

MINNESOTA WOMEN'S PRESS & UNIDOS MN



Know Your Rights | Conoce Tus Derechos

WOMENSPRESS.COM | SPRING 2025 SPECIAL ISSUE WITH UNIDOS MN

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THE POLITICAL HOME FOR BLACK MINNESOTANS

NEW JUSTICE PROJECT

AT NEW JUSTICE PROJECT, WE BELIEVE THAT BLACK LIBERATION IS THE KEY TO GETTING EVERYONE FREE. FROM HOUSING JUSTICE, TO WORKERS' RIGHTS, TO THE TRANSFORMATION OF OUR JUSTICE SYSTEM, WE'RE CENTERING BLACK PEOPLE IN THE WORK TO BUILD A MORE LIVEABLE AND LIBERATED WORLD.

WE BUILD POWER IN BLACK COMMUNITIES AND IN EVERY POLITICAL ARENA, TO GET PEOPLE THE TOOLS AND RESOURCES THEY NEED TO THRIVE. BLACK PEOPLE DESERVE MORE THAN A SEAT AT THE TABLE. WE DESERVE A WHOLE NEW TABLE – WHERE OUR JOY, SAFETY, AND HEALING COMES FIRST.

new
JUSTICE
PROJECT

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How We Protect Our Rights Together

Message from Unidos Director Emilia Gonzalez Avalos

I remember it like it was yesterday. The beautiful Minnesota winter, my excitement seeing snow for the first time, but above all, the chance to reunite with my father after so many years since he left Mexico in search of a better job.

In 1992, the year my baby brother was born, my dad packed his things, said goodbye to us, and set off for the promised land: the United States. When I finally joined him years later, it was just the two of us, holding tight to our dreams and using our memories of family as motivation to overcome any challenge. He wanted a better life for me and my siblings. I wanted him to feel proud of me.

My story is not unique. Millions of American families have similar stories. Much of this country's core identity is shaped precisely by similar legacies of immigrants from around the world. At the same time, the complex identity of this country is shaped by the prejudice experienced by people who are non-white, poor, women, or 2SLGBTQIA+.

Today, we are living in a critical moment that will shape not only our future, but the future of the world. It is clear that American society continues to ask itself who should be included or excluded. Authoritarian regimes have become more effective at co-opting power, weaponizing racial tension, and sewing mistrust in government and economic resentment — while blaming undocumented newcomers, immigrants, and refugees for the poverty and unequal conditions of everyday Americans that they are unwilling to address.

It is time to clearly understand what is at stake. Fear and mass deportations serve as a distraction, enabling billionaires and oligarchs to quietly advance their agenda while the rest of us remain divided.

In times of crises like these, it is difficult to fulfill the promises of a full democracy. At Unidos Minnesota, we created this special issue as a tool to support, prepare, and protect each other. It is also an invitation to make a choice: Are we comfortable watching as the progress we've built together, generation after generation, is dismantled before our eyes? Are we going to let threats of detention camps and family separations fill our neighborhoods with fear and terror?

Or are we going to finally build together and lead a multiracial democracy capable of fully embodying freedom and justice for all?



PHOTO SARAH WHITTING

Message from Attorney General Keith Ellison

It's no secret that solidarity is the key to creating meaningful change. When communities stand together, we can shape a Minnesota that's more fair, more just, and more loving.

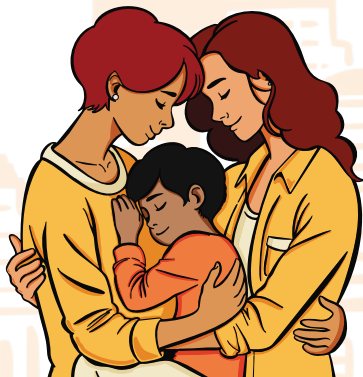
Right now, we need solidarity more than ever. Amid efforts to roll back gains in workers' rights, in civil rights, and in human rights — that many of our community in this and past generations worked so hard for — it falls to us to defend ourselves.

As the People's Lawyer, I use all the tools of my office to help keep Minnesotans safe from scammers, make sure workers get paid every penny they are owed, and protect the rights of every Minnesotan. This matters whether your family has been in the country for generations or you are a recent arrival looking to build a bright future.

Those tasks are harder these days, but my Office is up for the challenge. I know Minnesota is up for the challenge. When we're faced with such disregard for our rights, it can be easy to forget they exist. But remember: no matter how often this administration tries to wave it away, our Constitution is still the law of the land. You have rights. The more you know about them, the better equipped you are to keep yourself and your family safe.

In this guide, you'll find valuable resources to help you know your rights. And with my Office, organizations like Unidos, and all of you standing together, we'll be ready to protect each other, no matter what comes our way.





How One Family Dealt With an Immigration Visit

Sarah is from Ecuador, and has lived in Minnesota for nearly three years. She has a six-month-old baby girl. She was feeding her baby at 7am on a Saturday in early February when a loud knock came at the door. "I heard them say it was the police," she says. "It was terrifying."

She looked out the window and saw men dressed in green. She ran to the bedroom and told her husband, "They say it's the police, but they're not in patrol cars or regular uniforms." He said, "Immigration? I don't think so."

But there were only unmarked cars outside the house. The agents spoke in Spanish. And the banging on the door and windows got louder.

Sarah double-locked all the windows and doors, then hid with her baby "out of pure fear. I kept thinking, 'but we didn't do anything.'"

They said they were looking for someone, and named a person who did not live there. They said they needed to come inside to verify their identities and simply talk.

Sarah had seen a video on TikTok about how to respond if immigration comes to your house. She followed the instructions. "Without those videos, we might have made a mistake."

Her husband called the landlord, who explained by phone to the agents that the person they were looking for did not live there. The agents stayed about 20 minutes longer, continuing to knock on doors, before leaving.

Sarah says she and her husband felt paranoid in the neighborhood for at least three weeks. Anytime someone knocked on the door, they hid and stayed silent. A cousin who lives with them stayed with a friend for a few days. They considered moving, but rent prices are high elsewhere.

To help them feel more secure, the landlord installed security cameras.

Her advice to anyone faced with this situation: "Never open the door. Lock everything and have a plan."

If ICE Comes to Your Home

Immigration and Customs Enforcement (ICE) agents have resorted to deceiving practices in order to enter individual's homes. Some tactics include wearing plain clothes, fabricating stories to lure individuals out of their homes, pressuring community members into giving up information, and wearing police vests so the community is unable to tell the difference between local police and ICE.

If immigration agents come to your home, you do not have to let them in unless they have a valid, signed warrant from a judge.

Step 1: Stay Calm and Do NOT Open the Door

- Ask for their names and badge numbers
- ICE cannot enter your home unless they have a warrant signed by a judge.
- Do not open the door, even a little. Opening the door can be considered consent for them to enter.

Step 2: Check the Warrant

If ICE says they have a warrant, ask them to slide it under the door or hold it up to a window

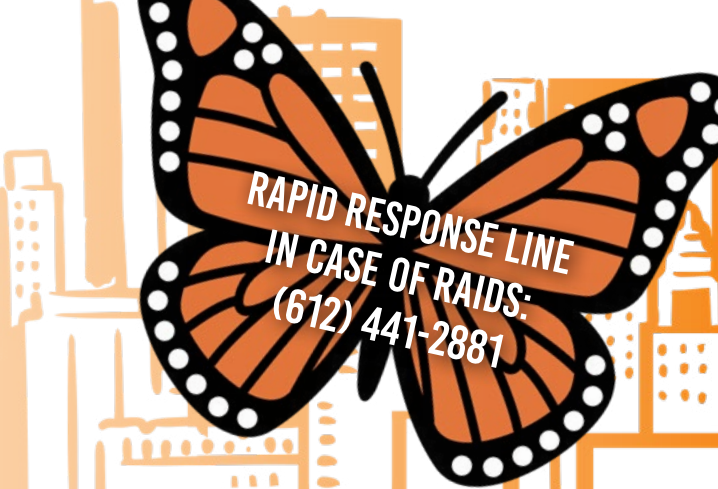
- It must be signed by a judge.
- It must clearly match your correct full name and address.
- It must clearly state what areas can be searched.
- If the warrant is NOT signed by a judge, do NOT let them in.

Step 3: Stay Silent and Do Not Sign Anything

- If ICE questions you, say: "I am exercising my right to remain silent and I want to speak to a lawyer."
- Do not sign any documents ICE gives you without legal advice.

Step 4: Record and Document Everything

- If possible, record the interaction on your phone.
- Take photos or videos.



- Write down badge numbers, names, and any statements made by ICE agents.
- If they enter your home without permission, document the violation.

