



# MY FAMILY'S SUPPORT PLAN



Every family benefits from having a plan for unexpected situations. Use the checklist below to start conversations and preparations for your family.

## START THE CONVERSATION AT HOME

Regular family conversations help build trust and understanding. Choose a calm moment to check in, listen to one another, and invite questions. Conversations do not need to be perfect—what matters is creating space where everyone feels heard and supported.

### How to start:

- Pick a quiet time (mealtime, bedtime, or a walk)
- Ask open-ended questions
- Let children and adults share at their own pace

## KNOW YOUR FAMILY PLAN

A family plan helps everyone know what to do if routines are disrupted. Talk through simple steps together so each family member understands where to go, who to contact, and how to stay connected.

### How to prepare:

- Identify trusted adults
- Choose meeting places or check-in plans
- Practice talking through the plan together

## KEEP IMPORTANT INFORMATION SAFE

Organizing key information ahead of time can reduce stress during unexpected situations. Keeping details in one safe place helps trusted adults support the family if needed.

### How to organize:

- Gather important contacts and documents
- Make copies and store them securely
- Post important contacts in a visible area
- Share access with a trusted person

## TALKING TO YOUR CHILDREN ABOUT IMMIGRATION

Children feel more secure when they understand what to expect. Age-appropriate conversations help reduce fear and build reassurance, even during uncertain times.

### How to support children:

- Use simple, honest language
- Reassure children they are cared for
- Encourage questions and feelings
- Talk about their rights and what to do when encountering ICE

## LEAN ON YOUR COMMUNITY

Families are stronger when they stay connected to others. Building relationships with trusted people and community spaces creates a support system that families can rely on.

### How to build connection:

- Identify people you trust
- Share plans with those you feel comfortable with
- Stay connected through school and community spaces
- Connect with vetted and trusted community resources

## PREPAREDNESS IS AN ACT OF CARE

Planning ahead is a way families show care and responsibility for one another. Taking small steps now can help families feel calmer, more confident, and more connected.

### How to begin:

- Start with one small step
- Revisit plans as your family changes
- Remind each other that planning is about love and safety
- Find red card and memorize the information

## AN INFORMED COMMUNITY IS AN EMPOWERED COMMUNITY

SAUSD is committed to supporting families. Our schools are spaces of care, connection, and belonging, and we are here to walk alongside you.

For more resources, guides, and information please visit [bit.ly/SAUSDKYR](https://bit.ly/SAUSDKYR) or scan the QR code:

