and work space with telephone, fax, computers, photocopier and mail. They also provided training in subjects that were interesting and helped build the group.

We have more than 70 participating members. To ensure democratic process and that the community voice is heard, LUNA has a coordinating committee made up of five founding community members that guide and work with the more than 70 members and volunteers. LUNA employs an Executive Director and three counselors. The Board of Directors consists of four professionals from the Latino community and two volunteer members who have the right to vote.

Becoming an organization was one of the goals planned in the first meetings. Now we have nonprofit organization status; our first grants and subsidies were approved in 2002. Our group founded a community-based organization, which opened its doors on October 11, 2002.

El Poder de la Mujer, El Paso, Texas

El Poder de la Mujer (The Power of the Woman) began out of a need to understand our rights as immigrant women in this country and to learn to defend our rights. We wanted to learn to move forward, as single women, or as women with children.

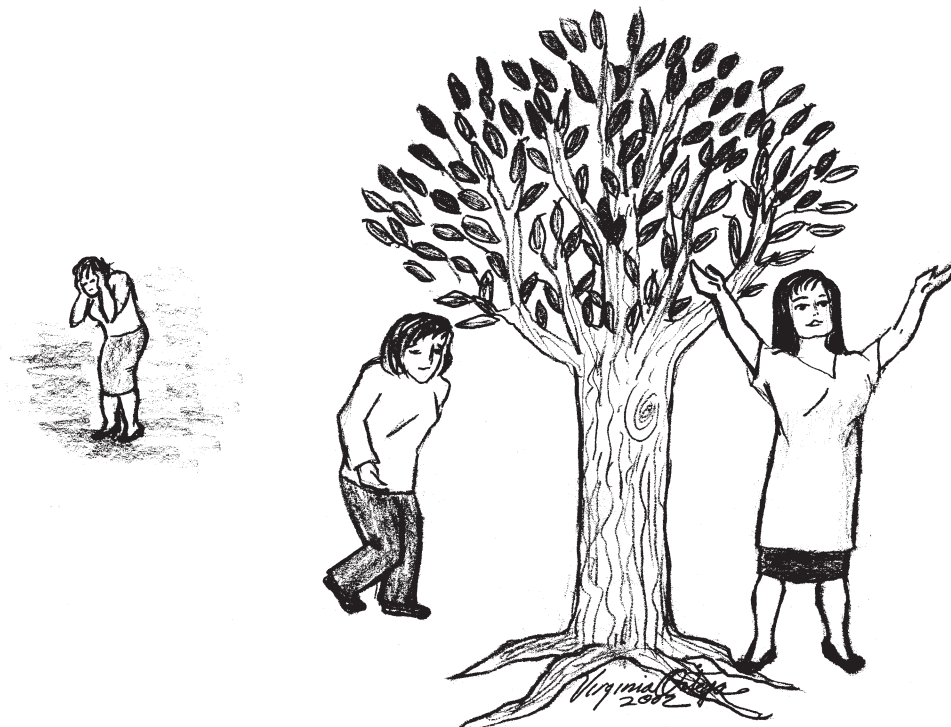
Las Américas Immigrant Advocacy Center is our sponsoring organization. Las Américas has helped us since the beginning, even solving one of our initial problems of needing a meeting place.

Las Américas furnished us with a small room, and we are still using the room. We've also received help from other agencies, such as the Thomason Hospital, the local battered women's shelter and the Family Violence Prevention Fund and its team, from whom we have learned how to organize ourselves and have received training in the VAWA law. Las Américas hired a coordinator to be the link between the group and the organization. Her job is to support and look out for the contacts and connections we need to channel the women into becoming group members.

At our first meeting we looked for answers to the following questions: Do we want to form a women's group? Why? Who wants to be one of the leaders? What do we want to learn? How do you want to contribute to this group? What goals do we want?

The most important goal that we've achieved has been growing as a group and building the member base as well as educating members in our community about legal issues, women's and immigrant's rights, domestic violence, and also how to help a woman receive papers in an immigration case.

In the future, we want to have more counselors and hired members, more training workshops, and to continue building our organization.



REGIONAL GROUPS WITH NATIONAL SCOPE

Líderes Campesinas, California

Líderes Campesinas (Farmworker Women Leaders) began organizing at a state level in 1992. The group is an answer to farm worker women's needs. Its mission is to promote leadership development amongst the women so that they become the vehicle that achieves the social, economic and political changes needed to ensure their rights are respected.

Líderes Campesinas has one Executive Director and a 12-member Board of Directors. Each board member represents one of the 12 committees in the different communities in which the organization is involved. One of the board members is the President of the State Youth Advisory Committee.

One of biggest obstacles we faced at the beginning was economic resources. They were either very little or limited. But through the will, effort, and dreams of a rural women's group, we worked tenaciously to ensure these obstacles could be overcome.

Líderes Campesinas now has various sources of revenue and income. Some of these come from private sources, others from state and federal funds, as well as from the support of state and federal agencies and organizations. Besides these sponsors, the organization also relies on the support of its membership.

Currently, Líderes Campesinas has more than 400 members. Each member contributes time and dedication, not only for her own benefit and personal growth, but also to strengthen the organization. Líderes Campesinas also has the support of some 30 employees, 18 of which are rural workers who in turn are the pillars that enable the organization to reach its goals.

Knowing and feeling the needs and problems that are close to our farm worker community and wanting to make changes to improve the women's lives has been our inspiration. We want each woman to know that she can change her situation and answer her community's needs, and that she has options, is courageous, talented, skilled, and intelligent.

The most important goal we've reached is the fact that we exist as an organization and are contributing to the development the rural women's leadership skills so they can then share what they've learned with other women. That is the mission and the reason this organization was formed.

Our future plans include continuing to grow and build each of the organization's programs. We also plan to continue working on national and international levels with the intention of sharing our goals and experiences with other organizations or agencies working with issues related to rural and/or immigrant women.

