Keeping Safe!
A Teen Bilingual Guide

toondi pâti kî de! d xwânanou doh zîhê yîz lârbenou

A book for teenagers about keeping yourself safe in the United States

dûge kêtâb d xwânanou lîhreh dê, têrôğ xêl xwanûnê
ûh eمريكا كي خوندي وساتي
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 persecution 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 youth themselves. We hope 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 these guides will be helpful to other children throughout the world.

Introduction
Your Language, Culture and Religion

People from All Over the World Live in the United States

People from all over the world live in the United States and they differ from each other in many ways. Hundreds of languages are spoken here. English is spoken most often and Spanish is also spoken by many people here. You will need to learn to speak English for school and work, but it is also important to speak your home language. Your home language will help you communicate with people from your own culture and knowing more than one language can help you succeed in the United States.

You have the right to be respected by others just as you are, speaking the language or languages that you speak, eating the food you prefer, celebrating the holidays that you wish, practicing your religion or not practicing any religion at all. Respect for people from all backgrounds is a strong value in the United States.
You Look Great!

ALL PEOPLE ARE BEAUTIFUL IN THEIR OWN WAY

Have you ever noticed that plants differ from each other? Every cloud is different, too. And no two sunsets are the same. Similarly, no two people look exactly alike. Some are tall; some are short. Some are fat; some are thin. 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. People who look very different from each other live in the United States together. No one body type or skin color or kind of hair is better than any other. We need to respect each other's appearance.
Respect

TREATING OTHERS KINDLY

Respect is an important value in many countries, including the United States. Respect involves 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 another person 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.

Respect is gentle. A person earns respect by being kind to others, not by having power over them.

درناوی کول

له نورو خلکو سره مهربانه چېند کوئ

نورو کسکو ته درناوی کول د امریکا د متحده ایالتو نه شمول یې تولو هیرانون کې بو مهم ارزښت چې خلکو کوئ. نیمه مهربانې وی. نورو خلکو ته درناوی کولو دا ده چې له دوی سره اړیکې تولو ورایدی له دوی خخه اجزه او غواړی او دا لاسه کړی چې هغه کولو ده. درناوی کول ده چې نورو خلکو ته خخه او خانه ته پاملرنه وکړی.

درناوی کول مهربانه او نجيب واقعی دی. بې ځک چې خلکو ده، ننرئ کېږی، چېند کوئ.
Respecting People’s Belongings

ASK PERMISSION BEFORE YOU 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 before you touch another person’s belongings. Other young people should also ask 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 and may climb all over each other or wrestle with 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. In this way, we respect each other’s space.
Respecting People’s Bodies

ASK BEFORE TOUCHING OTHERS

Friends and family often put their arms around each other, touch each other’s backs or hair, and give each hugs if they are having a bad day or just to show they care. Of course, this 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 who you trust. Your counselor, youth worker, teacher, the police, or another adult you trust can help you. Keep telling until someone makes it stop.

Sexual activity is never permitted when you are in residential care, not among the youth or between the youth and the adults who work there. The young people who live in the residences already have so much going on! Sexual activity and strong feelings in couples would make living together much more complicated for everyone. When you leave this residential program and go to school or to work, you should not be sexually harassed or pressured there either. If you have a question about this, please ask your case manager, counselor, foster parent, or another adult you trust.
Safe and Healthy Relationships
RESPECTING YOUR FRIENDS

If you have grown up around people who yell a lot or where one person controls the other, it can be difficult to imagine what a safe and healthy relationship looks like. In a safe and healthy relationship:

- The two people speak to each other in kind voices. They do not yell at each other.
- They decide together what they are going to do.
- They spend time alone, spend time together, and sometimes hang out with others.
- They are kind to each other. They do not hurt each other on purpose.
- They do not hit each other. Ever.
- They trust each other. They do not act jealous.
- They are happy to see each other.
- They say “sorry” when they make a mistake or when they hurt each other’s feelings.
- They forgive each other’s small mistakes. They do not expect the other person to be perfect.
Bullies Lack Respect

BULLYING IS NOT OKAY

Sometimes people threaten or try to control each other. This is called bullying and it is unacceptable. A bully uses power over others. A bully makes fun of other people and hurts 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 immediately tell an adult who you trust. Keep telling people until someone steps in to help. You need someone you can trust on your side. Do not get into a fight. Others will help you get the bully to stop.