If ICE Comes to Your Workplace

ICE may come to a workplace to conduct an I-9 audit, a raid, or to detain a specific person. Employers do not have to allow ICE into private work areas unless agents have a warrant signed by a judge or the employer gives permission. However, anyone — including ICE agents — can enter public areas without permission, such as dining areas, lobbies, and parking lots.

Knowing your rights and staying calm can make a difference in how the situation unfolds.

Before ICE comes to your workplace, create a response plan with your co-workers.

- Identify private areas and mark them "employee only."
- Discuss how to communicate with each other in case of a raid.
- Practice your constitutional rights to stay silent and to ask for a lawyer. (Refer to page 6 for constitutional rights)

Stay Calm and Do Not Run

Running away could give ICE a reason to detain you. Your employer cannot force you to stay in one place or prevent you from leaving the building during an ICE operation. If something feels suspicious, such as an unexpected meeting request, do not go alone. Let a trusted coworker check what the meeting is about first.

ICE Needs Permission or a Warrant to Enter Private Areas

To enter employee-only areas, they must have a judicial warrant signed by a judge or the employer's permission to enter. If ICE does not have a warrant, the employer does NOT have to let them in.

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• Show this card instead of speaking: Show this card instead of

I AM EXERCISING MY RIGHT TO REMAIN SILENT.

I DO NOT CONSENT TO A SEARCH.

I WANT TO SPEAK TO A LAWYER BEFORE ANSWERING ANY QUESTIONS.

PLEASE PROVIDE ANY DOCUMENTS IN WRITING.

- Show this card instead of speaking: Show this card instead of speaking

Cut this out and keep in your wallet

or Emergency Reminder Checklist – Keep Near Your Door

**REMAIN CALM AND ASSERT YOUR RIGHTS FIRMLY.
DO NOT OPEN THE DOOR.**

IF ICE CLAIMS TO HAVE A WARRANT, DO NOT OPEN THE DOOR. ASK THEM TO SLIDE IT UNDER YOUR DOOR.

**REQUEST THE NAMES OF THE AGENTS AND THEIR
BADGE NUMBERS.**

DO NOT ANSWER ANY QUESTIONS WITHOUT CONSULTING A LAWYER, YOU CAN SAY:
"I'M USING MY RIGHT UNDER THE FIFTH AMENDMENT TO REMAIN SILENT. I DO NOT WISH TO SPEAK WITH YOU."

DO NOT SIGN ANYTHING.

REPORT AND DOCUMENT EVERYTHING: PICTURES, VIDEO, LICENSE PLATES, NUMBERS OF AGENTS, TIME, CARS. AND WHAT HAPPENED.

CALL THE RAPID RESPONSE LINE: (612) 441-2881

OBTAIN LEGAL HELP

DO NOT GO OUTSIDE UNTIL ICE HAS DEPARTED.

Emergency Reminder Checklist – Keep Near Your Door

Cut this out and post by your door

EXAMPLE OF A JUDICIAL WARRANT SIGNED BY A JUDGE
EJEMPLO DE UNA ORDEN JUDICIAL FIRMADA POR UN JUEZ

UNITED STATES DISTRICT COURT
DISTRICT OF MINNESOTA

United States of America,
Plaintiff,
v.
The Premises Known As,
Swift & Company, located at 1700
Highway 60 NE, Worthington,
Minnesota, and all its
appurtenances, parking areas,
and outdoor working areas
Defendant.

CIVIL NO. 06mj457 JSM

**ORDER
FOR WARRANT FOR
ENTRY ON PREMISES TO
SEARCH FOR ALIENS
WHO ARE IN THE UNITED
STATES WITHOUT LEGAL
AUTHORITY**

The United States of America, having filed an application to
authorize officers of United States Immigration and Customs
Enforcement to enter the building on the premises described above
in order to search for persons who are aliens in the United States
without legal authority, together with an Affidavit and memorandum
Points and Authorities in support of the application, and the
court finding on the basis of the affidavit that there is probable
cause to believe that located within the business premises
described above are persons who are aliens in the United States
without legal authority and subject to removal proceedings pursuant
Section 240 of the Immigration and Nationality Act, 8 U.S.C.
29a (1996).

IT IS THEREFORE ORDERED that the officers of U.S. Immigration
Customs Enforcement are authorized to enter the building and

Subscribed, sworn to, and signed
Affiant
United States Magistrate Judge

SIGNED BY A JUDGE
FIRMADO POR UN JUEZ

You Do Not Have to Answer Questions

Just like in other situations, you have the right to remain silent. If an ICE agent asks about your immigration status, you can say: "I am exercising my right to remain silent and want to speak to a lawyer." You do NOT have to provide documents or tell them where you were born.

Do Not Sign Anything Without a Lawyer

ICE may try to get you to sign a voluntary departure order or other paperwork. Signing could mean giving up your right to a hearing. If ICE gives you a document, do not sign it without legal advice.

Work Together and Report the Incident

If possible, write down agent names, badge numbers, and what they say. If ICE enters without permission or a valid warrant, report it to a lawyer or advocacy group. If safe to do so, witnesses can record the interaction.

Legal Safeguards

These forms, searchable online, help protect your family and property if you are detained. Complete them in advance and, if possible, get them notarized.

- Guardianship Letter – Allows a trusted person to care for your children if you are detained.
- Power of Attorney (POA) – Gives someone the right to handle financial matters, rent, and bills.
- Privacy Waiver (G-28) – Allows a lawyer to access immigration case information.
- Durable Power of Attorney (DOPA) – Covers medical decisions.
- IRS Power of Attorney – Allows a trusted person to handle tax matters.
- ICE Form 60-00 – Allows a legal representative to request case information from ICE.
- Passport Consent Form for Minors (DS-3052) – Allows a trusted adult to apply for a child's passport. 🦋



Above is an example of a legitimate warrant. Use this QR code to see the sample in its entirety.



Defending People Over Property: Historical Protections in the U.S. Constitution

a conversation with immigration attorney Bruce Nestor

After graduating from law school in 1992, I became involved in the National Lawyers Guild, which was founded with the goal that human rights be more sacred than property interests. It speaks to some of the weaknesses in our society — that property interests are often more powerful and more represented in government. That is clear over the history of much of the world, but certainly of the United States.

Constitutional rights were written to protect a slave-holding class, and yet, at the same time, the Bill of Rights is a powerful tool — to protect the rights of people to organize, to speak, to be secure in their own homes, and to be free from arbitrary and unjust government intervention in their lives.

I was president of the National Lawyers Guild from 2000 to 2003, which coincided with the attacks in New York City on September 11, 2001. The reaction we saw to that event was the targeting of Arabs and Muslims, the restrictions of civil liberties, the increase in government power to take away political and human rights, and surveillance power targeting Muslims and people from the Middle East.

Around that time, I met my current law and life partner, Susana De León, who was an immigration lawyer in Minneapolis. I moved to Minneapolis, and we started practicing immigration law. We worked with Centro Campesino, a nonprofit group in Owatonna working to defend the rights of immigrants and farmworkers in rural Minnesota. They were recruited by corporations to do seasonal work, often in substandard housing and denied wages. We were called in by the United Food and Commercial Workers International Union to go to Worthington after an immigration raid on the meat-packing plant in 2006. We

saw how Immigration and Customs Enforcement (ICE) segregated workers within the plant. White workers were allowed to leave the plant — Black and brown workers were detained and interrogated, and had to prove their lawful immigration status. Children came home from school, their parents weren't there to meet them, and there was nobody to explain where their parents were. Susana worked with those families.

We met with families who had been in the United States for years, were married to citizens, maybe had a pathway to acquire citizenship status that they hadn't pursued, partly because it was difficult.



Bruce Nestor

We saw the trauma that was caused, not only to the immigrant community, but to the broader community.

People seized in this workplace raid were parents who were involved in their schools and in extracurricular activities of their children. They bought automobiles at local car dealerships, shopped in local stores, opened up new businesses and restaurants. They were involved in community organizations.

A few years later, Susanna took the lead responding to another meat-packing raid in Postville, Iowa. ICE kept immigrant workers at the grounds of the National Cattle Congress in Waterloo. They were literally held in pens that were used to hold farm animals. It spoke to the demonization of immigrants on the basis of a different national origin, often amplified by race and skin color. They were treated in ways that

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Your Constitutional Rights

4th Amendment: Protection Against Unreasonable Search and Seizure

You are protected from unreasonable searches and seizures by the government. Law enforcement, including ICE, cannot search your home, belongings, or person without probable cause or a warrant signed by a judge in most cases.

ICE cannot enter your home without a judicial warrant. An administrative warrant issued by ICE alone does not give them permission to enter. However, exceptions exist at the border, airports, and ports of entry where officers can conduct searches without a warrant under federal law. If confronted, always ask: "Am I legally required to comply with this search?"

