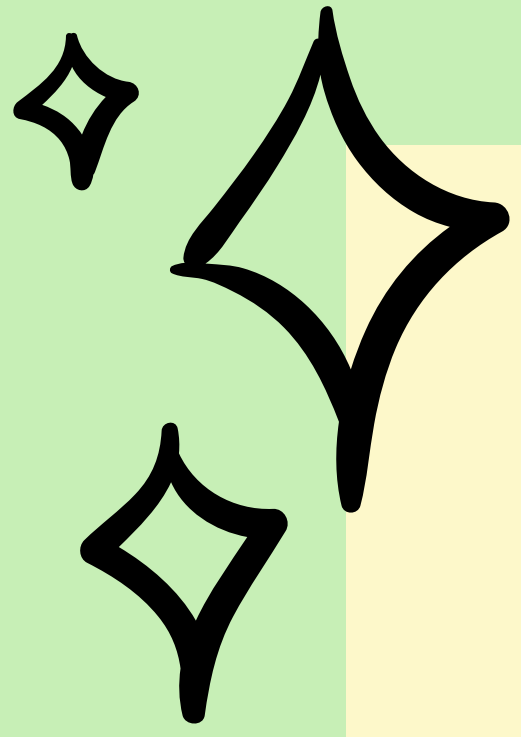




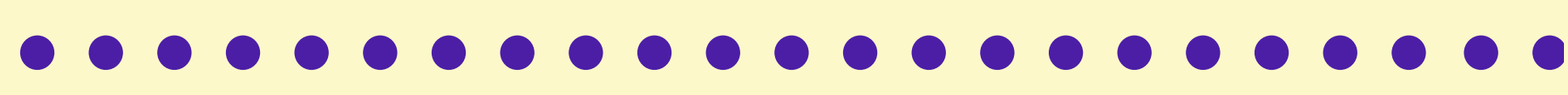
# VISIONS OF A NEW WORLD

**CULTIVATING FREEDOM FOR FUTURE  
GENERATIONS**





# GRATITUDE NOTE

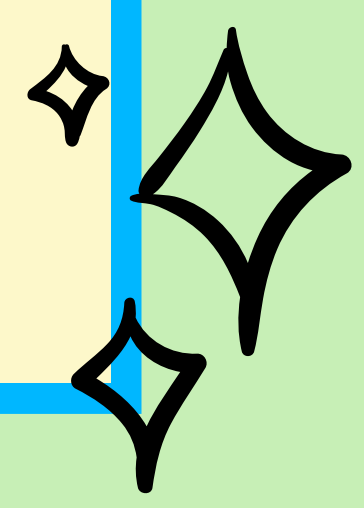


Thank YOU to you for taking the time to read this.

Deep gratitude shared to the Roots for Peace (R4P) Zine Committee including Michelle, Andrea, Brenda, Mar, Xochil, and AFSC staff who dreamed up and put this project together.

Sincere gratitude to all the creative souls that poured their heart, vulnerability, and stories into creating this community zine. Thanks to them, R4P community and the justice movements that provide us with inspiration and healing.

We are fortunate to coexist in this universe with you all and we look forward to continue cultivating a world where we are all free.



This project made possible with the support of Roots for Peace Program staff & the American Friends Service Committee





# ZINE CONTRIBUTORS



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she/her



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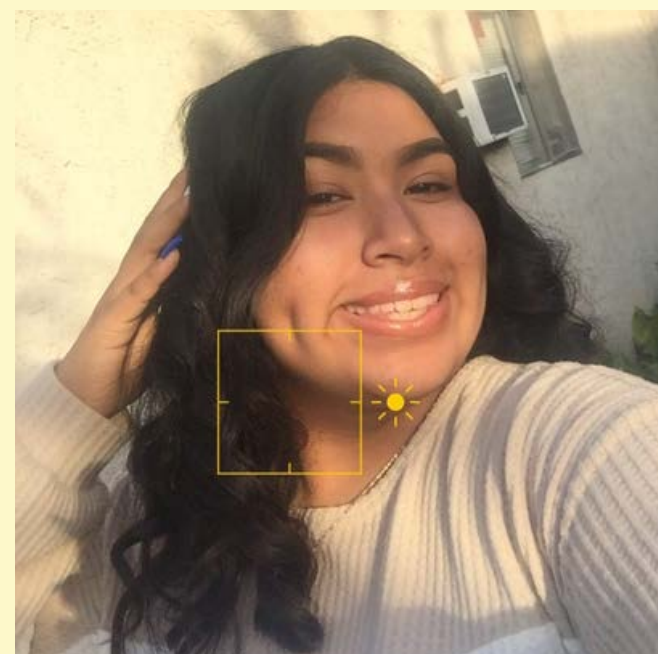
**xochil ramirez**  
they/them