Mujeres Unidas y Activas San Francisco, California

Mujeres Unidas y Activas (United and Active Women) is a community organizing and empowerment project organized by and for immigrant and newly arriving Latinas. Its programs achieve several goals: to educate immigrant Latinas about their rights and the community services that are available to them; to develop self-esteem and self-sufficiency; to train grassroots leaders and activists; and to work within the legal, education and health systems to improve the quality and accessibility of services. Their fiscal sponsor is The Women's Foundation.

Our Meetings

At our meetings we learn together how to value ourselves, how to recognize the things that affect us as women, and how to get along with our children and our partners. We all have a lot of problems, but together we can help each other. Our meetings are in the morning and evening. We offer childcare, so that women who work or are controlled by their husbands still have a chance to attend. We talk about such things as domestic abuse, problems with kids, women's health issues, and pregnancy.

We also learn by inviting attorneys, social workers, doctors, teachers, etc., to speak. We don't control when they come: they can participate how and when they want.

Companionship and Support

Sometimes participants stay after the meetings because of the mutual support the group provides. By talking to one another and exchanging telephone numbers, the women create a support network. For example, if one of the women wants to go to a meeting and needs someone to look after her child or pick up her child, she can call some of the other women to make arrangements.

Valuing Women

Through meetings about self-esteem, we are breaking the silence. The group discussion might first start with a talk about a book, covering topics such as women's values, spirituality, heroines, what it means to be a woman, woman's place in the universe, etc. Basically, we work at breaking down the machismo stereotypes. We have books about self-esteem and values and sometimes have poetry readings. We also talk about other themes, such as friendship, how to value being a woman, and the role women play in the family and community.

Civic-Political Participation

We work for ourselves individually and also for our community. By participating in issues that interest our immigrant community we are changing things that affect us negatively. It also provides a way for our voices to be heard. No one is going to defend us or help us if we aren't first helping ourselves and uniting against injustice.

NATIONAL RESOURCES (PARTIAL LIST)

NATIONAL

Arte Sana

P.O. BOX 1334
Dripping Springs, TX 78620
Tel: (512) 858-4069
Fax: (512) 858-4069
E-mail: artesanando@yahoo.com
Web site: www.arte-sana.com

Arte Sana (Art Heals) is a nonprofit agency for underserved survivors of gender and racial violence that promotes healing and empowerment through the arts and community education. Their bilingual web site of Arte Sana offers a wide collection of information in both Spanish and English.

ASISTA,

Immigration Technical Assistance Project

515 – 28th Street
Des Moines, IA 50312
Tel: 244-2469
E-mail: questions@asistaonline.org
Web site: asistaonline.org

ASISTA is a collaboration between four nationally-recognized legal experts who work to provide comprehensive and cutting-edge technical assistance in English and Spanish on the intersection between immigration and domestic violence law. Our purpose is to centralize, enhance and expand immigration assistance to frontline advocates and attorneys who provide legal assistance to immigrant victims.

Family Violence Prevention Fund

383 Rhode Island Street, Ste. 304
San Francisco, CA 94103
Tel: (415) 252-8900
Fax: (415) 252-8991
E-mail: monica@endabuse.org
Web site: www.endabuse.org

The Family Violence Prevention Fund works to prevent violence within the home, and in the community, to help those whose lives are devastated by violence because everyone has the right to live free of violence. The Immigrant Women's Rights Project recognizes the unique challenges facing immigrant women as they struggle for safety in this country. The program educates women about their rights and develops their leadership so that they can become involved in changing policies that affect them. The program also seeks to improve their lives building public consciousness, developing public policies, producing materials accessible to immigrant women and forging organizational networks to assist and protect them.

Legal Momentum (Previously NOW Legal Defense and Education Fund) Immigrant Women Program

1522 K Street, NW, Ste. 550
Washington, DC 20005
Tel: (202) 326-0040
Web site: www.legalmomentum.org
Legal Momentum, Immigrant Women Program aims to enable immigrant women to improve their lives and

future prospects in their new country by focusing first on three core areas: domestic violence, immigration, and economic empowerment. These issues are interconnected and each is critical to immigrant women's ability to enjoy safety for themselves and their children and to succeed economically. The incoherence among policies on these issues complicates the lives of immigrant women and their children.

LLEGÓ

1420 K Street, NW Suite 400
Washington, DC 20005
Tel (202) 408-5380
Fax (202) 408-8478
E-mail: tjfoley@llego.org
Web site www.llego.org

LLEGÓ, the National Latina/o Lesbian, Gay, Bisexual & Transgender Organization, is the only national nonprofit organization devoted to representing Latina/o lesbian, gay, bisexual and transgender (LGBT) communities and addressing their growing needs regarding an array of social issues ranging from civil rights and social justice to health and human services. iBASTA! is a capacity-building program for service providers of domestic violence, sexual assault and stalking that work with or have the potential to advocate for Latina lesbians in violent relationships. The program uses the Nuestra Salud video series and curriculum as a vehicle to increase the cultural competencies of professionals in the domestic violence field.

National Coalition Against Domestic Violence

P. O. Box 18749
Denver, CO 80218-0749
Tel: (303) 839-1852
Fax: (303) 831-9251
Web site: www.ncadv.org

The Mission of the National Coalition Against Domestic Violence (NCADV) is to organize for collective power by advancing transformative work, thinking and leadership of communities and individuals working to end the violence in our lives. NCADV provides a national network for state coalitions and local programs serving battered immigrant women and their children, public policy at a national level, technical assistance, community public education campaigns, general information, referrals and publications on domestic violence issues.

