



California Association for Bilingual Education

## CABE STATEMENT ON ELECTION CONCERNS

Dear CABE Familia,

As the results of the recent presidential election are awaited, we recognize the many feelings and uncertainties that may be stirring within our community. CABE remains steadfast in its commitment to equity, inclusion, and opportunities for multilingual learners, educators, and families. We particularly stand by those from immigrant communities, communities of color, and all who may feel more intensely impacted by the current climate.

In these moments, taking care of our well-being is crucial. We have thoughtfully curated a collection of resources and tools to help educators and parents guide meaningful conversations, build resilience, and foster supportive environments for both students and families in your communities. These resources are here to support you in navigating the post-election atmosphere with a focus on positive dialogue, emotional health, and unity. Together, let's continue to create spaces that uplift and reassure the importance of building a strong sense of community. Here are some practical resources and tools for your use:



# TIPS FOR TEACHERS

Teachers play an important role in providing stability, understanding, and support during times of uncertainty. By implementing these practices, educators can help their students feel more secure and hopeful, no matter the outcome of an election.

## 1. Foster a Safe Space

- **Open Discussions:** Create opportunities for students to express their feelings in a safe and supportive environment. Use age-appropriate discussions to address concerns without focusing too much on political details.
- **Reassurance:** Reinforce that the classroom is a safe space where all students are valued and respected, regardless of external circumstances.

## 2. Educate About Rights and Coordinate Support

- **Share Knowledge:** Help students understand their rights in a way that is comforting and empowering. Use simple language to explain that laws protect children and families. To navigate current and controversial issues effectively, coordinate with your administration to align on policies and support, use NEA's "Know Your Rights" resources if needed, and collaborate with colleagues to create a unified approach that provides students a balanced, reflective learning experience.
- **Resources:** Provide resources or contact information for parents who may have questions or concerns about rights.

## 3. Emphasize Routine and Stability

- **Maintain Structure:** Ensure that school routines and classroom schedules remain consistent. This stability can provide comfort and reduce anxiety in uncertain times.
- **Predictability:** Encourage students to engage in activities that bring them joy and a sense of normalcy, like storytelling, group projects, or creative tasks.

## 4. Build Trust and Connection

- **Be Approachable:** Let students know that you are available to listen and support them if they have concerns.
- **Relationship Building:** Strengthen your connection with your students by showing genuine care and interest in their lives and experiences.

## 5. Integrate Social-Emotional Learning (SEL)

- **Mindfulness and Relaxation:** Include activities that focus on mindfulness, breathing exercises, and stress management.
- **Emotional Vocabulary:** Teach students to identify and articulate their emotions, which can help them process their feelings more effectively.

## 6. Use Inclusive Language and Materials

- **Culturally Responsive Teaching:** Integrate stories, examples, and activities that reflect the diverse backgrounds of students to promote a sense of belonging.
- **Representation Matters:** Ensure that the learning environment includes books, posters, and resources that showcase a wide range of cultures and stories.

## 7. Provide Reassuring Communication for Parents

- **Outreach:** Send letters or emails offering reassurance and highlighting the support systems in place at the school.
- **Parent Workshops:** Organize meetings or workshops to equip parents with strategies to comfort their children at home and share community resources for additional support.

## 8. Avoid Political Bias

- **Stay Neutral:** Keep classroom discussions age-appropriate and free from personal political views. Instead, focus on kindness, empathy, and community building.
- **Empower Students:** Teach students the importance of understanding differences and treating everyone with respect.

## 9. Encourage Empathy and Support Among Peers

- **Team Building:** Facilitate group activities that promote collaboration and peer support.
- **Celebrate Diversity:** Highlight positive stories and traditions from various cultures to create unity and mutual understanding among students.

## 10. Keep Yourself Informed and Supported

- **Stay Educated:** Understand the broader context of policies and possible changes that may affect your students so you can respond accurately and empathetically.
- **Self-Care:** Remember to take care of your own emotional well-being so you can continue to be a strong, calm presence for your students.
- **Be aware:** Students and families who are undocumented or in mixed status families are experiencing particular threats of immigration sweeps, and that anti-immigrant rhetoric is rampant in both parties. If your school does not have an action plan in place for what happens if a parent is picked up by ICE during the school day, this might be a conversation to have ahead of time.

# TIPS FOR PARENTS

## 1. Stay Informed from Reliable Sources

- Follow trustworthy news outlets and community organizations to get accurate information about policies that might impact your family.
- Be cautious of misinformation and rely on sources known for fact-checking and balanced reporting.

## 2. Connect with Local Community Resources

- Join local immigrant support groups or community centers that can provide guidance, resources, and updates.
- Attend community meetings or webinars where experts explain rights and changes that could affect immigrant families.

## 3. Know Your Rights

- Educate yourself and your family members about your rights, especially if you are an undocumented immigrant or in the process of obtaining legal status.
- Carry “Know Your Rights” cards and teach family members what to do if approached by authorities.

## 4. Seek Legal Advice

- Consult with an immigration attorney or nonprofit legal aid organization to understand your status, options, and any proactive steps you can take.
- Check for free or low-cost legal aid services in your area that cater specifically to immigrant communities.

## 5. Create a Family Plan

- Develop a family safety plan that includes emergency contacts, important documents, and steps to take in case of an urgent situation.
- Have copies of birth certificates, passports, and other essential paperwork stored in a safe and easily accessible place.

## 6. Focus on Mental Well-being

- Emotional well-being is essential during uncertain times. Talk openly with family members about fears and encourage one another.
- Consider speaking to a mental health professional who can help process anxiety related to these worries.
- Engage in relaxing activities together, such as family walks, art projects, or community activities, to create moments of connection and relief.

## 7. Stay Engaged in Your Community

- Being involved in local events, school activities, or neighborhood groups can foster a sense of unity and purpose.
- Community involvement can also provide a sense of stability and help families feel more connected and supported.

## 8. Advocacy and Civic Engagement

- Engage in advocacy efforts through organizations that support immigrants' rights.
- Help raise awareness or participate in safe, peaceful demonstrations that promote unity and understanding.

## 9. Reach Out for Support

- Talk to friends and extended family members who might share similar concerns.
- Utilize online forums or networks that connect immigrant families for mutual support and solidarity.

## 10. Remember Your Strengths

- Immigrant families often have a history of resilience and strength. Remind each other of the challenges you have already overcome.
- Focusing on shared values and goals can help shift the perspective from fear to hope for a brighter future.
- Facing uncertain times can be difficult, but taking proactive steps and leaning on supportive networks can make a meaningful difference.

# DISCLAIMER

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## RESOURCES

### **Crisis Text Line**

Users can text the key word “election” or “elecciones” to 741741 to flag that they are specifically anxious or stressed about the election. <https://time.com/7096438/election-stress-crisis-text-line-988/>

### **PBS SoCal**

[5 Easy Ways to Talk to Kids About Voting | Early Childhood](#)

### **Child Mind Institute**

[Guidance for Speaking to Kids About the Election](#)

### **American Psychological Association**

[Talking to children about the election](#)

### **Justice for Immigrants**

[Diez cosas que ustedes pueden hacer para acompañar a los inmigrantes indocumentados](#)

### **The New York Times**

[Ideas for Student Civic Action in a Time of Social Uncertainty](#)