**davona watson**  
she/they



**mar hernandez**  
no pronouns



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she/her



**carlos reyna**  
he/him



**DEAR READER,**

the following page is a remembrance of all of those who have passed away due to state and systemic violence. Continue to demand justice for those who left us too early. Continue to mourn, grieve, rage - simply continue to BE.

The following names are of only some of those whose lives been cut short by state sanctioned violence, theres is many more, SAY THEIR NAMES!

***Black Lives matter today,  
tomorrow- always.***

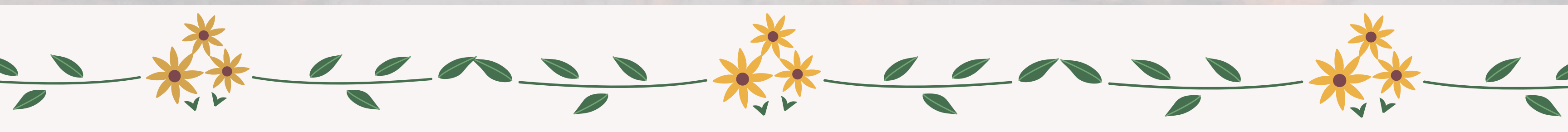






Quintonio Legrier  
Akai Gurley  
Manuel "Mannie" Elijah  
Andres Guardado  
Shelly Frey  
Darrius Stewart  
Botham Jean  
Dion Johnson  
Michael Brent Charles Ramos  
Eric Garner  
Dominic Hutchinson  
Rodney King  
Billy Ray Davis  
Tony McDade  
Willie Tillman  
Eric Reason  
John Crawford III  
Tamir Rice  
Jordan Edwards  
Dominique Clayton  
Dreasjon "Sean" Reed  
Brendon Glenn  
Philando Castille  
Freddie Gray  
Natasha McKenna  
Sandra Bland  
George Floyd  
Torrey Robinson  
Mary Truxillo  
Michelle Cusseaux  
Salvado Ellswood  
David McAtee  
Breonna Taylor  
Randy Nelson  
Pamela Turner

Aura Rosser  
Felix Kumi  
Walter Scott  
Mya Hall  
Atatiana Jefferson  
Ezell Ford  
Charles "Chop" Roundtree Jr.  
Trayvon Martin  
Malice Green  
Alexia Christian  
Antwon Rose Jr.  
Bettie Jones  
Nina Pop  
Jerame Reid  
Tanisha Anderson  
Tony McDade

