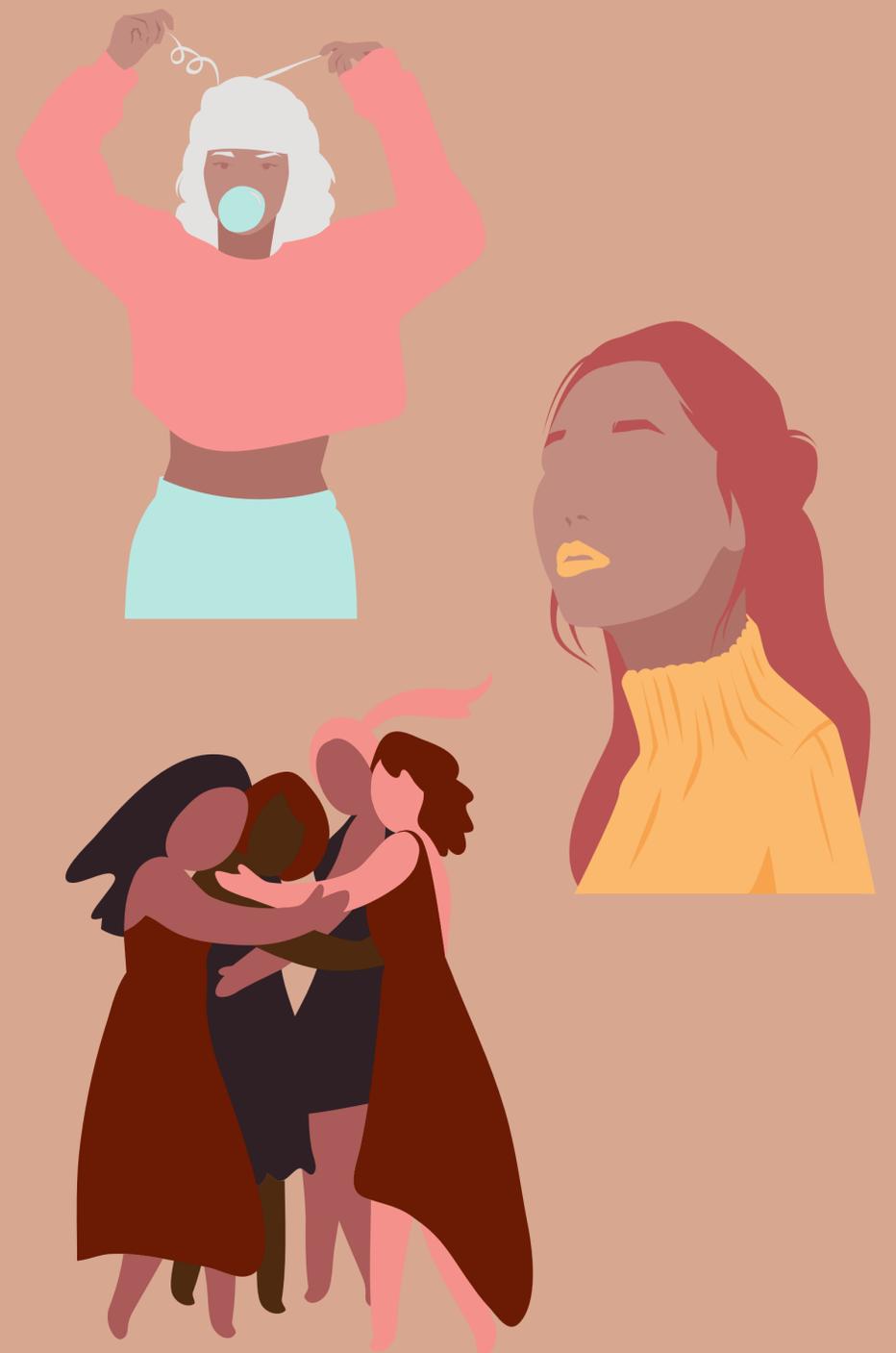


# IMMIGRANT YOUTHS AT RISK

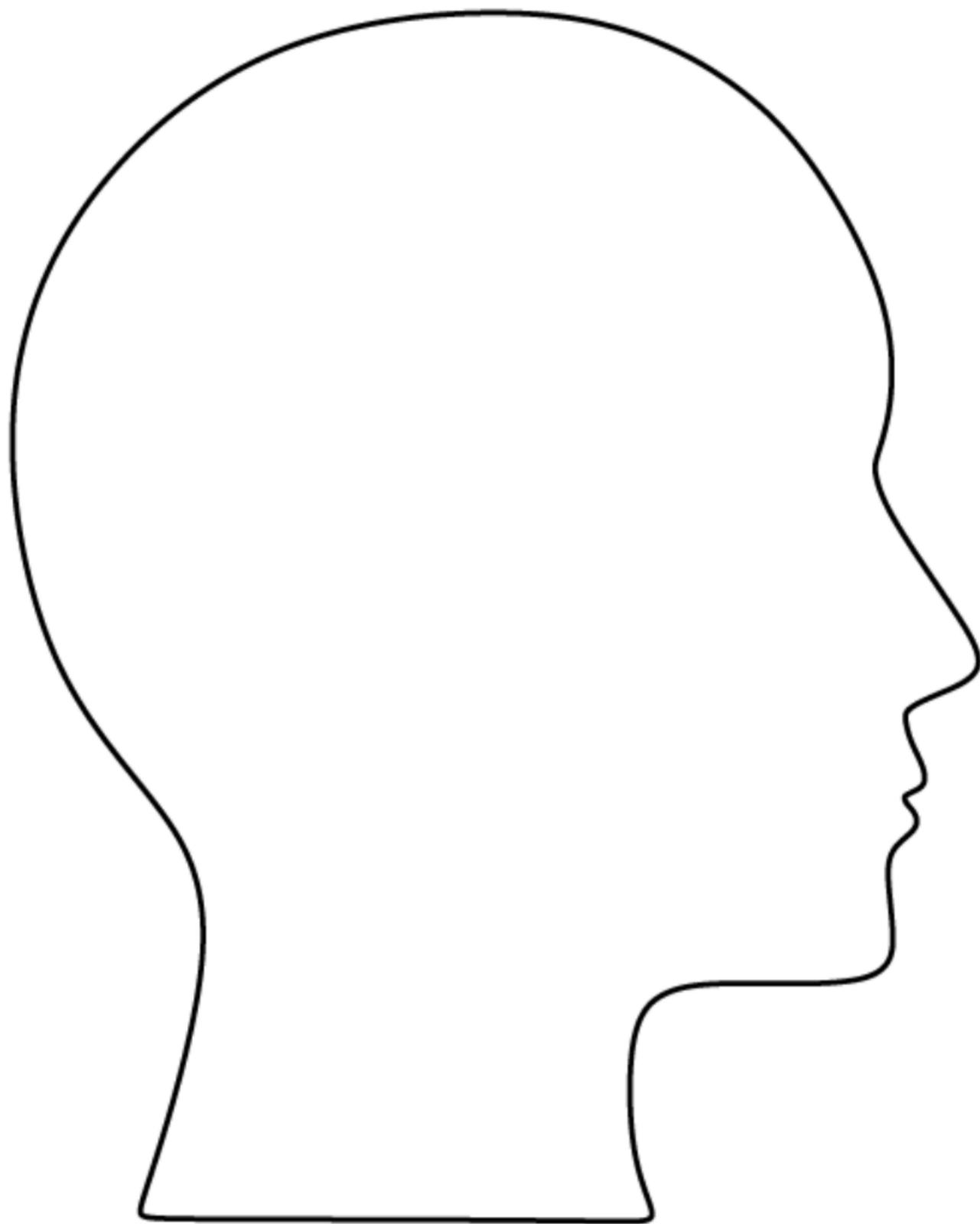
BY: AMBASSADORS ZAINAB, JOSEPHINE, AND MAGDA

In the United States immigrants are vulnerable to trafficking because of their lower levels of education, inability to speak English, and immigration status.



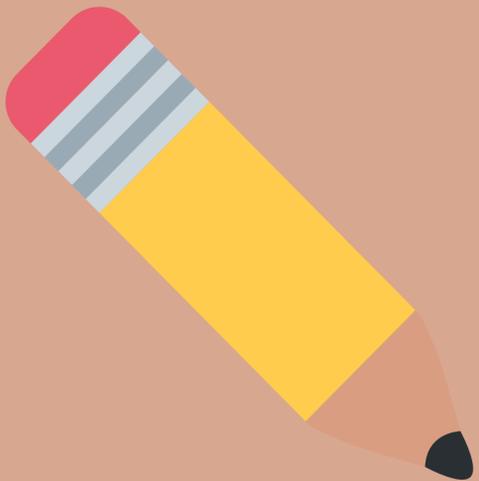
# SILHOUETTE

\*Print\*



# INSTRUCTIONS

1. Print out the silhouette in the above slide
2. As you read through the slides, draw a picture or write a word/phrase that reminds you of the information you read on each slide
3. If any information inspires you or is new and strikingly, add it to your silhouette as well



# How can immigrant youths lower their risk?

Unsure of the red flags associated with trafficking?