National Domestic Violence Hotline

PO Box 161810
Austin, Texas 78716
Tel: 1-800-799-SAFE (7233)
or 1-800-787-3224 (TTY).
Fax: (512) 453-8541
E-mail: ndvh@ndvh.org
Web site: www.ndvh.org

The National Domestic Violence Hotline (NDVH) The Hotline provides crisis intervention, information about domestic violence and referrals to local service providers to victims of domestic violence and those calling on their behalf. Hotline Advocates and volunteers also have access to translators in 139 languages. Assistance through email at ndvh@ndvh.org; crisis in-

tervention and referrals to the Deaf through the TTY line and email at deafhelp@ndvh.org); informational materials on such topics as domestic violence, sexual assault, battering intervention programs, working through the criminal justice system and related issues.

National Immigration Project of the National Lawyers Guild

14 Beacon Street, Ste. 602

Boston, MA 02108

Tel: (617) 227-9727

Fax: (617) 227-54495

Web site: www.nationalimmigrationproject.org

The National Immigration Project is a progressive source of information and legal support on immigrant rights. One of the few national-level, legal support groups that specializes in defending the rights of immigrants facing incarceration and deportation. They also provide advanced-level assistance for immigrant survivors of domestic violence and sexual assault who are seeking legal status in the U.S. They do not provide direct services to the general public only consultation to attorneys and advocates.

National Latino Alliance for the Elimination of Domestic Violence

P.O. Box 672,

Triborough Station

New York, NY 10035

Tel: 1-800-342-9908

Fax: 1-800-216-2404

E-mail: inquiry@dvalianza.org

Web site: www.DVAlianza.org

Alianza's mission is to promote understanding, initiate and sustain dialogue, and generate solutions that move toward the elimination of domestic violence affecting Latino communities, with an understanding of the sacredness of all relations and communities.

CECEVIM (Centro de Capacitación para Erradicar la Violencia Intrafamiliar Masculina)

474 Valencia, Suite 150

San Francisco, CA 94103

Tel: (415) 552-1361

Tel: (415) 810-2348 CECEVIM

E-mail: Cecevim@cecevim.com

POCOVI (Men's Program Against Family Violence) is a program on stopping male violence in the Latino home, and has a center on investigation, theory, and work model on work with Latino men.

CALIFORNIA

Mujeres Unidas y Activas

3543-18th Street, #23

San Francisco, CA 94110

Tel: (415) 621-8140

Fax: (415) 861-8969

E-mail: juanita@mujeresunidas.net

Web site: www.mujeresunidas.net

Mujeres Unidas y Activas (Women United and Active) has as the objective of increasing the political strength and visibility of the immigrant community through the leadership development of immigrant women: educating the immigrant women on their

rights and the services available to them, promoting self esteem, and the auto-sufficiency of women and develop and promote mutual support.

Organización en California de Lideres Campesinas

611 S. Rebecca Street

Pomona, CA 91766

Tel: (909) 865-7776

Fax: (909) 865-8779

E-mail: liderescampesinas@hotmail.com

The main goal of Lideres Campesinas (Farm Worker Women Leaders) is to promote the development of leadership of farm-worker women so they, themselves can be the linkage that achieves social, economic, and political changes, necessary to secure respect of their human rights.

Women's Justice Center

250 Sebastopol Road

Santa Rosa, CA 95407

Tel: (707) 575-3150

E-mail: rdjustice@monitor.net

Web site: www.justicewomen.com

The Women's Justice Center provides advocacy, for victims of rape, domestic violence, and child abuse, particularly in the Latina and other under served communities of Sonoma County. They also provide advocacy training and community education.

DELAWARE

Abriendo Puertas

P.O. Box 645

Georgetown, DE 19947

Tel: (302) 855-9515

Fax: (302) 855-9516

E-mail: abriendopuertas@ce.net

In addition to their shelter, they also provide assistance to survivors and their children. They also have activities and classes designed for their healing and empowerment. It is the only program geared towards battered immigrant women in such a large area.

GEORGIA

TAPESTRI, Inc.

P. O. Box 505

Avondale Estates, GA 30002

Tel: (404) 299-2185 or (404) 299-7775

Fax: (404) 299-8668

E-mail: tapestri@mindspring.com

Web site: www.tapestri.org

TAPESTRI, Inc., Immigrant and Refugee Coalition Challenging Gender Based Oppression, is a coalition of ethnically diverse advocates in Atlanta, Georgia working on issues of violence against women. Tapestry is dedicated to ending violence and oppression in immigrant and refugee communities, using culturally competent and appropriate methods. As advocates for immigrant and refugee families affected by domestic violence, sexual assault and exploitation, they are committed to using education, community organizing, direct services and advocacy to effect change in the lives of these families.

ILLINOIS

Mujeres Latinas en Acción

1823 W. 17th Street

Chicago, IL 60608

Tel: (312) 226-1544

Fax: (312) 226-2720

Web site: www.mujereslatinasenaccion.org

Mujeres Latinas en Acción (Latina Women in Action), a bilingual/bicultural agency seeks to empower women, their families and youth to become self-reliant and able to take full advantage of available opportunities and create new opportunities to improve the quality of their lives.

IOWA

Latinas Unidas por un Nuevo Amanecer (LUNA)

4815 University Avenue, Suite 2

Des Moines, IA 50311

Tel: (515) 271-5060

Fax: (515) 271-5062

E-mail: latinas@lunaiowa.org

Web site: www.lunaiowa.org

LUNA is a group of Latina immigrant women that help members of the community to know their rights, work to improve their lives and their children's and fight to have better services for the community, helping families to forge a safe future without violence.

Iowa Coalition Against Domestic Violence

2603 Bell Ave., Ste. 100

Des Moines, IA 50321

Tel: (515) 244-8028

Fax: (515) 244-7417

E-mail: icadv@aol.com

Web site: www.icadv.aol.com

The mission of the Iowa Coalition Against Domestic Violence (ICADV) is to end violence in intimate relationships. ICADV provides assistance and education to programs that serve battered women and their children. They assert that domestic violence arises from a social and political context. Therefore, encourage collaboration that promotes social change to eliminate personal and institutional violence against women.