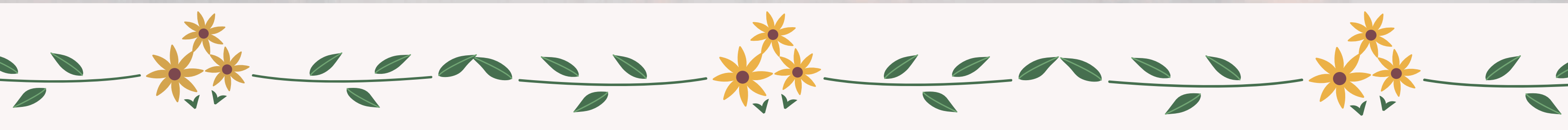






**rest in power:**

write in your own people, ancestors,  
who you want to remember





# R4P Freedom school in quarantine times

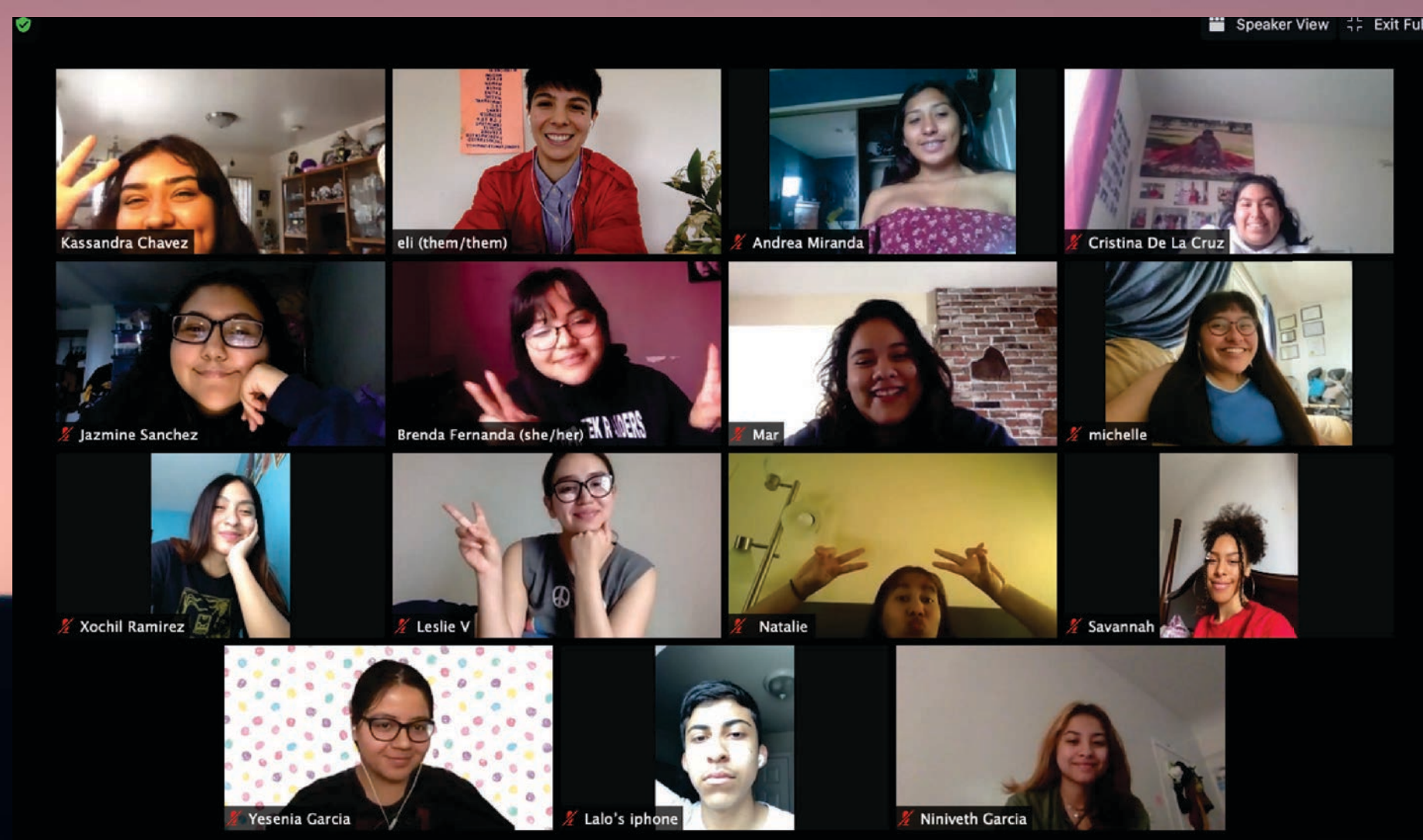
It wasn't easy to plan to facilitate a virtual Freedom School two weeks before our program start date. Through partnership calls with @67Sueños, AFSC's Global Youth Network, quick virtual trainings with @Training4Change, we went for it feeling mas o menos grounded amidst the chaos. We believed in our team, our vision, and felt an importance to try it on as everyone else did as well.

## **R4P 2020 Freedom School was a project of many!**

The R4P Youth Program facilitation team including 4 youth alumni and staff held it down with 11 amazing youth participants. Together we committed to 15 days of social justice training, gardening, making art, building community, & taking action through "Hour of Action!" on Fridays in support for @StudentsDeserve and @PeoplesBudget-LA efforts.