5th Amendment: Right to Remain Silent

You do not have to answer questions about your immigration status, where you were born, or whether you have documents. If ICE or any law enforcement agency questions you, you can say: "I choose my right to remain silent, and I want to speak to a lawyer."

6th Amendment: Right to Speak to Lawyer

You have the right to talk to a lawyer before answering questions from law enforcement. If you are detained or arrested, do not say or sign anything before speaking with a lawyer.



were inhuman and subjected to criminal penalties and incarceration. Sometimes, if they didn't accept a criminal penalty, if they wanted to challenge it and fight it, they were told they would either face years in prison or they could agree to deportation. The criminal justice system was used in a coercive way to take rights away from people.

In both Minnesota and Iowa, there was powerful pushback from community members, not just immigrant members.

People were organizing and using the rights of freedom of speech under the First Amendment to organize politically and to educate the community and the state and the nation about what was happening and what it meant for our humanity.

We've continued to work with the immigrant rights movement to educate people on their rights when encountering government officials and when going through the immigration court system.

The Right to Organize

Allies of the immigrant community need to exercise their right to form organizations, to advocate for and defend the immigrant community, and to educate the broader community about the contributions of immigrants, about the humanity of people who are fleeing violence, economic poverty, or political persecution to seek a better life. What applies to everybody is the right to due process: the right to have a hearing, to argue your case, to present your evidence, and to be heard. That's a right that flows from the Fifth Amendment to the Constitution of the United States.

You also have a right to remain silent if you are being questioned or detained by a government official. Many people grow up with a sense of respect for authority — an idea that if they are only trying to work to support their family, if they've done nothing wrong, what do they have to fear? It's hard sometimes, when you're confronted at that moment — even if you've been told that you have the right to remain silent and the right to consult with an attorney — to exercise that right. The default is to want to answer the questions from law enforcement. But that official in that moment is not there to help you or have a human relationship with you. So, in "Know Your Rights" trainings we offer, we role play and model situations so people can learn to exercise their rights.

The Right to Be Secure in Your Home

There also is a right under the Fourth Amendment to be secure in your own home. You don't have to let government officials, immigration officials, or law enforcement officials into your home simply because they knock on your door. They can only enter your home if they have a judicially issued arrest warrant. That's an important right that belongs to all people, regardless of your immigration status. And it's a right that is, again, one that people sometimes have trouble exercising out of a desire to be respectful and work with authority. But it's an important right. It's a right to keep your door closed. It's a right to ask: Why are you here? What paperwork do you have to authorize yourself to come into my home? What right do you have to enter my home?

The origins of that right were when the British Empire sent soldiers to knock on the doors of people engaged in the revolutionary movement. People who were powerful — slave holders and property owners, since only white men of property could vote and be in government — wrote that into the Constitution. Even they knew the importance of the right that arbitrary and undue government intrusion not enter into our homes and the lives of our families.

The Rights of States

The 10th Amendment reserves certain rights to the states. This enables us to work with city and state officials and demand that they create structures and avenues to protect our entire community. That means making sure local law enforcement is emphasizing public safety to immigrants rather than becoming part of the deportation machinery. These are residents contributing to our community regardless of having a federally recognized immigration status. Those of us with citizenship status have the ability to organize and put pressure on local and state officials — to stand with immigrants who are our neighbors, the parents of children our kids go to school with, our coworkers, in our unions, who go to our churches.

What is needed in this moment in history is to stand up and fight back. Make your voice be heard, defend all of our community, and defend human rights to decency, shelter, and survival. Stand up and fight back. 🦋

Other Rights

- All workers have a right to a safe work environment, including the right for payment for work performed and the right to report workplace violations — regardless of immigration status.
- You are allowed to call your lawyer, a family member, or anyone you trust to inform them you were arrested by the police or detained by ICE.
- If you do not understand English, you have a right to competent interpretation during immigration hearings.
- If you are not a U.S. citizen, you have the right to contact your home country's consulate if you are detained. ICE must tell you about this right, or they can inform the consulate of your detention.
- You do not have to sign anything given to you by the police, ICE, or at a detention center. Some forms take away your right to see a judge. Always talk to a lawyer first if you don't understand a document.
- You have a right to a fair hearing and a legal defense if you are in immigration court, regardless of legal status. You have the right to express a fear of return to your home country and explain your fear of return. If ICE says you are subject to detention, you have the right to challenge that detention before an immigration judge or in federal court.

Find Reliable Legal Help

According to immigration attorney Bruce Nestor, vulnerable populations, such as immigrants, can be a target for people engaged in scams. A non-lawyer, sometimes referred to as a notario, might offer an immigration benefit, a work permit, or some type of status. The pathways for people without citizenship status can be very difficult. If it sounds too good to be true, it probably is. It is important to check the background and credentials of people offering help.



Four Steps to Facing the Fear

a conversation with Rabbi Marcia Zimmerman,
Temple Israel, Minneapolis

Step 1: Deliberately Engage With Others

A lot of people are feeling isolated, afraid, or powerless. That is why connection and community are so important — isolating is the worst thing we can do when we're fearful. It seems to be the human response, on some psychological level, to disengage and detach because of fear.

Elections and administrations have come and gone. Our synagogue is 145 years old. We continue to stand for the words outside the doors of our building from Isaiah: "This house will be a house of prayer for all people." The idea is that we are here to create community, that interfaith dialogue is crucial, that we believe in people's dignity and justice. We believe in mercy.

It sometimes takes a lot of energy to be in community. But it is the antidote to fear. When you isolate out of fear, you don't see the connections of a web of people who want to be allies and connectors.

Fear is based on the idea of feeling powerless and disconnected — and wanting others to feel that fear in the face of authority.

Step 2: Find Faith, However You Word It

Faith is the next piece, which is different things for different people. I am Jewish. I believe in God. It helps me be able to see beyond human beings.

In all religious traditions, the highest values that we share are making sure that we do good and help others. It is what binds us together. Each of us has a language for how we do

that. In Judaism, for example, it says we were strangers in the land of Egypt, therefore we welcome the stranger.

In the Torah, the Five Books of Moses, there is the idea "love your neighbor as yourself." If you don't love yourself, you're not going to love another human being. Our view of other people often is a projection of our own. Blaming the immigrant is a projection of the person's inability to deal with their own fragile inclusion in community.

Self-hatred has destroyed communities, societies, and cultures. Self-hatred is an ugly mess. Finding somebody to blame or be "the other" is never the solution to your own problems. It's what children do; it's not what adults should do.



Marcia Zimmerman

Step 3: Acknowledge the Complexities of Humans

There is a statistic about married couples — that they have some kind of misunderstanding about ten times in a day. This is the most constant person in your life, yet you have misunderstandings all the time. But you also have a commitment to work on those misunderstandings and figure out how to find your way back to each other. In general, I think we have lost our capacity to do that and also to sacrifice for a larger whole.

We don't have to agree, but we have to see the humanity in people, even if they don't see our humanity. Two wrongs don't make a right. Not to see the humanity in others is childlike and narcissistic.



Step 4: Create Healthy Group Dynamics

Tavistock researchers looked at group dynamics from a psychoanalytic perspective, especially after World War Two. We need to understand group dynamics so that the relationships stick. Even if we don't agree on the response, we can get there if the relationship is intact. So, the group dynamic also needs to be attended to. Making alliances takes time.

There is a famous poem by a priest during the Holocaust that tell us: for those who might not feel targeted at the moment, don't think it ends there, because it will not stop. It doesn't stop with the immigrant. It doesn't stop with trans people.

If people want to put into law something that takes away my basic human rights, I'll fight them. I can still see their humanity, but I will fight for rights and justice and mercy. Today, our collective voices need to fight laws that are not just. We have to join hands and be single-minded about that.

What ultimately wins the day is how we came together. So let's be that story. Let's be that narrative. Let's be the example, so that other people can feel empowered and inspired. 🦋



Family Preparedness Plan

1. Talk with your family and trusted friends about what to do if someone is detained. Make sure everyone knows who to contact for legal help and where important documents are kept. Choose a trusted person who can make decisions for you if needed.

2. If you have children, make a plan for who will care for them in an emergency.

- Choose a Temporary Guardian – Select a trusted adult who can take care of your child if needed.
- Write a Guardianship Letter – This gives someone permission to care for your child temporarily.
- Inform the School or Daycare – Provide emergency contact information and let them know who is allowed to pick up your child.
- Keep a Care Plan – Write down allergies, medications, daily routines, and anything a caregiver needs to know about your child.
- Prepare an Emergency Contact Card – Give one to your child with names and phone numbers in case they need to call someone for help.

3. Gather all essential paperwork in one place and store it in a plastic folder. Share an additional copy with someone you trust.