KENTUCKY

The Center for Women and Families

226 West Breckinridge St.

P.O. Box 2048

Louisville, KY 40201-2048

Tel: (502) 581-7200 24 hours

Web site: www.thecenteronline.org

The Center for Women and Families serves women, children and families affected by domestic violence, rape/sexual assault and economic hardship in fourteen Kentucky counties.

MINNESOTA

Casa de Esperanza

P.O. BOX 75177

St. Paul, MN 55175

Tel: (651) 646-5553

E-mail: Asanchez@casadeesperanza.org

Web site: www.casadeesperanza.org

La Casa de Esperanza (House of Hope) Their mission is to mobilize Latinas and Latino communities to end domestic violence and was founded over 20 years ago.

NEW MEXICO

Enlace Comunitario

310 Valverde, SE

Albuquerque, NM 87108

Tel: (505) 246-8972

Fax: (505) 246-8973

E-mail: Cmedina_enlace@yahoo.com

Web site: www.enlacecomunitario.org

Enlace Comunitario (Community Linkage) provides crisis intervention, counseling, information and referral, assistance to secure financial assistance, therapy for children, court advocacy, parenting classes, community education and development and management of economic auto-sufficiency programs.

OREGON

Bradley Angle House

P.O. Box 14694

Portland, OR 97293

Office: (503) 281-3540

Crisis Line: (503) 281-2442

E-mail: admin@bradleyangle.org

Web site: www.bradleyangle.org

Bradley-Angle House (B-A House) is the oldest domestic violence agency on the west coast. B-A House continues to provide a continuum of quality programming to battered women and their children from all racial, social, economic and educational backgrounds.

PUERTO RICO

Coordinadora Paz Para la Mujer

Apartado 193008

San Juan, Puerto Rico 00919-3008

Tel: (787) 281-7579

Fax: (787) 767-6843

E-mail: pazparalamujer@yunque.net

Web site: www.pazparalamujer.org

Coordinadora Paz para la Mujer is the Puerto Rico Coalition Against Domestic Violence, formed by shelters, domestic violence service organizations, research and study centers on gender, feminist organizations, governmental organizations who provide women's services and individual feminist activists.

TEXAS

El Poder de la Mujer

c/o Las Americas Immigrant Advocacy Center
106 E. Yandell
El Paso, TX 79902
Tel: (915) 544-5126
Fax: (915) 544-4041
E-mail: lasamericas715@aol.com

El Poder de la Mujer (The Power of Women) has a main goal, the development of leadership in battered immigrant women and to work together to end domestic violence.

PE.A.C.E. Initiative - Putting an End to Abuse through Community Efforts

1443 S. St. Mary's Street
San Antonio, TX 78210
Tel: (210) 533-2729
Fax: (210) 533-3283
E-mail: patpeace@texas.net

Putting an End to Abuse through Community Efforts, is a coalition of agencies, individuals and organizations committed to fighting for the systematic changes necessary for the community to respond to the needs of survivors of domestic violence.

Congratulations!

You have just taken the first step toward creating a safe home for yourself and your children by reading this brochure. The next step is to seek the assistance of organizations listed in the following list of resources, or to make your own list of resources in your area.

RESOURCES

National Domestic Violence Hotline
Interpreters for various languages are available
1-800-799-SAFE or
1-800-799-7233



For Immigrant and Refugee Women



Originally written by Donna Norton and produced by the Family Violence Prevention Fund (FVDF), Updated by Minty Siu Chung of AYUDA Inc., and Leni Marin of the FVDF. Funding provided in part by the San Francisco Commission on the Status of Women. This translation was funded by The California Department of Health Services.

For more in depth coverage, consult the manual, *Domestic Violence in Immigrant and Refugee Communities: Asserting the Rights of Battered Women*.

This brochure and manual can be ordered from the

Family Violence Prevention Fund
383 Rhode Island Street, Suite 305
San Francisco, CA 94103-5133

415/252-8900

Camera-ready versions of this brochure can also be ordered. The publisher grants its permission for you to reproduce this brochure in full.



WHAT IS "DOMESTIC VIOLENCE"?

Is your partner extremely jealous and does he discourage you from speaking to friends or family? Does he prevent you from getting a job or learning English?

Has your partner ever threatened to take away your children? Has he told you that he will have you deported?

Have you ever been hit by your partner? Has he forced you to have sex when you did not want to? Has he ever threatened to harm you with weapons like guns, knives or other objects?

Does your partner claim that his violence is your fault? Has he ever told you his violence is not serious? Does he blame drugs or alcohol for his violent behavior? Does he make you feel like you are crazy? Does he call you names that are demeaning to you?

If you answered yes to some of these questions, you are not alone. Many other women like you are in the same situation. Your partner's behavior is not your fault. Help is available to you.

Domestic violence tends to get worse over time. It does not go away on its own. This brochure will outline some things you can do to protect yourself and your children from continuing violence.

This brochure will refer to the abuser as "he." Some women are abused by other women. While not all the legal remedies will apply to lesbian relationships, this brochure will still provide some basic information about things you can do to make yourself safe.



WHAT CAN I DO?

There are a variety of services available to assist you to stop the violence in your home: shelters, hospitals, police, legal aid and other community services.



SHOULD I LEAVE MY HOME IF I AM IN DANGER?

YES. Go to a friend's house or a battered women's shelter. Shelters are usually free and will often have information about other services available in your community. If you stay with a friend or a family member, keep your location

secret if possible. You have the right to keep your immigration status private.

If you leave your home, make every effort to take your children with you. It is also helpful if you can bring documents, such as a driver's license, identification, passports, and visas for yourself and your children, birth certificates, documents from any public assistance programs, rental agreements, checkbooks, credit cards, paycheck stubs, marriage license, copies of tax returns for yourself and your husband/intimate partner. Information about your husband can also be helpful. If you cannot get a copy of his resident alien card or certificate of naturalization, copy down the information from those documents on a piece of paper. If you think you may need to leave in the future, pack these items in a bag so you can find them quickly as you leave or take them to a friend's home.