If you see someone else getting bullied, tell the bully to stop. Help the person who is being bullied get away from the situation. Spend time with the person who is getting bullied to help that person feel less alone. And tell an adult. Bullies stop what they are doing when others in the community tell them, “Enough! You must stop!”

Maybe you have bullied others at some point in your life. 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 and Self-harm

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

Sometimes you may feel frustrated, 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:

- Identify your feelings. Anger? Frustration? Sadness? Loneliness? Accept these feelings. They will not last forever but they are with you now. Sometimes just naming the feeling helps.
- Tell a responsible adult what you are feeling. Your case manager, teacher, foster parent, family member or other trusted adult can help.
- Try doing something that makes you happy. What has made you feel better before? Try doing that now.
- If you are feeling sad, become active. Running, dancing, shooting basketball, kicking a soccer ball or just moving around might help.
- If you are feeling jittery, it is usually a good idea to do something that will calm you down, such as reading, writing, drawing, napping, taking a shower or listening to quiet music.
- Speak with a friend or with an adult you trust.

When you are feeling unhappy, speak with people who care about you to let them know. Sometimes when people have strong feelings, they hurt themselves to let others know how bad they are feeling. They may also hope that hurting themselves will help them feel better inside. But hurting yourself is no solution. The strong feelings return. The people end up in the same situation or a worse one because of the harm they have done themselves and the way others respond to it. Cutting, burning or scratching oneself—these and others forms of self-harm may attract attention, but they do not solve problems.

Remember, sad or unhappy feelings will not last forever.
پیاوري احساسات او خیل خان ته ضرر رسول
د پیاوري احساسات دولول کومه ستونزه نه ده...
تل هغه که چې احساسات مو به مثبت لوري بوخی

شالي خويشي وخت ناهلي. غمجن، غوسه او وريلني وي. هر خوک كه نا چې دا دول احساسات لري. دا به سخته وی چې پیاوري احساسات كنترول کړي. دلته خويشي داسې چې به شلې چې پیاوري مثبت بهوئ.

交流合作 ویژن. اوه غوسه؟ اوه غمجنتوب؟ دا احساسات ومه. اوسم همدايی، مکوردا خو، خو، خو. نظام مه کړې. دغه احساسات په چې خوده چې پیاوري احساسات کنترول کړې. خو، خو، خو، خو. نظام مه کړې.

که غجندی، یو که به په تاریخ احساس کوی. هر خوک که چې پیاوري احساسات كنترول کړي، مکوردا خو، خو، خو، خو. نظام مه کړې.

که غوسه، یوه مصروفه دغه چې غوسه مو به راکه کړي، لکه مطالعه، رسامي، خوب، حمام کول یا بود لمزيک اوینال. نه کولی ملګري او یا به که ناهلي، خپل باوري سره خبرې وکړې.

که خپه وې، دغه چې پوخته لري. خو، خو، خو، خو. نظام مه کړې.

خپل احساسات وپېژنه. آي خپهل؟ ناهلي؟ غمجنتوب؟ یوازیتوب؟ هر څوک بهبه نه. دغه احساسات په چې خوده چې پیاوري احساسات کنترول کړې. خو، خو، خو، خو. نظام مه کړې.

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که خپه وې، دغه چې پوخته لري. خو، خو، خو، خو. نظام مه کړې.

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LIVING SAFELY

In the United States, adults should be looking after you at least until the age of 18. Whether or not you have legal immigration documents, you have many rights, including the right to food and shelter, to attend school, to receive medical care, and to ask for protection from harm. If you do not feel safe, ask the police or other responsible adults for help. Keep asking for help until you get it.

You will always 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 you do not want them to. You have the right to your feelings. You have the right to speak your own language and practice your culture. You have the right to live free from violence.

To be safe and to keep others safe, you need to treat others 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.