



FOR KIDS!

What to Do if You're Worried About ICE

You're not alone. This guide is just for YOU so you can feel safer, stronger, and supported.

YOUR FEELINGS MATTER

It's normal to feel scared, confused, or upset. You might hear things about ICE or people being taken away.

Here's how you can feel a little better:

- Take 3 slow, deep breaths
- Talk to someone you trust
- Draw or write what you're feeling
- Tell yourself: "I am safe right now."

YOU HAVE RIGHTS

Yes! Even kids have rights.

If someone from ICE comes or asks questions:

- You don't have to talk
- You don't have to open the door
- You can say: "I want to talk to a lawyer"
- You can use a Red Card (ask a grown-up for one)

YOUR FAMILY PLAN

Ask your grown-up about your safety plan.

Things you should know:

- Your full name and your parent's name
- A phone number you can call
- Who will take care of you if needed
- Where important papers are kept

Your family can practice the plan with you. (We have a Family Preparedness Toolkit on our website!)

Ask a parent or grown-up if it's okay to visit: www.childnet.org

HELPING YOUR FRIENDS AND COMMUNITY

You can help if someone you care about is scared:

- Be kind and listen
- Say: "I'm here for you"
- Take deep breaths together
- Tell a trusted adult if something feels wrong
- Learn about your rights and talk to your family

SPEAK UP FOR WHAT'S RIGHT

Your voice matters. Even if you're a kid, you can help make the world better!

When something feels unfair or wrong:

- Talk with a trusted adult
- Ask questions
- Stand up for your friends
- Say: "That's not okay"

You don't have to be loud to be brave.

WHO CAN I TALK TO?

You never have to face things alone.

If you're scared or confused, talk to:

- Your parent or caregiver
- A teacher or school counselor
- A family friend or trusted adult

There are people who want to help you feel safe.