Identification Documents

- Passport or consular ID
- Work permit or visa (if available)
- Driver's license or state ID
- Birth certificate
- Social Security card or ITIN
- A-number (Alien Registration Number) and any immigration documents

Family & School Records

- Marriage certificate (if applicable)
- School records and emergency contact forms for children
- List of medications & doctors (especially for children)
- Restraining orders (if applicable)
- Immunization records
- Records proving residency and physical presence in the U.S.

Financial Documents

- Lease or mortgage paperwork
- Car title or vehicle registration
- Bank account information
- Medical insurance cards and health records



Know Your Rights

Will Your Family Know What to Do?

Emergencies happen quickly, and it is important to be ready. Keeping essential items and contact information in one place will help you and your family respond if someone is detained or needs help.

Step 1: Keep an Emergency Bag Ready

An emergency bag will help if you or a loved one are detained or need to leave home unexpectedly. Keep it in a place where a trusted person can access it if needed. Pack:

- Copies of important documents to prove identity and legal status. (See page 9 for documents.)
- Cash in small bills and a prepaid debit card in case bank accounts are frozen or unavailable.
- A week's supply of medications and a list of allergies or medical conditions.
- Snacks, bottled water, and an extra set of clothes.
- A prepaid cell phone or calling card if a personal phone is taken.
- A written list of emergency contacts.

Step 2: Store Important Contacts in One Place

Having emergency contacts written down ensures you can reach the right people if your phone is lost or unavailable. Store copies in your emergency bag, at a trusted person's home, and on a small emergency card in your wallet. Write down the names and phone numbers of:

- An immigration lawyer or legal aid organization
- A trusted family member or friend
- Your child's school or day care
- A family doctor or clinic
- Community and advocacy groups that provide emergency help

Step 3: Post Important Information at Home

Everyone in your household should know where to find critical information in an emergency. Talking through these details in advance will help your family stay calm and take the right steps if something happens. Make sure your family knows where to find:

- Emergency phone numbers posted in a visible place, such as the refrigerator.
- The emergency folder with important documents and legal forms. (See page 6 for what to include.)
- Instructions on who to call first and where to go for help if someone is detained.

Being prepared does not mean expecting the worst. It simply means having a plan in place. Taking these steps will help your family feel more secure if an emergency happens.

What to Do in an Interrogation

The key to handling an interrogation is staying calm and saying as little as possible. You are never required to discuss your immigration status or sign anything without legal advice. Repeat the one phrase that protects you: "I am exercising my right to remain silent and want to speak to a lawyer."

Step 1: Ask If You're Free to Leave

- If an agent approaches you, ask: "Am I being detained or am I free to go?"
- If they say you are free to go, leave calmly. You are not required to stay and talk.
- If they say you are being detained, remain silent and do not answer any further questions.

Step 2: You Are Not Required to Answer Questions

- You do NOT have to say where you were born.
- You do NOT have to say how you entered the U.S.
- You do NOT have to share your immigration status.
- Instead, say: "I am exercising my right to remain silent and want to speak to a lawyer." If they keep asking questions, repeat the same phrase.

Step 3: Do NOT Sign Anything Without a Lawyer

Agents may try to pressure or trick you into signing documents. Some documents waive your right to a hearing before a judge. If you are given a document, say: "I will not sign anything without speaking to a lawyer." Even if agents say signing will "make things easier," do not sign.

Step 4: Be Careful What You Carry

- Do NOT carry false documents. This can lead to serious legal consequences.
- Do NOT carry foreign documents (such as a passport from another country). ICE may use them as evidence in deportation proceedings.
- If you have valid immigration documents, you may choose to show them, including your MN-issued driver's license or Minnesota state ID.
- If you have a Know Your Rights card, show it.



What Happens If You Are Arrested

Being arrested, whether by local police, ICE, or another law enforcement agency, can be stressful and confusing. Committing a crime can increase your risk of deportation, but no matter the circumstances, you still have constitutional rights.

- Do not argue, fight, or run. Resisting arrest can lead to additional charges that may hurt your case. Keep your hands visible and stay still. If asked about your immigration status, remain silent.
- If stopped by local police, ask: “Am I under arrest, or am I free to go?” If they say you are not under arrest, walk away calmly. If arrested, ask: “What are the charges against me?”
- Say, “I want to speak to a lawyer.” Do not discuss your immigration status or how you entered the country. Anything you say can and will be used against you.
- Law enforcement may pressure you to sign documents that could harm your case. Some documents waive your right to see a judge. Say: “I will not sign anything without speaking to a lawyer.”
- Ask to call a lawyer, a family member, or someone you trust. Memorize important phone numbers in case your phone is taken away, and if denied a phone call, keep asking and document the refusal.
- You have the right to contact your home country’s consulate. Your consulate may provide legal support to notify your family.

If ICE Issues a Detainer

If arrested by local police, ICE may ask them to hold you for up to 48 hours after your scheduled release. If ICE does not pick you up in 48 hours (not counting weekends or holidays), you must be released. If held longer, ask a lawyer for help.

- Request a Bond Hearing: Even if ICE says you do not qualify for bond, always request a hearing. A judge, not ICE, makes the final decision on bond eligibility.
- Ask for a Notice to Appear (NTA): This document lists the immigration charges against you.
- If You Are Accused of a Crime: The police may inform ICE of your immigration status. If you have a prior deportation order, ICE may detain you. If you believe you are being held unlawfully, seek legal help immediately.

Write down key phone numbers at home and work, such as a lawyer or legal aid organization, a trusted friend or family member, and your child’s school or daycare. Also keep it available in your wallet. Make sure your children know who to call if needed.

Emergency Support

- Unidos MN Know Your Rights Line. Call for guidance on legal rights, resources, and support. (651) 372-8642
- Rapid Response Line. Call immediately if ICE is at your home, workplace, or in the community. (612) 441-2881
- Immigrant Law Center of Minnesota, ilcm.org
- Minnesota Freedom Fund provides bail and support to people who need to post an immigration bond to be released from custody, mnfreedomfund.org
- Mid-Minnesota Legal Aid, mylegalaid.org
- Southern Minnesota Regional Legal Services, smrls.org
- Private lawyers who practice immigration law, aila.org

When You Encounter an ICE Checkpoint

ICE and Border Patrol sometimes set up checkpoints on highways, at bus stations, and near border areas.

- Carry a ‘Know your Rights’ card (see page 5).
- If you are driving, you **MUST** have a valid driver’s license, vehicle registration, and proof of insurance.
- You **MUST** follow traffic rules and wear a seatbelt.
- You do **NOT** have to answer questions about your immigration status.
- You do **NOT** have to consent to a search of your car, bags, or belongings.
- Passengers who are not driving are **NOT** required to show their driver’s license.
- If detained, ask for a lawyer and do **NOT** sign anything.

What to Say at a Checkpoint

- If an agent asks, “Are you a U.S. citizen?” you can say: “I choose to remain silent.”
- If they ask to search your car or belongings, say: “I do not consent to a search.”
- If you are not being detained, ask: “Am I free to go?”
- Stay calm. Stay silent. Do not volunteer information or sign anything without a lawyer. 🦋

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Cómo una familia enfrentó una visita de inmigración

Sarah es de Ecuador y vive en Minnesota desde hace casi tres años. Tiene una bebé de seis meses. Ella estaba alimentando a su bebé a las 7 a. m. un sábado a principios de febrero cuando tocaron fuerte a la puerta. "Escuché que decían que eran la policía", dice ella. "Sentí mucho miedo."

Miró por la ventana y vio hombres vestidos de verde. Corrió al dormitorio y le dijo a su esposo: "Dicen que son la policía, pero no tienen carros, ni uniformes normales". Él respondió: "¿Inmigración? No creo".

Pero afuera solo había autos sin identificación, y seguían golpeando cada vez más fuerte la puerta y las ventanas. Los agentes hablaron en español.

Sarah cerró bien todas las puertas y ventanas y se escondió con su bebé por miedo. "Solo podía pensar: 'Pero no hicimos nada malo'".

Los agentes dijeron que buscaban a una persona específica, alguien que no vivía allí. Insistían en que necesitaban entrar para verificar las identidades de los residentes: "Solo queremos hablar".

Sarah había visto un video en TikTok sobre qué hacer si inmigración llega a tu casa. Siguió esas instrucciones. "Sin esos videos, podríamos haber cometido un error".

Su esposo llamó al dueño de la casa, quien explicó por teléfono a los agentes que la persona que buscaban no vivía allí. Los agentes se quedaron tocando la puerta unos 20 minutos más antes de irse.

