



# Surviving & Resisting: Defending DACA

## A Toolkit For DREAMers

#ICRaceLab

Dr. Nayeli Y. Chavez-Dueñas & Dr. Hector Y. Adames

1. Allow yourself to feel whatever this injustice evokes in you. If you feel angry, fury, sadness, numbness or pain, please know it's okay and it is normal to feel the way you do!
2. Express your emotions in ways that are safe and do not allow others to tell you how you "should" feel in this very moment. Your feelings are your feelings; they are normal, valid, and okay.
3. Reach out and connect with people who love you, support you, and who validate and affirm your humanity. Connect with others who understand why the end of DACA is so significant.
4. Ignore and avoid those who emotionally drain you, those who question and/or invalidate your experience. It is perfectly okay to put your needs first.
5. Identify things to do that will help you relax. Try listening to music, doing art, watching films, exercising, connecting with others. Do whatever works best for you.
6. It may be time to seek professional help if you notice changes in your mood, appetite, or sleep that persist and begins to affect you at school, work, or your relationship with others. There are professionals willing and able to help you.
7. If you have thoughts about death, wanting to die, or a desire to hurt, harm, or kill yourself please call someone you trust right away or call a suicide hotline. Here is the national suicide prevention hotline 1-800-273-8255. We need you and your life matters.
8. You will survive this with the love, support, and solidarity of your friends, family, and community. You are not alone. You are loved. Millions are standing with you!
9. Remember that you have learned so much in the past five years! With DACA, you made connections to know that you are not helpless nor voiceless. You created change with your organizing and activism. Now you know you can do it again!
10. Celebrate and honor your parents who are the heroes and sheroes that all children deserve to have. They sacrificed it all in search of a better life for you.
11. Above all, remember and know that your ancestors were warriors who survived it all. Their spirit, *ganas*, and might live inside of you. They survived it all, and so will you! Hate is not strong enough to destroy the spirit of a People born dignified. Together we will overcome.