SHOULD I CALL THE POLICE?

YES. Domestic violence is against the law. The police can escort you and your children out of the house if you want to leave and often can transport you to a safe place. Officers may arrest your husband/intimate partner if they believe a crime has been committed. If the police officer does not speak your language, find someone other than your child or abuser to interpret for you.

Always ask the police to complete a report about the incident and get an incident report number so that you can get a copy of the report. Also ask for and write down the name and badge number of the officer making the report.

If your husband/partner is taken into custody, he may be released in as soon as two hours. Use this time to find a safe place to go. The police generally will not turn in a woman reporting domestic violence to the Immigration and Naturalization Service (INS).



I HAVE HEARD OF PROTECTION ORDERS. WHAT DO THEY DO?

A protection order can prohibit the abuser from coming near, attacking, sexually assaulting or contacting you, your children, or other family members. Along with this protection order, in most states you can also ask for custody of your children, child support, that the batterer be removed from your home and that the batterer not interfere with your immigration status. You do not need to be a citizen or legal resident to get a protection order. For a protection order to be effective, you must be willing to call the police to enforce the order.



CAN I GET A PROTECTION ORDER EVEN IF I AM NOT A U.S. CITIZEN?

YES. You do not need to be a citizen or legal permanent resident to get a protection order. A lawyer may be helpful, but it is not necessary to have one in order to get a protection order. Applications are generally available at courthouses, women's shelters, legal services offices, and some police stations. Civil courts generally do not ask about a woman's immigration status when she asks for a protection order, a child custody order, or a dissolution. Ask a legal services attorney, i.e., attorneys who provide free legal services to low income individuals, or an immigrant advocacy group in your area about the policy in your court.



HOW CAN I GET LAWFUL PERMANENT RESIDENCY WITHOUT MY HUSBAND'S HELP?

The Violence Against Women Act (VAWA) creates two ways for women married to US citizens or lawful permanent residents to get their residency. The first is called "self-petitioning." Instead of depending upon your husband to apply for your residency with INS, you can apply on your own for yourself and your children. Your husband plays no role in the process and does not have to know you are applying for residency. Because the law is complicated, you should not go to the INS without first consulting a shelter worker, immigration attorney, or one of the agencies listed on the back of this brochure for assistance.

The second method for obtaining residency is called "cancellation of removal." This method is only available to you if you are in, or can be placed into, deportation proceedings. If you qualify for cancellation, the court may waive your deportation and grant you residency. However, because you must be in deportation proceedings before you can apply, be certain to see an immigration attorney before proceeding.

If you don't seem to qualify under VAWA, don't despair. There may be other ways you could get immigration status, such as a new visa. Congress has created for crime victims. The best thing to do is to discuss your situation with an immigration or domestic violence advocate (do NOT call INS.)



MY HUSBAND IS THREATENING TO TAKE MY CHILDREN AWAY IF I LEAVE HIM. WHAT CAN I DO?

If your husband/intimate partner is threatening to take

your children away or take them to his home country, you should:

1. Immediately get a custody order. The order can include an order to prohibit your husband/intimate partner from removing the children from the country in which you live.
2. If the children are U.S. citizens, send a copy of this order to the embassy of your husband's/intimate partner's home country and a copy to the U.S. Department of State to prevent the issuance of passports and visas for the children.
3. Give a copy of the order to the children's schools and tell the schools not to release the children to anyone but yourself.
4. Make sure that you have recent photos, passports and birth certificates for the children. Keep a list of addresses and phone numbers of your husband's/intimate partner's friends and relatives in his home country.



HOW CAN I SUPPORT MYSELF AND MY CHILDREN IF I LEAVE MY HUSBAND?

The law requires that the father of your children support them, even if you are living apart, even if you were never married to him and without regard to immigration status. You should contact a family lawyer or a domestic violence advocate to find out how to obtain child support in your state. Some married women may also be eligible to receive spousal support or alimony.

Lawful permanent residents may use their "green cards" or resident alien cards to demonstrate their eligibility to work. Refugees and other immigrants must apply for authorization to work. An immigration attorney will be able to tell you whether you are eligible for work authorization. It is very important that you do not use false papers to work or make false claims of United States citizenship.



I AM A LEGAL PERMANENT RESIDENT. AM I ELIGIBLE TO RECEIVE WELFARE AND MEDICAID?

Some legal permanent residents are eligible for Food Stamps although most legal permanent residents will no longer be eligible after August 1997. Eligibility for Medicaid, Temporary Aid to Needy Families, and general assistance by legal permanent residents varies from state to state. Please consult an immigration or domestic violence advocate in your area.



I AM A REFUGEE. AM I ELIGIBLE TO RECEIVE WELFARE AND MEDICAID?

In the first five years after they arrive in the United States, refugees are eligible for Food Stamps, Temporary Aid to Needy Families, Medicaid and other public benefit programs to the same extent as US citizens. Most refugees who have been in the United States for five years or more will no longer be eligible for Food Stamps. Eligibility for Medicaid, Temporary Aid to Needy Families, and general assistance by refugees who have been in the United States for five years or more varies from state to state. Please consult an immigration or domestic violence advocate in your area.



I AM UNDOCUMENTED. AM I ELIGIBLE TO RECEIVE WELFARE AND MEDICAID?

If you are a battered undocumented woman whose husband has applied for legal permanent residency on your behalf or if you have applied for legal permanent residency under the Violence Against Women Act, you are eligible for the same benefits as a legal permanent resident. (See above.)

If you are not eligible to apply for legal permanent residency, you will be ineligible for most forms of welfare. However, you are still eligible for emergency Medicaid. Contact an immigration or domestic violence advocate to help you find "safe" hospitals that will not report your undocumented status. You are also eligible for services from community groups, such as food distribution by churches and assistance from domestic violence shelters.



ARE MY US CITIZEN CHILDREN ELIGIBLE FOR PUBLIC BENEFITS AND MEDICAID?

YES. Even if you are undocumented, your US citizen children are eligible for public benefits just as other citizen children are. However, if you are undocumented, DO NOT reveal your immigration status when applying for benefits on behalf of your children, even if you are asked. The welfare office does not need to know what your status is in order to give benefits to your citizen children.



WILL I BE DEPORTED IF I TAKE ANY OF THE ABOVE ACTIONS?

If you are now a U.S. citizen, lawful permanent resident or possess a valid visa, you cannot be deported unless you entered the United States on fraudulent documents, violated conditions of your visa or have committed certain crimes.

If you are undocumented or are unsure about your immigration status, you should seek the assistance of an immigration attorney to see if you can legalize your status. Until then, you should do what you need to do to make yourself safe. Even if you husband/intimate partner were to report you to the INS, deportation may not follow, would not be immediate, and, in most cases, you would have the opportunity to present your cases to a judge.



WILL MY HUSBAND/INTIMATE PARTNER BE DEPORTED IF I TAKE ACTION?

Seeking assistance from shelters or lawyers is extremely unlikely to result in the deportation of your husband/intimate partner.

If you contact the police and your husband/intimate partner is convicted of a crime, he may be deported, depending on his immigration status and the seriousness of the crime.

It is important to remember that you must keep yourself and your children safe. It is your husband/intimate partner that has put himself at risk by his actions.



DO I NEED TO SEE AN IMMIGRATION ATTORNEY EVEN IF I CANNOT AFFORD ONE?

Do not go to the INS without a lawyer or consulting with a lawyer. Your conversation with the attorney will be confidential and he or she cannot report you to the INS. If you cannot afford to pay an attorney, contact the nearest legal services office or call one of the immigration organizations listed in the referral section of this brochure.



¡FELICITACIONES!

A caba de toma los primeros pasos hacia la creación de un hogar seguro para usted y sus niños con solo el haber leído este folleto. El próximo paso es pedir asistencia de organizaciones como las que están nombradas en la lista de recursos. Usted misma también puede buscar una lista de recursos en su área.

RECURSOS

Línea Nacional de Crisis sobre Violencia Doméstica
(intérpretes en varios idiomas están disponibles)

1-800-799-SAFE

1-800-799-7233

Mujeres Unidas y Activas

(415)621-8140

La Raza Centro Legal

(415)575-3500

Línea de Ayuda para el Inmigrante

(Inglés y Español): (415) 543-6769

Preguntas y Respuestas

Para Mujeres Inmigrantes y Refugiadas

Originalmente escrito por Donna Norton y producido por el Fondo para la Prevención de la Violencia Familiar (FUND). Puesto al día por Minty Siu Chung de AYUDA Inc., y Leni Marin del FUND. Patrocinado en parte por la Comisión del Estatus de la Mujer en San Francisco (COSW). Traducido al Español por Myriam González con la colaboración de Doris Muniz-Cuoto.

Este folleto está disponible en 8 idiomas diferentes. Favor de llamar para pedir más información. Para informarse mejor sobre el tema, consúlte el manual, *Violencia Doméstica en Comunidades de Inmigrantes y Refugiados: Reafirmar los Derechos de las Mujeres Golpadas*.

Puede mandar a pedir este folleto y manual al:

Family Violence Prevention Fund
385 Rhode Island Street, Suite 303
San Francisco, CA 94103-5133

415/252-8900

También, si usted desea le podríamos mandar la versión de cámara pre-paraída. El autor le concede permiso para la reproducción de este folleto por completo.



¿QUÉ ES "VIOLENCIA DOMÉSTICA?"

¿Está su compañero sumamente celoso y no le permite hablar con sus amistades o familiares? ¿No la deja que trabaje o que aprenda inglés?

¿Alguna vez su compañero la ha amenazado con llevarse lejos a los niños? ¿La ha amenazado con reportarla a inmigración para que la deporten?

¿Alguna vez la ha golpeado su compañero? ¿La ha forzado a tener relaciones sexuales cuando usted no lo deseaba? ¿Alguna vez la ha amenazado con armas, cuchillos u otros objetos?

¿Le dice su compañero que los actos de violencia son su culpa? ¿Le ha dicho alguna vez que sus actos de violencia no son nada serio? ¿Le dice que las drogas o alcohol son la causa de su comportamiento violento? ¿La hace sentir como que si usted está loca? ¿La llama por otros nombres para lastimarla, menos por el suyo?

Si contestó sí a algunas de estas preguntas, usted no está sola. Hay muchas mujeres que están en la misma situación. El comportamiento de su compañero no es su culpa. Hay ayuda disponible.

La violencia doméstica empeora a través del tiempo. No se desaparece por sí sola. Este folleto le informará sobre lo que puede hacer para protegerse y proteger a sus niños de la violencia.

Este folleto se referirá al abusador como "él." Algunas mujeres son abusadas por otras mujeres. Ya que todos los remedios legales no aplican a relaciones de lesbianas, este folleto proporcionará información básica sobre que hacer para su seguridad.



¿QUÉ PUEDO HACER?

Hay una variedad de servicios disponibles para asistirle a detener la violencia en su hogar: albergues, hospitales, policía, ayuda legal y otros servicios de la comunidad.



¿DEBO DE SALIR DE MI HOGAR SI ESTOY EN PELIGRO?

SI. Váyase a la casa de una amiga o a un albergue para mujeres maltratadas. Por lo regular los albergues tienen información sobre otros servicios disponibles en su comu-

nidad. Si se queda en la casa de una amiga o un miembro familiar, si es posible no le diga a nadie donde está. Tiene el derecho de no darle información sobre su estado migratorio a nadie.