Después de esto, Sarah cuenta que ella y su esposo sintieron mucho miedo en el vecindario durante al menos tres semanas. Cada vez que alguien tocaba la puerta, se escondían y guardaban silencio. Una prima que vivía con ellos decidió quedarse unos días con un amigo. Pensaron en mudarse, pero el alquiler estaba demasiado caro en otros lugares.

Para ayudarlos a sentirse más seguros, el dueño de la casa instaló cámaras de seguridad.

Sarah da este consejo para quienes se enfrenten a esta situación: "Nunca abras la puerta, cierra todo bien y haz un plan".

Si ICE llega a tu casa

Los agentes de inmigración (ICE) a veces usan engaños para entrar a las casas. Algunos trucos que usan son vestirse de civiles, inventar historias para hacer que la gente salga, presionar a los vecinos para conseguir información y llevar chalecos de policía para confundir a la comunidad.

Si los agentes llegan a tu casa, no tienes que dejarlos entrar, a menos que tengan una orden firmada por un juez.

Paso 1: Mantén la calma y NO abras la puerta

- Pide sus nombres y números de identificación.
- ICE no puede entrar a tu casa si no tiene una orden judicial firmada por un juez.
- No abras la puerta ni un poco. Abrir puede considerarse como permiso para que entren.

Paso 2: Revisa la orden

- Si ICE dice que tiene una orden, pídeles que la pasen por debajo de la puerta o que la muestren por la ventana.
- La orden debe estar firmada por un juez.
- Debe tener tu nombre completo y dirección correctos.
- Debe decir claramente la dirección y ubicación que pueden registrar.
- Si la orden NO está firmada por un juez, NO los dejes entrar.

Paso 3: Quédate en silencio y no firmes nada

- Si ICE te hace preguntas, di: "Estoy usando mi derecho a guardar silencio y quiero hablar con un abogado".
- No firmes ningún documento que ICE te entregue sin hablar antes con un abogado.

Paso 4: Graba y documenta todo

- Si puedes, graba lo que sucede con tu teléfono.
- Toma fotos o videos.
- Apunta números de identificación, nombres y lo que digan los agentes.
- Si entran sin permiso, documenta claramente la violación.



ICE podría llegar a un lugar de trabajo para hacer una auditoría de formularios (I-9), una redada, o detener a alguien específico. El empleador no está obligado a permitirles entrar en áreas privadas sin una orden judicial firmada por un juez o sin permiso del empleador. Sin embargo, cualquiera (incluso ICE) puede entrar sin permiso a áreas públicas como comedores, entradas o estacionamientos.

Antes de que llegue ICE, crea un plan con tus compañeros

- Identifiquen áreas privadas y márkennlas claramente.
- Hablen sobre cómo comunicarse si ocurre una redada.
- Practiquen cómo usar sus derechos constitucionales para guardar silencio y pedir un abogado. (Enmiendas constitucionales en pagina 18.)

- Huir puede dar a ICE una razón para detenerte.
- Tu empleador no puede obligarte a quedarte en un lugar o impedirte salir durante una operación de ICE.
- Si algo se siente extraño (como una reunión inesperada), no vayas solo. Envía a un compañero de confianza primero.

- Para entrar en zonas exclusivas para empleados, deben tener una orden firmada por un juez o permiso del empleador.
- Si no tienen orden judicial, tu empleador NO tiene que dejarlos pasar.

- Igual que en otras situaciones, tienes derecho a guardar silencio.

EXAMPLE OF A JUDICIAL WARRANT SIGNED BY A JUDGE
EJEMPLO DE UNA ORDEN JUDICIAL FIRMADA POR UN JUEZ

United States District Court
DISTRICT OF MINNESOTA

United States of America,
Plaintiff,
v.
Premises Known As,
& Company, located at 1700
ay 60 NE, Worthington,
ota, and all its
enances, parking areas,
outdoor working areas
Defendant.

CIVIL NO. 06mj457JSM

ORDER
FOR WARRANT FOR
ENTRY ON PREMISES TO
SEARCH FOR ALIENS
WHO ARE IN THE UNITED
STATES WITHOUT LEGAL
AUTHORITY

United States of America, having filed an application to
e officers of United States Immigration and Customs
ent to enter the building on the premises described above
to search for persons who are aliens in the United States
legal authority, together with an Affidavit and memorandum
and Authorities in support of the application, and the
ing on the basis of the affidavit that there is probable
believe that located within the business premises
above are persons who are aliens in the United States
al authority and subject to removal proceedings pursuant
240 of the Immigration and Nationality Act, 8 U.S.C.
(6).

HEREFORE ORDERED that the officers of U.S. Immigration
Enforcement are authorized to enter the building and

SIGNED BY A JUDGE
FIRMADO POR UN JUEZ

- Si te preguntan sobre tu estatus migratorio, puedes decir: "Estoy usando mi derecho a guardar silencio y quiero hablar con un abogado".
- No tienes que mostrar documentos ni decir dónde naciste.

NO firmes nada sin hablar con un abogado

ICE podría intentar hacer que firmes documentos como una salida voluntaria. Firmar podría quitarte el derecho a una audiencia. No firmes ningún documento que te entreguen sin asesoría legal.

Trabajen juntos y reporten lo ocurrido

Si es posible, escribe nombres, números de identificación y lo que digan los agentes. Si ICE entra sin permiso o sin una orden válida, repórtalo a un abogado o grupo de apoyo. Si es seguro hacerlo, los testigos pueden grabar la situación.

Tarjeta de emergencia para tener cerca de la puerta

- Mantén la calma y exige tus derechos claramente.
- NO abras la puerta.
- Si ICE dice que tiene orden, no abras; pídeles que la pasen debajo de la puerta.
- Pide los nombres y números de identificación de los agentes.
- NO contestes preguntas sin hablar con un abogado. Puedes decir:
- "Estoy usando mi derecho de guardar silencio bajo la Quinta Enmienda. No quiero hablar con ustedes".
- NO firmes nada.
- Documenta TODO con fotos o videos: placas, números de agentes, hora, vehículos y lo que pasó.
- Llama al número de respuesta rápida: (612) 441-2881
- Obtén ayuda legal.
- NO salgas hasta que ICE se haya ido. 🦋



Un ejemplo de una orden judicial legítima. Usa este código QR para ver la muestra completa.

El rotulo leé: "Solo empleados- Entrada prohibida sin permiso de empleador."

Coloca un letrero como este en tu lugar de trabajo:

EMPLOYEES ONLY -
NO ADMITTANCE WITHOUT EMPLOYER PERMISSION.

Coloca un letrero como este en tu lugar de trabajo:

Defender a las personas antes que la propiedad: protecciones históricas en la Constitución de EE.UU.

Una conversación con el abogado de inmigración Bruce Nestor

Cuando terminé la facultad de derecho en 1992, me involucré con el National Lawyers Guild (Gremio Nacional de Abogados), una organización fundada para asegurar que los derechos humanos fueran más importantes que los intereses económicos. Esto refleja algunas debilidades de nuestra sociedad, donde a menudo el poder económico es más fuerte y tiene más peso en el gobierno. Esto ha sido evidente en gran parte de la historia mundial, especialmente en los Estados Unidos.

Aunque muchos derechos constitucionales fueron escritos originalmente para proteger a la clase dueña de esclavos, la Carta de Derechos (Bill of Rights) también se ha convertido en una herramienta poderosa para proteger a la gente común: su derecho a organizarse, expresarse libremente, estar seguros en sus hogares y ser protegidos de abusos del gobierno.

Entre 2000 y 2003 fui presidente del Gremio Nacional de Abogados, justo durante los ataques del 11 de septiembre de 2001. Lo que vimos después fue una ola de discriminación contra personas árabes y musulmanas, restricción de libertades civiles, más poder para que el gobierno limitara derechos políticos y humanos, y mayor vigilancia contra musulmanes y personas de Oriente Medio.

En esa época conocí a mi actual compañera de vida y profesión, Susana De León, que era abogada de inmigración en Minneapolis. Me mudé allá, y juntos comenzamos a defender a los inmigrantes. Colaboramos con el Centro Campesino, un grupo

comunitario en Owatonna que defiende los derechos de inmigrantes y trabajadores agrícolas en las zonas rurales de Minnesota. Muchas empresas traían a estas personas a trabajar en condiciones injustas, viviendo en viviendas precarias y a menudo sin pagarles su salario completo.

En 2006, tras una redada en la planta empacadora de carne en Worthington, Minnesota, vimos directamente cómo la agencia de inmigración (ICE) separó a los trabajadores

por raza dentro de la fábrica. Dejaron salir a los trabajadores blancos, mientras detenían e interrogaban a los trabajadores negros y latinos. Susana ayudó a familias cuyos hijos regresaban de la escuela y no encontraban a sus padres en casa, sin ninguna explicación sobre dónde estaban.

