A book for young people about the United States and ways to take care of yourself so that you can stay safe!
Introduction

Every day, children and teenagers enter the United States unaccompanied by parents or other caring adults and without legal documentation. These unaccompanied children often come to reunite with family, to work, or to pursue an education. Some may be fleeing violence and abuse, avoiding gang violence and recruitment, or escaping political and religious persecution.

When unaccompanied immigrant children enter federal custody, most are placed in the care of the Division of Children’s Services (DCS) within the U.S. Department of Health and Human Services’ Office of Refugee Resettlement (ORR). Residential care provided by ORR is based on child welfare principles and ranges from foster care to secure facilities, based on children's needs.

Between 2008 and 2013, on behalf of ORR, Bridging Refugee Youth and Children's Services—BRYCS, Migration and Refugee Services, USCCB, developed a child maltreatment prevention curriculum and provided training and technical assistance to service providers across the United States on child welfare and about unaccompanied minors.

Children's and teenager's guides to personal safety are the first publications created for the unaccompanied children themselves. We trust these personal guides will assist young people in knowing their rights while they are in the United States, and will help keep them safe so they can thrive in their life journeys. We also hope that these guides are helpful to other children throughout the world.

Keeping Safe! Children’s Bilingual Guide

¿Usted es único y muy especial?

You are Unique and Special

São você único e especial?

You Are Beautiful!

¿Usted es hermoso?

Respect

¿Usted tiene respeto?

Respecting People's Belongings

¿Usted tiene sus cosas?

Respecting People's Space

¿Usted tiene sus espacios?

Respecting People's Bodies

¿Usted tiene su cuerpo?

Friends Respect Each Other

¿Usted tiene amigos?

Bullies Lack Respect

¿Usted tiene amistades?

Strong Feelings

¿Usted tiene emociones fuertes?

LIVING WITH RESPECT

¿Cómo vive usted?

About BRYCS

Bridging Refugee Youth & Children’s Services
You are Unique and Special

PEOPLE FROM ALL OVER THE WORLD LIVE IN THE UNITED STATES

People differ from each other in many ways. They speak many different languages. English is spoken most and Spanish is spoken second most in the United States. People speak a lot of other languages here, too. It’s great if you speak a language other than English. It will help you when you are older. Learning to speak English is also a good idea. It will give you more choices for work and school.

People in the United States eat food from many countries. They wear all different kinds of clothes. They celebrate different holidays. The United States is like a garden with many kinds of flowers. The differences between them make the garden beautiful. A garden with only one kind of flower would be boring.
You Are Beautiful!

ALL PEOPLE ARE BEAUTIFUL IN THEIR OWN WAY

Have you ever noticed that all plants differ from each other? Every cloud is different, too. In the same way, no two people are exactly alike. Some are tall. Some are short. Some are big. Some are small. Some have dark skin; some have light skin, and some people have skin that is medium brown. People's eyes and noses and hair are all different, too. Some people get around by walking and some people are helped by crutches or a wheel chair. All people are beautiful in their own way. You are beautiful, too. People who look very different from each other live in the United States, together.
Respect
BE KIND TO OTHERS

Respect means treating others the way you want to be treated. Respect involves seeing and valuing the goodness in every person. One way to show respect for other people is to ask permission before you interact with them and to make sure they are okay with whatever you want to do before you do it. This means being careful about the other person's belongings, their space, and their body.

درناوی وکری
پر نورو خلکو مهربانه اوسه

دارناوی معنا دا ده چې له نورو خلکو سره داسی چلند وکری چې هغه چله دوی د خانه خوښی. له دارناوی کې نورو خلکو ته په پایه نظر ټکل او دوی ده ارزیزیت ورکول شمېدل. د نارو خلکو ته د دارناوی کولو لاره ده چې له مونه سره د اریکی نیولو ورلندی له دوی خلکه اجزه او غواړی او دا د لاسه کری چې هغه چه چه ناسو بې غواړی هغه چه احساس لري. له معنا دا ده چې د نارو خلکو توکو، خاڼه او خانه په پاموره وکری.
Respecting People’s Belongings

ASK PERMISSION TO TOUCH ANOTHER PERSON’S BELONGINGS

Friends and family often share their belongings with each other. You may be used to sharing everything with other people. However, to be respectful, it is better to ask permission before you touch another person’s belongings. Other kids should also ask you if it’s okay before they touch your belongings.
Respecting People's Space

ASK BEFORE YOU GET VERY CLOSE TO OTHERS

Friends and family often sit close to each other. Sometimes, you want to sit close to a person you like, if that person agrees, you can sit close to each other. But if someone sits closer to you than you want, ask that person to move back.

د خلکو ځای ته درناوی ولرئ

مخکې له دې چې یو چا ته خورا زیات نېږدې شی ده. ملګري او کورنۍ زیاتره وخت یو بل ته نېږدې کیني. ځینې وخت تاسو غواړی چې له هغه کس سره چې خوښ مو دی نېږدې کینئ. که هغه کس ومنله، نو کولی شې هغه ته نېږدې کېنئ. مګر که کوم کس تاسو ته دومره نېږدې کېناست چې تاسو یې نه خوښوئ، نو هغه کس ته ووایاست چې شا ته شي.
Respecting People's Bodies
ASK BEFORE TOUCHING OTHERS

Friends and family often put their arms around each other, touch each other's arms or hair, and give each hugs if they are having a bad day or just to show they care. A touch from someone in your family can feel great!