Si se va de la casa, asegúrese de llevarse a los niños. También es muy importante que se lleve documentos importantes, tal como la licencia para manejar, identificación, pasaportes, y visas suyas y de sus niños, certificado de nacimiento, documentos de cualquier programa de ayuda pública, contrato de la renta, talones de cheques, tarjetas de crédito, licencia de matrimonio, copias de ingresos de impuesto suyo y de su marido/compañero íntimo. Toda información que usted tenga sobre su marido es importante. Si usted no puede obtener una copia de su tarjeta de residencia o su certificado de naturalización, escriba la información en un hoja de papel. Si usted piensa que quizás tenga que irse en el futuro, guarde todos estos documentos en una bolsa, para que así usted pueda encontrarla fácilmente cuando usted necesite dejar su hogar o para llevarse a la casa de una amiga.



¿DEBERIA DE LLAMAR A LA POLICIA?

SI. La violencia doméstica es contra la ley. La policía puede ayudarle a usted y a sus niños a que salgan de la casa con seguridad, si usted así lo desea para llevarlos a un lugar seguro. Es posible que el oficial de policía arreste a su esposo/compañero íntimo si él cree que un acto de violencia ha sido cometido. Si el policía no habla español, pídale hablar con alguien que hable español. Nunca permita que le traduzcan su niño/a o su agresor.

Siempre exíjale al policía que tome un reporte sobre el incidente y el número del reporte para que pueda pedir una copia. También pida y apunte el nombre y número asignado al policía que esté tomando el reporte.

Si a su marido/compañero lo arrestan, seguramente saldrá en un par de horas. Aproveche este tiempo para buscar un lugar seguro donde irse. Generalmente el policía no le revelará su estado migratorio al Servicio de Inmigración y Naturalización (INS).



HE ESCUCHADO HABLAR SOBRE LAS ORDENES DE RESTRICCIÓN. ¿PARA QUÉ SIRVEN?

Una orden de restricción sirve para prohibir que su agresor se le acerque, la ataque, la asalte sexualmente o se ponga en contacto con usted, sus niños, o algún otro miembro de la familia. Junto con esta orden de restricción en la mayoría de los estados, usted también puede pedir la custo-

día de sus niños, ayuda financiera para sus niños, que su agresor no regrese al hogar, y que no se interponga con su estado migratorio. No necesita ser ciudadana o residente legal para pedir una orden de restricción. Para que una orden de restricción sea eficaz, usted debe de estar dispuesta a llamar a la policía.

¿SE ME PUEDE OTORGAR UNA ORDEN DE RESTRICCIÓN AUN SIN SER CIUDADANA DE ESTE PAÍS?

SI. No necesita ser ciudadana o residente legal permanente para que se le otorgue una orden de restricción. Se le aconseja que busque un abogado para pedir una orden de restricción, pero no es necesario. Usualmente las aplicaciones están disponibles en los palacios de justicia, albergues, oficinas de servicios legales, y algunas estaciones policíacas. Generalmente, cuando una mujer maltratada pide una orden de restricción, la custodia de los niños, o el divorcio las cortes civiles no le hacen preguntas sobre su estado migratorio. Pídale ayuda legal a un abogado sobre asuntos migratorios. Como por ejemplo huy abogados que proporcionan servicios legales gratis para individuos de bajos ingresos, o grupos que ofrecen asistencia legal gratis en su comunidad y conocen sobre como funciona la corte en su comunidad.

¿COMO PUEDO ADQUIRIR MI RESIDENCIA PERMANENTE SIN LA AYUDA DE MI CONYUGE?

El Acta de Violencia Contra las Mujeres (VAWA) ofrece dos formas para que las mujeres casadas con ciudadanos o residentes permanentes obtengan su residencia. La primera forma se llama "solicitud por uno mismo." En lugar de depender de su esposo usted puede aplicar para su residencia con el Servicio de Inmigración y Naturalización (INS). Usted puede aplicar para usted y para sus niños. Su marido no juega ningún papel en el proceso y no tiene que saber que usted está pidiendo la residencia. Como las leyes cambian y son muy complicadas es mejor que no vaya al Servicio de Inmigración y Naturalización sin antes consultar con un abogado, un trabajador social en el albergue o alguna otra agencia nombrada al reverso de este folleto.

El segundo método para obtener residencia se llama "determinación de deportación." Puede aplicar por medio de este método solamente si usted está en proceso de deportación. Si usted califica por medio de este método la corte le puede cancelar el proceso de deportación y otorgarle la residencia. Para poder aplicar para la residencia por medio de este método, usted tiene que estar en proceso de deportación. Siempre asegurese de consultar con un abogado antes de aplicar para su residencia. Está segura de consultar con un abogado de inmigración antes de comenzar el proceso.

Si creé que no califica bajo VAWA, no se desespere. Puede haber otras maneras por las que usted puede obtener status migratorio, como una nueva visa que el Congreso ha creado para víctimas de crimen. Lo mejor que se puede hacer es platicar su situación con un defensor de inmigración o violencia doméstica (NO llame al INS Servicio de Inmigración y Naturalización).

MI ESPOSO AMENAZA CON QUITARME A LOS NIÑOS SI ME VOY DE LA CASA. ¿QUÉ PUEDO HACER?

- Si su marido/compañero íntimo amenaza con llevarse a los niños a su país natal, usted debe:
1. Inmediatamente pedir la custodia de ellos. La orden puede prohibirle a su marido/compañero íntimo de que saque a los niños del país.
 2. Si los niños son ciudadanos, envíe una copia de la orden a la embajada del país de su marido/compañero íntimo y una copia al Departamento del Estado para prevenir la emisión de pasaportes y visas para los niños.
 3. También, déle una copia de la orden de restricción a la escuela donde van sus niños y pídale a la escuela que solamente se los entreguen a usted o a alguna persona designada por usted.
 4. Asegurese de tener fotos recientes de sus niños, los pasaportes y los certificados de nacimiento. Guarde una lista de direcciones y números de teléfono de los familiares y amigos de su esposo/compañero íntimo que residen en su país natal.