Conocimos familias que llevaban muchos años en los EE.UU., estaban casadas con ciudadanos y podrían haber obtenido su ciudadanía, pero no lo habían hecho por las dificultades del proceso.

La redada causó un trauma profundo no solo en la comunidad inmigrante, sino en toda la comunidad. Las personas detenidas eran padres que participaban activamente en las escuelas de sus hijos, compraban autos en concesionarios locales, tenían negocios y restaurantes, y formaban parte activa de la vida comunitaria.

Pocos años después, Susana dirigió también la respuesta legal ante otra redada similar en una empacadora en



Bruce Nestor

continúa en la siguiente página

Tus derechos constitucionales básicos

4ª Enmienda Protección contra registros injustificados. ICE no puede entrar a tu casa sin una orden judicial.

La ley te protege de registros y confiscaciones injustificadas por parte del gobierno. ICE y otras agencias policiales no pueden revisar tu casa, tus pertenencias ni tu persona sin una razón válida o una orden firmada por un juez en la mayoría de los casos.

ICE no puede entrar a tu casa sin una orden judicial. Una orden administrativa emitida solo por ICE no les da permiso para entrar. Sin embargo, hay excepciones en la frontera, aeropuertos y puertos de entrada, donde los oficiales pueden hacer registros sin orden bajo la ley federal. Si te detienen, pregunta siempre: "¿Estoy legalmente obligado a aceptar esta revisión?"

5ª Enmienda: Derecho a permanecer en silencio.

No tienes que responder preguntas sobre tu estatus migratorio. Puedes decir: "Elijo mi derecho a permanecer callado, quiero hablar con un abogado."

6ª Enmienda: Derecho a consultar a un abogado antes de responder preguntas o firmar documentos si te detienen.

Tienes derecho a hablar con un abogado antes de responder preguntas de las autoridades. Si te detienen o arrestan, no firmes ni digas nada antes de hablar con un abogado.



Postville, Iowa. Allí, ICE encerró a inmigrantes en lugares destinados originalmente para animales de granja. Esto reveló cómo ciertos sectores de la sociedad están dispuestos a tratar como criminales a inmigrantes, principalmente por su raza o país de origen. Estas personas enfrentaron cargos criminales y encarcelamiento. A veces, si no aceptaban ser deportados inmediatamente, los amenazaban con largas penas de cárcel.

Tanto en Minnesota como en Iowa, hubo una reacción fuerte de la comunidad, no solo de los inmigrantes. Personas usaron sus derechos constitucionales, especialmente la libertad de expresión, para organizarse, educar políticamente y explicar al resto del país lo que estaba pasando y cómo afectaba nuestra humanidad.

Seguimos trabajando en Minnesota para educar a la gente sobre sus derechos constitucionales con talleres llamados "Conoce tus derechos", enseñándoles cómo actuar frente a autoridades migratorias.

El derecho a organizarse

Las personas que apoyan a los inmigrantes deben usar activamente su derecho a organizarse, a defender a la comunidad inmigrante y a educar al público sobre las contribuciones y la humanidad de quienes buscan una vida mejor escapando de la violencia, pobreza o persecución política. Todo el mundo tiene derecho al debido proceso, el derecho a una audiencia, a presentar su caso, presentar pruebas y ser escuchado. Esto es parte del derecho garantizado por la Quinta Enmienda de la Constitución.

También tienes derecho a permanecer callado si un agente del gobierno te interroga o detiene. Muchas personas crecen con la idea de respetar siempre a la autoridad y creen que si no han hecho nada malo, no tienen nada que temer. Pero en realidad, cuando un agente está interrogándote, no está allí para ayudarte, sino para encontrar razones para detenerte. Por eso en nuestros talleres practicamos cómo ejercer este derecho.



El derecho a estar seguro en tu propia casa

La Cuarta Enmienda te da derecho a sentirte seguro en tu hogar. No tienes que permitir que agentes de inmigración, policía o autoridades entren en tu casa solo porque tocan la puerta. Solamente pueden entrar si tienen una orden judicial firmada por un juez. Este es un derecho que todas las personas tienen, sin importar su estatus migratorio. Es importante aprender a decir claramente: "¿Por qué está aquí? ¿Qué orden tiene usted para entrar a mi casa?"

Este derecho nació cuando soldados británicos tocaban la puerta de los hogares durante la Revolución Americana. Las personas que escribieron la Constitución —gente poderosa, dueña de propiedades— entendieron la importancia de proteger a los hogares y familias de abusos arbitrarios del gobierno.

Derechos de los estados

La Décima Enmienda establece ciertos derechos para cada estado. Esto significa que podemos exigir a nuestros gobernantes locales que protejan a toda la comunidad y no se conviertan en colaboradores de las deportaciones. Todos podemos presionar a políticos locales para defender a nuestros vecinos inmigrantes, compañeros de trabajo, padres de los compañeros escolares de nuestros hijos, y miembros activos de nuestra comunidad.

En este momento histórico necesitamos levantar nuestra voz y luchar por los derechos humanos básicos: dignidad, vivienda y supervivencia. 🦋

Otros derechos importantes

- Todos los trabajadores tienen derecho a un ambiente de trabajo seguro, incluyendo el derecho a recibir pago por su trabajo y a reportar violaciones laborales — sin importar su estatus migratorio.
- Tienes derecho a llamar a tu abogado, un familiar o alguien de confianza para informarles si la policía te arresta o ICE te detiene.
- Si no entiendes inglés, tienes derecho a un intérprete competente durante audiencias de inmigración.
- Si no eres ciudadano/a de EE.UU., tienes derecho a contactar al consulado de tu país si te detienen. ICE debe informarte sobre este derecho o pueden avisar al consulado sobre tu detención.
- No tienes que firmar ningún documento que te de la policía, ICE o un centro de detención. Algunos formularios pueden quitarte el derecho a ver a un juez. Si no entiendes un documento, habla primero con un abogado.
- Tienes derecho a una audiencia justa y a defensa legal, sin importar tu estatus migratorio. La recién aprobada Ley Laken Riley debilita estas protecciones, permitiendo la detención y deportación sin audiencia en algunos casos. Este cambio hace que sea aún más importante hacer valer tus derechos constitucionales.

Busca ayuda legal confiable

Según el abogado de inmigración Bruce Nestor, las poblaciones vulnerables, como los inmigrantes, pueden ser blanco de estafas. A veces, una persona que no es abogada, conocida como notario, puede ofrecerte un beneficio migratorio, un permiso de trabajo o algún tipo de estatus.

Los caminos para quienes no tienen ciudadanía pueden ser muy difíciles. Si algo suena demasiado bueno para ser cierto, probablemente lo sea. Es importante verificar los antecedentes y credenciales de quienes ofrecen ayuda.



Cuatro pasos para enfrentar el miedo

una conversación con la Rabina Marcia Zimmerman,
Templo Israel, Minneapolis

Paso 1: Conectarse intencionalmente con otros

Muchas personas se sienten aisladas, con miedo, o desempoderadas. Por eso la conexión y la comunidad son tan importantes—aislarse es lo peor que podemos hacer cuando tenemos miedo. Parece que la respuesta humana, desde un punto de vista psicológico, es desconectarse cuando sentimos miedo. Pero yo les recuerdo a mis comunidades que seguimos defendiendo los valores que siempre hemos defendido.

Las elecciones y gobiernos vienen y van. Nuestra sinagoga tiene 145 años. Seguimos honrando las palabras del profeta Isaías escritas afuera de nuestro edificio: “Esta casa será una casa de oración para todas las personas”. La idea es que estamos aquí para crear comunidad, que el diálogo interreligioso es fundamental, que creemos en la dignidad, la justicia y la misericordia hacia todas las personas.

A veces hace falta mucha energía para formar parte de una comunidad, pero esa es la solución al miedo. Cuando te aíslas por miedo, no ves la red mundial de personas que quieren ser aliados y conectores.

El miedo surge de sentir que no tenemos poder y que estamos desconectados—y quien tiene miedo quiere que otros también lo sientan frente a la autoridad.

Paso 2: Encuentra la fe, como sea que la llaimes

La fe es el siguiente paso, y significa algo distinto para cada persona. Yo soy judía, creo en Dios, y eso me ayuda a ver más allá de las personas.

En todas nuestras tradiciones religiosas, los valores más altos que tenemos en común son hacer el bien y ayudar a otros.

Eso es lo que nos une. Cada persona tiene su propio lenguaje para expresar esto. Por ejemplo, en el judaísmo se dice que fuimos extranjeros en Egipto, por eso debemos recibir bien al extranjero.

En la Torá (los Cinco Libros de Moisés) existe la idea: “Ama a tu prójimo como a ti mismo”. Si no te amas a ti mismo, no podrás amar a otro ser humano. Nuestra percepción de los demás suele ser un reflejo de nosotros mismos. Culpar al inmigrante, por ejemplo, es una proyección de la incapacidad de esa persona para enfrentar su propia inseguridad en la comunidad.