But not all touch is welcome. No one should touch you if you don’t want to be touched. Don’t touch anyone who does not want to be touched. If someone touches you or makes you touch them in a way that you don’t like or that makes you uncomfortable, tell an adult. Your counselor, youth worker, foster parent, teacher, the police, or another adult you trust can help you. Keep telling until someone makes it stop.
Friends Respect Each Other
BE KIND TO YOUR FRIENDS

Sometimes people yell a lot or hurt each other. They are not being respectful. They are not being good friends. Good friends:

- Speak to each other in kind voices. They do not yell at each other.
- Decide together what they are going to do.
- Decide to spend time alone sometimes, and spend time together or hang out with others, sometimes, too.
- Do not hit each other. Ever.
- Are happy to see each other.
- Say “sorry” when they make a mistake or when they hurt each other’s feelings.
- Forgive each other. They do not expect the other person to be perfect.
Bullies Lack Respect

BULLYING IS NOT OKAY

Sometimes a kid will try to control or scare another kid. This is called bullying. A bully uses power over others. Bullies like to make fun of other people and hurt them. Sometimes they get others to be mean, too.

You should be treated with respect and not bullied. If someone bothers you, tell that person to stop and tell an adult you trust immediately. Keep telling people until someone steps in to help. You need someone you can trust on your side. Do not get into a fight.

Other kids and adults need to tell the bully to stop.

If you see someone else getting bullied, tell the bully to stop. Tell and adult and help the person who is being bullied to get away from the situation. Spend time with the person who is getting bullied to help that person feel less alone.

Maybe you have bullied others. Maybe you have been unkind to certain people because they are smaller or in some way weaker than you. If so, you can decide to act differently.
**Strong Feelings**

IT’S OKAY TO HAVE STRONG FEELINGS...
ALWAYS TRY TO HANDLE THEM IN POSITIVE WAYS

Sometimes you may feel sad, angry or scared. Everyone feels these feelings from time to time. It can be hard to handle strong feelings. Here are some things to do that might help:

- Tell a grownup what you are feeling.
- Try doing something that makes you happy. What has made you feel better before? Try doing that again now.
- If you are feeling sad, become active. Running, dancing, playing soccer, or jumping rope might help.
- If you are feeling jittery, do something that will calm you down, such as reading, drawing, taking a shower or listening to music.
- Speak with a friend or someone you trust.
- When you are feeling unhappy, do not do anything that might hurt yourself or someone else.

Remember, sad or unhappy feelings will not last forever.
پیاوړی احساسات
پیاوړی احساسات لر ناوره خبره نه ده، مګر تل هره وکری چي مثبت لوري ته چپ بوخه
خپه وختونه هره د غم، خپېګان او وری احساس وارد هر چې خوکه چې نا که دا د هره احساسات اړی. د پیاوړه احساساتو کنترولون

1. نیاز خپی داسی چې د سره د مرسته درسره وکړی.
2. داسی نا که چې خپی خوشنالی درکه. مخفی کوم که چې خپی احساسات د راکه چه چې وکه چې کاره هره احساسات اوس
3. بیا ترسره چې چک چې غمجن وئ.
4. که خپه وئ، داسی کار چې چک چې غمجن وئ.
5. که غمجن وئ، فعال شئ. نیاز خپی داسی چې راتی چې د مرسته درسره وکړی.
6. نیاز خپی داسی چې راتی چې د مرسته درسره وکړی.
7. نیاز خپی داسی چې راتی چې د مرسته درسره وکړی.
8. نیاز خپی داسی چې راتی چې د مرسته درسره وکړی.

دا تل په لید سانه چې خوگان تل نه وی.
LIVING WITH RESPECT

In the United States, adults should be looking after you at all times. If you are not safe, ask for help. Keep asking until you get it.

You have the right to be accepted and appreciated for who you truly are. You have the right to be treated well by adults and by other young people. You have the right to say “no” if someone wants to touch you and do not want them to. You have the right to your feelings.

To be safe and to keep others safe, you need to treat other people respectfully too, appreciate them for who they truly are, protect yourself, and be a good friend. This is how we create a peaceful world.
Bridging Refugee Youth and Children’s Services (BRYCS), a project of the United States Conference of Catholic Bishops (USCCB), maintains the nation’s largest online collection of resources related to refugee and immigrant children and families. BRYCS’ overarching goal is to facilitate information-sharing and collaboration among service providers, strengthening the capacity of service organizations across the United States to support the safety, stability, and well-being of newcomer children, youth, and their families. Please visit www.brycs.org for more information.

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Last but not least, we recognize the tremendous courage, talents, and contributions of all children served by ORR, and we wish them much safety, success, and joy in their life journeys.