Go to

<https://www.state.gov/identify-and-assist-a-trafficking-victim/>

to learn how to spot and stop trafficking.

New to town or unsure of  
where to get help near you?



Go to

<https://humantraffickinghotline.org/training-resources/referral-directory>

to find education and opportunities close to home. If you're unable to go anywhere, call or text the National Human Trafficking Hotline directly.

# HOW CAN YOU PROCESS BEING AT HIGH RISK?

The most important thing to consider when processing something like this is how you take care of yourself. Self-care is important to help you process stress and keep your mental health up.



# Practicing self care

## Practice the 4 A's of stress management

**Avoid** - Take control of your environment and avoid people/places that stress you out when necessary. If there are situations you don't HAVE to be in that make you feel unsafe or stressed out, keep yourself out of those situations.



**Alter** - If you can't avoid the people/situations that are stressing you out and making it hard to process being at high risk, express your feelings instead of keeping them bottled up. Find a trusted friend or family member that you feel comfortable with, and tell them about everything you're feeling, and let them work through it with you. Come up with ways to make you more comfortable around the stressful people/situations that you can't avoid.

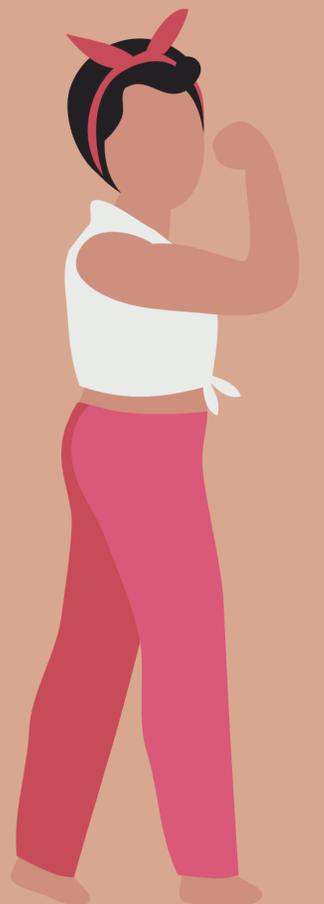


# Practicing self care

## Practice the 4 A's of stress management

**Adapt** - Try viewing stressful situations from a more positive perspective, and adapt to them in order to regain your sense of control. Look at the situation big-picture style: How important will it be in the long run? Will it matter in a month? In a year?

**Accept** - Sometimes, situations and your thoughts are unavoidable. When this happens, don't spend time trying to change what can't be changed -- that'll only stress you out more. Sharing your feelings with a loved one or a professional can be very cathartic and take a big weight off of your shoulders. Remember, you never have to go through things alone.



# Practicing self care

Take time to focus on yourself!

Set aside time for yourself, even if it's just 15-20 minutes a day. If you're constantly working and busy, you have no time to unwind and take care of yourself, which can lead to a buildup of stress. Taking time for yourself to think is a big step in processing heavy information



Mindful meditation is proven to have a calming effect on the brain. Meditating for even a small period of time can reduce anxiety, depression, and stress.

Yoga is another way to reduce stress and increase wellness. It's good for both your mind and body, improving flexibility and connecting mind and body.



# PRACTICING SELF CARE

## Understand the source of stress

“Immigrant guilt” often prevents children of immigrants from talking to their parents about their mental health issues. This is because many immigrants have given up on their personal hopes and ambitions in order to provide an optimal life for their child. They sacrifice their dreams so that their children may one day have the opportunities they themselves never got. Many children of immigrants grow up conscious of this fact, and spend their lives trying to prove to their parents that their sacrifices were not in vain.



Many lower-middle class immigrant families have to do hard work for little money, and the little money they have goes to food, shelter, and basic utilities. Because these necessities take up most if not all of the budget, health struggles of immigrant families are not given much thought. This especially applies to the invisible struggles with mental health.

# PRACTICING SELF CARE

## Understand the source of stress

Dependent relationship dynamic plays a part in family relationships in immigrant families. In many families, the role of parent and child are defined. Parents give birth to children and are responsible for loving and providing for them. In immigrant families, the relationship is much more complicated. Children of immigrants often feel responsible for teaching American culture and language to their parents, who are at the disadvantage of not having grown up here. Immigrant children often take on the responsibility of learning to translate documents, bills, and laws to their non-native family members from a young age. This creates a shift in the parent-child relationship, exposing children to family struggles much earlier in life.



# IMMAGRINT CHALLENGES

Immigrants may not be fluent in English, making it harder to safely communicate with strangers and to ask for help

At risk of being groomed with promises of good job opportunities, which can be harder to come by for immigrants

Traffickers can control victims by using their fear of deportation