El auto-odio ha destruido comunidades, sociedades y culturas. Es una situación dolorosa y fea. Encontrar a alguien a quien culpar o convertirlo en “el otro” nunca resuelve tus problemas. Eso es lo que hacen los niños, no los adultos. Culpar a los demás jamás ha resuelto ningún problema.



Marcia Zimmerman

Paso 3: Reconoce que los seres humanos son complejos

Hay una estadística sobre las parejas casadas que dice que tienen, en promedio, unos diez malentendidos diarios. Piensa en eso: estás con la persona más importante de tu vida y aun así tienen malentendidos todo el tiempo. Pero tienes el compromiso de

resolver esos malentendidos y encontrar la manera de volver a conectarte con esa persona. Creo que hemos perdido esa habilidad, y también la capacidad de sacrificarnos por un bien común.

No es necesario que estemos de acuerdo, pero sí debemos ver la humanidad en las otras personas, incluso cuando ellas no reconozcan la nuestra. Dos errores no hacen un acierto. Negarse a ver la humanidad en otros es algo infantil y narcisista.



Paso 4: Crea dinámicas de grupo saludables

Los investigadores de Tavistock estudiaron las dinámicas grupales desde una perspectiva psicoanalítica, especialmente después de la Segunda Guerra Mundial. Debemos entender cómo funcionan las dinámicas grupales para que las relaciones duren. Incluso cuando no estamos de acuerdo en algo, podemos resolverlo si la relación permanece fuerte. La dinámica del grupo también necesita atención. Crear alianzas lleva tiempo.

Hay un poema famoso escrito por un sacerdote durante el Holocausto que advierte: quienes no se sientan amenazados ahora no deben pensar que las amenazas se acaban allí. No se detendrá con los inmigrantes ni con las personas trans.

Si alguien quiere establecer una ley que quite mis derechos humanos básicos, voy a luchar contra eso. Todavía puedo reconocer su humanidad, pero lucharé por los derechos, la justicia y la misericordia. Hoy, nuestras voces colectivas deben luchar contra las leyes injustas. Debemos unirnos y enfocarnos claramente en esto.

Al final, lo que gana es cómo nos unimos. Seamos esa historia, seamos ese ejemplo, para que otros puedan sentirse empoderados e inspirados. 🦋



Plan de preparación familiar

1. Habla con tu familia y amigos de confianza sobre qué hacer si alguien es detenido. Asegúrate de que todos sepan a quién contactar para conseguir ayuda legal y que tu familia pueda encontrar los documentos fácilmente. Elijan a una persona confiable que pueda tomar decisiones por ustedes en caso necesario.

2. Si tienes hijos, haz un plan para determinar quién los cuidará en caso de emergencia.

- Elige un guardián temporal – Selecciona a un adulto confiable que pueda cuidar de tu hijo si es necesario.
- Escribe una carta de tutela – Da permiso oficial a alguien para cuidar temporalmente de tu hijo.
- Informa a la escuela o guardería – Proporciona datos de contacto de emergencia y avisa quién puede recoger a tu hijo.
- Mantén un plan de cuidado – Lista alergias, medicamentos, rutinas diarias y cualquier cosa que un cuidador deba saber sobre tu hijo.
- Prepara una tarjeta de contacto de emergencia – Dale una a tu hijo con nombres y números telefónicos en caso de necesitar ayuda.

3. Reúne toda la documentación importante en un solo lugar y guárdala en una carpeta de plástico. Comparte una copia adicional con alguien de confianza.

Documentos de identificación

- Pasaporte o identificación consular
- Permiso de trabajo o visa (si lo tienes)
- Licencia de conducir o identificación Estatal
- Acta de Nacimiento
- Tarjeta del Seguro Social o ITIN
- Número de registro extranjero (“Alien Number”) y documentos migratorios

Registros familiares y escolares

- Certificado de matrimonio (si aplica)
- Expedientes escolares y formularios de contacto de emergencia para niños
- Lista de medicamentos y doctores (especialmente para niños)
- Órdenes de protección (si aplica)
- Registros de vacunas
- Documentos que demuestren residencia y presencia física en EE. UU.

Documentos financieros

- Contrato de alquiler o papeles de hipoteca
- Título o registro del vehículo
- Información bancaria
- Tarjetas de seguro médico y registros de salud



Conoce Tus Derechos

Cuando ocurre algo inesperado, ¿Tú familia sabrá qué hacer?

Las emergencias ocurren rápido y es importante estar preparados. Tener documentos esenciales e información de contacto en un solo lugar ayudará a tu familia a reaccionar si alguien es detenido o necesita ayuda.

Paso 1: Prepara una bolsa de emergencia

Una bolsa de emergencia será útil si tú o un ser querido son detenidos o necesitan salir de casa repentinamente. Guarda la bolsa donde alguien de confianza pueda encontrarla fácilmente. Incluye: Copias de documentos importantes para comprobar identidad y estatus legal. (Ver página 9 para documentos.) Dinero en efectivo en billetes pequeños y una tarjeta de débito prepagada por si tus cuentas bancarias están congeladas o no disponibles. Medicinas para una semana y una lista de alergias o condiciones médicas. Snacks, agua embotellada y un cambio extra de ropa. Un teléfono celular prepago o tarjeta telefónica por si toman tu teléfono personal. Una lista escrita de contactos de emergencia.

Paso 2: Guarda contactos importantes en un solo lugar

Tener contactos de emergencia escritos te ayudará a comunicarte con las personas correctas si pierdes tu teléfono. Guarda copias en tu bolsa de emergencia, en casa de alguien de confianza y en una tarjeta pequeña en tu cartera. Anota los nombres y números telefónicos de: Un abogado de inmigración u organización de ayuda legal. Un familiar o amigo de confianza La escuela o guardería de tus hijos Un doctor o clínica familiar Grupos comunitarios que ofrecen ayuda en emergencias.

Paso 3: Coloca información importante en casa

Todas las personas en tu hogar deben saber dónde encontrar información esencial en una emergencia. Hablar sobre esto con anticipación ayudará a tu familia a mantener la calma y actuar correctamente si ocurre algo. Asegúrate de que tu familia sepa dónde encontrar: Números de teléfono de emergencia en un lugar visible, como el refrigerador. La carpeta de emergencia con documentos importantes y formularios legales. (Ver página 6 para incluir.) Instrucciones sobre a quién llamar primero si alguien es detenido y dónde buscar ayuda.

Estar preparados no significa esperar lo peor, solo significa tener un plan listo. Seguir estos pasos ayudará a tu familia a sentirse más segura si ocurre una emergencia.

Qué hacer durante una interrogación

La clave para enfrentar una interrogación es mantener la calma y hablar lo menos posible. Nunca tienes que discutir tu estatus migratorio ni firmar nada sin asesoría legal. Repite siempre la frase que te protege: “Estoy ejerciendo mi derecho a permanecer en silencio y quiero hablar con un abogado.”

Paso 1: Pregunta si puedes irte

Si un agente se acerca, pregunta: “¿Estoy detenido?” “¿Puedo irme?” Si dicen que puedes irte, retírate tranquilamente. No tienes que quedarte ni hablar. Si dicen que estás detenido, guarda silencio y no respondas más preguntas.

Paso 2: No tienes que responder preguntas

NO tienes que decir dónde naciste. NO tienes que decir cómo entraste a EE.UU. NO tienes que compartir tu estatus migratorio. En cambio, di: “Estoy ejerciendo mi derecho a permanecer en silencio y quiero hablar con un abogado.” Si siguen preguntando, repite esa misma frase.

Paso 3: NO firmes nada sin un abogado

Los agentes pueden intentar presionarte o engañarte para firmar documentos. Algunos documentos renuncian a tu derecho a una audiencia con un juez. Si te entregan un documento, di: “No firmaré nada sin hablar con un abogado.” Incluso si dicen que firmar lo hará “más fácil”, no lo hagas.

Paso 4: Ten cuidado con lo que llevas contigo

NO llesves documentos falsos. Esto puede tener consecuencias legales serias. NO llesves documentos extranjeros (como un pasaporte de otro país). ICE podría usarlos como evidencia en procesos de deportación. Si tienes documentos migratorios válidos, puedes decidir mostrarlos, incluyendo tu licencia de conducir o identificación del estado de Minnesota. Si tienes una tarjeta de Conoce tus Derechos, muéstrala.