¿COMO PUEDO MANTENERME YO Y MANTENER A MIS NIÑOS SI ME DECIDO A DEJAR A MI MARIDO?

La ley requiere que el padre de sus niños le pase ayuda financiera, aun cuando viva aparte, aunque usted nunca se haya casado con él y sin importar su estado migratorio. Solicite la ayuda de un abogado que sepa sobre la ley de familia o un asistente de prevención de violencia doméstica para enterarse sobre cómo obtener ayuda financiera en su estado para su niño. Algunas mujeres casadas también tienen derecho de recibir dinero de su conyuge.

Los residentes legales permanentes pueden hacer uso de su "tarjeta verde" o tarjetas de residentes para demostrar que califican para trabajar. Refugiados y otros inmigrantes deben de llenar una aplicación para pedir la autorización de trabajo. Un abogado de inmigración podría ayudarle a ver si usted es elegible para pedir una autorización de trabajo. Es muy importante que no use papeles falsos para trabajar y que no busque como obtener la ciudadanía de los Estados Unidos por medios que van en contra de la ley.



SOY RESIDENTE LEGAL PERMANENTE. ¿CALIFICO PARA AYUDA PUBLICA Y MEDICAID?

Algunos residentes legales permanentes son elegibles para obtener Estampillas de Comida. La mayoría de los residentes legales permanentes van a perder esos beneficios después de agosto, 1997. La elegibilidad para Medicaid, Ayuda Temporal para Familias Necesitadas, y Asistencia General para los residentes legales permanentes varía de estado a estado. Favor de consultar un abogado de inmigración o intercesor en programas de violencia doméstica en su área.



SOY REFUGIADA LEGAL. ¿CALIFICO PARA RECIBIR AYUDA PUBLICA Y MEDICAID?

En los primeros cinco años después de que llegan a los Estados Unidos, los refugiados son elegibles para pedir Estampillas de Comida, Ayuda Temporal para Familias Necesitadas, Medicaid y otros programas de beneficio público, así como lo son los ciudadanos. La mayoría de los refugiados que han estado en los Estados Unidos por cinco años o más ya no estarán elegible para pedir Estampillas de Comida. La elegibilidad para poder recibir Medicaid, Ayuda Temporal para Familias Necesitadas, y ayuda general para los refugiados que han estado en el país cinco años o más varía de estado a estado. Favor de consultar con un abogado de inmigración o al programa de violencia doméstica en su área.



ESTOY INDOCUMENTADA. ¿SOY ELEGIBLE PARA RECIBIR AYUDA PUBLICA Y MEDICAID?

Si usted es una mujer indocumentada que ha sido maltratada por su esposo/compañero íntimo, usted puede aplicar para la residencia legal permanente por si sola bajo la Acta de Violencia en Contra de las Mujeres (VAWA). Si usted aplica bajo esta ley recibirá los mismos beneficios que recibe un residente legal permanente. (Favor de leer la pregunta anterior a esta).



¿MIS NIÑOS CIUDADANOS CALIFICAN PARA RECIBIR BENEFICIOS PUBLICOS Y MEDICAID?

SI. Aunque usted esté indocumentada, sus niños ciudadanos tienen derecho a recibir beneficio público de igual manera que tienen derecho a recibirlo otros niños ciudadanos. Sin embargo, si usted está indocumentada, no revele su estado migratorio cuando aplique para pedir los beneficios en nombre de sus niños, aun cuando

do se lo pregunten. El Departamento de Servicios Sociales no necesita saber cual es su estado migratorio para poder darle beneficio público a sus niños ciudadanos.



¿CORRO EL RIESGO DE QUE ME DEPORTEN SI PIDO AYUDA PUBLICA?

Si es ciudadana, residente legal permanente o posee una visa válida, no se le puede deportar a menos de que haya entrado a los Estados Unidos con documentación fraudulenta, que haya violado las condiciones de su visa, o que haya cometido ciertos crímenes.

Si está indocumentada o no está segura sobre cual es su estado migratorio, debe de buscar la ayuda de un abogado para ver si puede legalizarse. Mientras tanto debe hacer lo necesario para mantenerse segura. Aun si su marido/compañero íntimo la reporta al Servicio de Inmigración y Naturalización, no la deportarían de inmediato y, en la mayoría de los casos, usted tendría la oportunidad de presentarle su caso a un juez.



¿SI BUSCO AYUDA, MI MARIDO/COMPAÑERO INTIMO CORRE EL RIESGO DE QUE LO DEPORTEN?

Es sumamente improbable que cuando uno pide ayuda a un albergue o a un abogado, esto resulte en la deportación de su marido/compañero íntimo.

Si llama a la policía y su marido/compañero íntimo es declarado culpable por haber cometido algún crimen, sea o no deportado, depende de su estado migratorio y de la gravedad del crimen.

Es importante recordar que debe de mantenerse a usted y a sus niños seguros. Los actos que su marido/compañero ha cometido es lo que lo ha puesto en riesgo de deportación.



¿NECESITO VER A UN ABOGADO QUE SEPA SOBRE LEYES DE INMIGRACION AUN CUANDO YO NO PUEDA PAGARLE A UNO?

No vaya al servicio de Inmigración y Naturalización (INS) sin un abogado o sin antes consultar con uno. Su conversación con el abogado será confidencial y él no puede informarle de su estatus migratorio al Servicio de Inmigración y Naturalización (INS). Si no puede pagarle a un abogado, llame a la oficina mas cercana que ofrezca servicios legales a bajo costo o llame a una de las organizaciones que ofrecen servicios de inmigración nombradas en la proxima sección de este folleto.

Breaking the Silence

A Training Manual for Activists,
Advocates and Latina Organizers

**Family Violence
Prevention Fund**