Qué pasa si te arrestan

- Ser arrestado, ya sea por la policía local, ICE u otra agencia, puede ser estresante y confuso. Cometer un delito puede aumentar el riesgo de deportación, pero sin importar las circunstancias, tienes derechos constitucionales.
- No discutas, pelees, ni corras. Resistirte al arresto podría generar cargos adicionales que afecten negativamente



tu caso. Mantén las manos visibles y quédate quieto. Si preguntan por tu estatus migratorio, guarda silencio.

- Si te detiene la policía local, pregunta: “¿Estoy arrestado o puedo irme?” Si dicen que no estás arrestado, vete tranquilamente. Si estás arrestado, pregunta: “¿De qué se me acusa?”
- Di: “Quiero hablar con un abogado.” No hables de tu estatus migratorio ni de cómo entraste al país. Todo lo que digas puede ser usado en tu contra.
- La policía puede presionarte a firmar documentos que podrían dañar tu caso. Algunos documentos renuncian a tu derecho de ver a un juez. Di: “No firmaré nada sin hablar con un abogado.”
- Pide llamar a un abogado, familiar o alguien de confianza. Memoriza números importantes por si te quitan tu teléfono, y si te niegan la llamada, insiste y luego documenta esa negativa.
- Tienes derecho a contactar al consulado de tu país. Tu consulado puede ofrecer ayuda legal y avisar a tu familia.

Si ICE emite una orden de detención

- Si la policía local te arresta, ICE podría pedirles que te retengan hasta 48 horas después de la hora programada para tu liberación. Si ICE no pasa por ti dentro de esas 48 horas (sin contar fines de semana o días festivos), tienen que soltarte. Si te retienen más tiempo, busca ayuda de un abogado.
- Solicita una audiencia para fianza: Incluso si ICE dice que no calificas para fianza, siempre pide una audiencia. Un juez, no ICE, tomará la decisión final sobre si puedes salir bajo fianza.
- Pide un Aviso para Comparecer (Notice to Appear o NTA en inglés): Este documento indica los cargos migratorios en tu contra.
- Si te acusan de un delito: La policía podría informar a ICE sobre tu estatus migratorio. Si tienes una orden de deportación anterior, ICE podría detenerte. Si crees que te están deteniendo injustamente, busca inmediatamente ayuda legal.

Cuando te encuentras con un retén de ICE

- ICE y la Patrulla Fronteriza a veces colocan retenes en autopistas, estaciones de autobús y cerca de áreas fronterizas.

Anota números de teléfono importantes y guárdalos en casa y en el trabajo, como los de un abogado u organización de ayuda legal, un familiar, o amigo de confianza, y la escuela o guardería de tus hijos. Lleva también una copia en tu cartera. Asegúrate de que tus hijos sepan a quién llamar en caso de necesidad.

Apoyo en emergencias

- Línea Conoce tus Derechos de Unidos MN. Llama para orientación sobre derechos legales, recursos y apoyo. (651) 372-8642
- Línea de Respuesta Rápida. Llama inmediatamente si ICE está en tu casa, lugar de trabajo o en la comunidad. (612) 441-2881
- Immigrant Law Center of Minnesota – ilcm.org
- Minnesota Freedom Fund ofrece ayuda financiera y apoyo para pagar fianzas migratorias para salir de custodia – mnfreedomfund.org
- Mid-Minnesota Legal Aid – mylegalaid.org
- Southern Minnesota Regional Legal Services – smrls.org
- Red organizada de abogados privados expertos en inmigración, aila.org

- Lleva contigo una tarjeta de “Conoce tus Derechos.”
- Si estás manejando, DEBES tener una licencia válida, registro del vehículo y comprobante de seguro.
- DEBES respetar las reglas de tránsito y usar cinturón de seguridad.
- NO tienes que responder preguntas sobre tu estatus migratorio.
- NO tienes que dar permiso para que revisen tu carro, bolsas o pertenencias.
- Los pasajeros que no están manejando NO tienen que mostrar su licencia de conducir.
- Si te detienen, pide hablar con un abogado y NO firmes nada.

Qué decir en un retén

- Si un agente pregunta: “¿Es usted ciudadano de EE.UU.?”, puedes decir: “Elijo permanecer en silencio.”
- Si te piden revisar tu carro o pertenencias, di: “No doy permiso para una revisión.”
- Si no estás detenido, pregunta: “¿Puedo irme?”
- Mantén la calma. Guarda silencio. No ofrezcas información ni firmes nada sin un abogado. 🦋

Nuestra mejor protección es nuestro poder



Los habitantes de Minnesota somos personas que buscamos soluciones. A través de la fuerza y la creatividad, hemos construido prosperidad desde las dificultades, aprendiendo de las lecciones del pasado. La fortaleza de los pueblos indígenas, los descendientes de personas esclavizadas y generaciones de inmigrantes son la base de la abundante democracia multirracial que merecemos.

Ahora mismo, algunos políticos están dañando la Constitución de EE.UU., atacando la libertad de expresión y de prensa, manipulando las reglas electorales y culpando injustamente a los inmigrantes por una desigualdad que aún no se resuelve. Mientras tanto, los multimillonarios que nadie eligió siguen acumulando más poder.

En Unidos MN creemos que la gente de Minnesota derrotará al autoritarismo y fortalecerá la democracia. Esta edición especial de la revista no se trata únicamente de proteger a los inmigrantes. Es un pacto solidario, un compromiso para fortalecer nuestros vínculos, protegernos mutuamente y avanzar juntos.

Juntos podemos mostrar la crueldad de la separación familiar, que destruye comunidades enteras.

También es fundamental acercarnos a quienes no piensan igual que nosotros, a quienes han sido engañados para votar



FOTO SARAH WHITING

Somos Unidos MN

en contra de su propio bienestar y a quienes estén dispuestos a reconstruir juntos nuestra democracia.

Somos personas comunes dispuestas a dar un paso adelante y luchar por el futuro que merecemos. Esta es la batalla más importante de nuestras vidas, y nacimos para ganarla.



Participa hoy - Uneté a Unidos MN



Invierte en Unidos MN

Una nota de Mikki Morrisette, editora de Minnesota Women's Press



Estamos muy felices de colaborar con Unidos MN para crear esta edición especial de la revista. Minnesota Women's Press cumple 40 años este año, lo que nos convierte en la publicación feminista impresa más antigua en circulación continua en los EE.UU. Nuestra misión sigue siendo la misma: amplificar las voces y los temas de comunidades que históricamente han sido marginadas.

Nuestra visión: Todos somos parte de un todo más grande. Nuestro futuro más fuerte se construirá con la energía colectiva de personas que cambian narrativas para crear impacto.

Unidos MN es uno de nuestros valiosos aliados comunitarios que hace un excelente trabajo en favor de la gente en todo Minnesota. Por favor comparte ampliamente esta edición especial. Las historias también están disponibles en múltiples idiomas en womenspress.com

Diseñadora: Sarah Whiting, Gráficos: Irving Abraham Vazquez-Mata, Editores: Mikki Morrisette, Luis Argueta Jr.

SUPPORT THE ☀️ SKY WITHOUT LIMITS ☀️ COOPERATIVE!



IN 2015, A GROUP OF SOUTH MINNEAPOLIS TENANTS CAME TOGETHER IN THE FACE OF DEPLORABLE HOUSING CONDITIONS TO SAY: ENOUGH IS ENOUGH. **FOR THE NEXT 5 YEARS**, THE RENTERS ORGANIZED TIRELESSLY AGAINST ONE OF THE MOST POWERFUL LANDLORDS IN THE CITY, UNTIL HE EVENTUALLY SOLD HIS BUILDINGS. **IN 2020, 34 FAMILIES EVICTED THEIR LANDLORD, FORMING THE SKY WITHOUT LIMITS COOPERATIVE.**

TODAY, **THE 60 FAMILIES LIVING IN THE COOPERATIVE ARE RAISING MONEY SO THEY CAN COMPLETE THE PURCHASE OF THEIR HOMES**, WINNING EVEN MORE AUTONOMY AND CONTROL OVER THEIR OWN HOUSING AND COMMUNITY.

WE KNOW **HOUSING COOPERATIVES ARE ONE OF THE BEST ALTERNATIVES TO THE UNJUST HOUSING SYSTEM.** **THANK YOU FOR YOUR SUPPORT IN MAKING OUR DREAM A REALITY!**

**SUPPORT
OUR COOP,
DONATE
HERE!**



billy

A woman with short dark hair is speaking at a podium. She is wearing a black jacket with a white star pattern and a rainbow-colored scarf. The podium has a white banner with a row of yellow stars and a logo for SEIU Local 26. The background is purple with faint white text.

A WOMAN'S PLACE IS IN HER UNION!

SEIU LOCAL 26

*A union of majority women,
immigrants and people of color,
we are building power for
working people in Minnesota!*

**Join the fight for worker
& immigrant justice:**

seiu26.org

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