## **Shout out to those who supported R4P Freedom School:**

- Beto & Jackie, 67 Sueños
- Nia, AFSC Youth Programs
- Crystal, AFSC LA R4P
- Dilia, Communities for Better Environmnet
- Jas, our Natural Medicine Workshop
- traci, Yoga Workshop / Webs of Wellbeing
- Ivette, Dignity & Power Now
- Davona, BLM-LA
- Sage from CSU
- Megan &
- And many more!



by eli



# Freedom School during Covid-19

Freedom School 2020 was a new experience. I had to virtually connect and little by little get comfortable expressing myself among new people. I realize that because of the pandemic we all went through some kind of struggle, but we were able to make time and virtually connect. With the fear of exposure to the virus zoom meetings were the best option.

Thanks to this experience i feel like a gained a new family, everyone is so kind and very supportive.

-Andrea Miranda

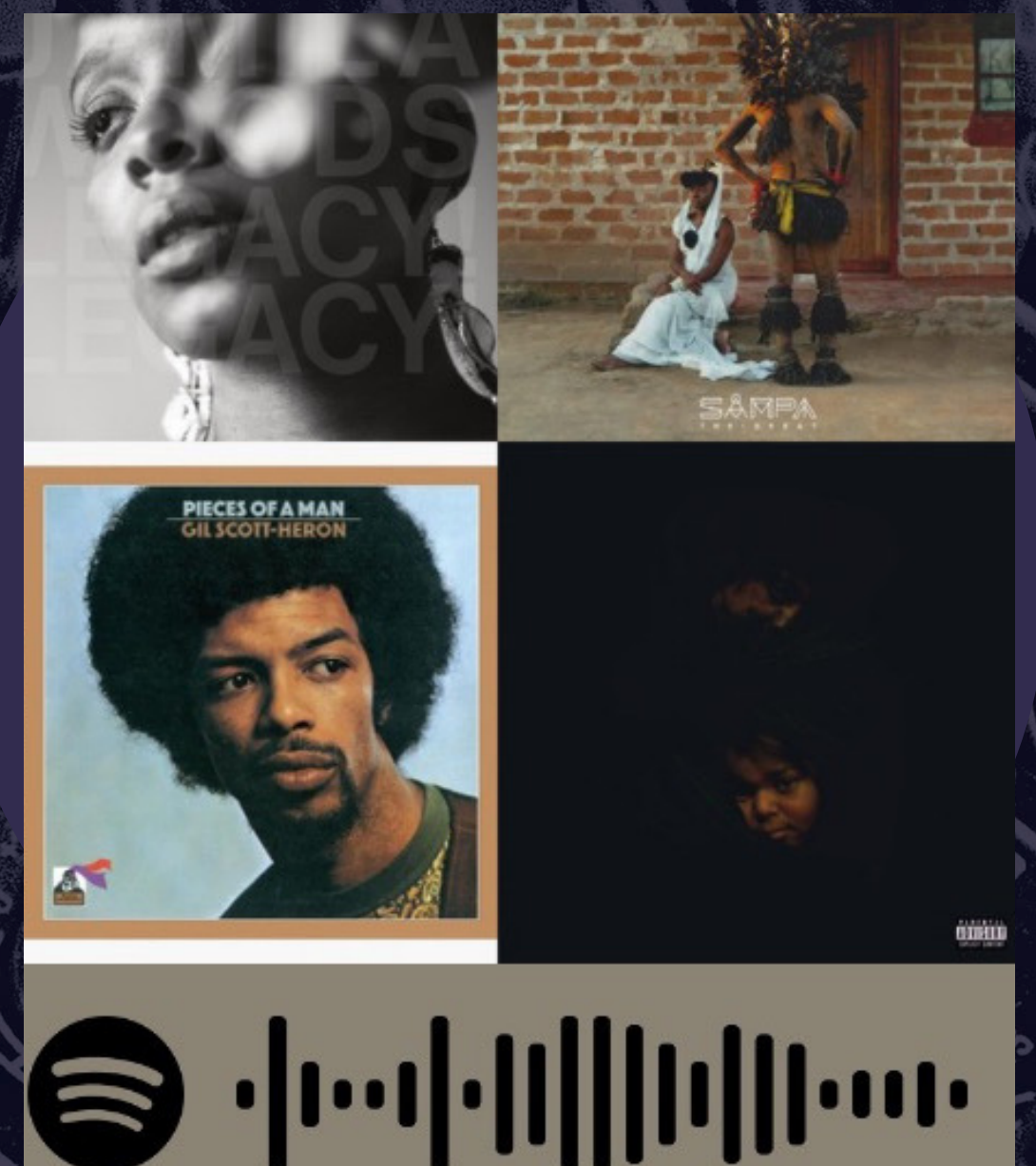
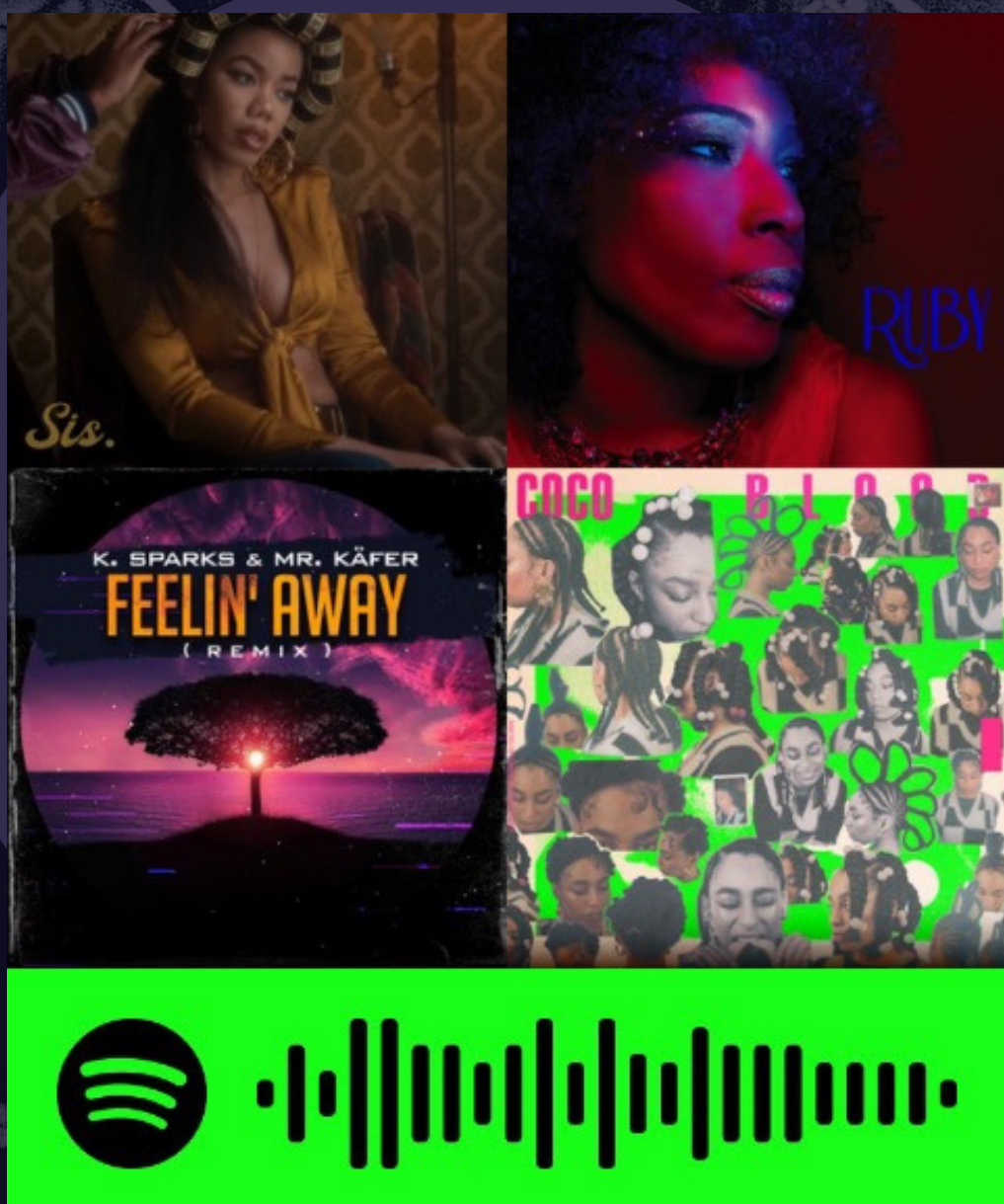




**Music is the glue that holds us  
together. No matter what  
emotions you are feeling, music  
has your back**  
**-Mar**

## **Inspirational tunes**

**A laidback, groovy,  
intergalactic playlist**

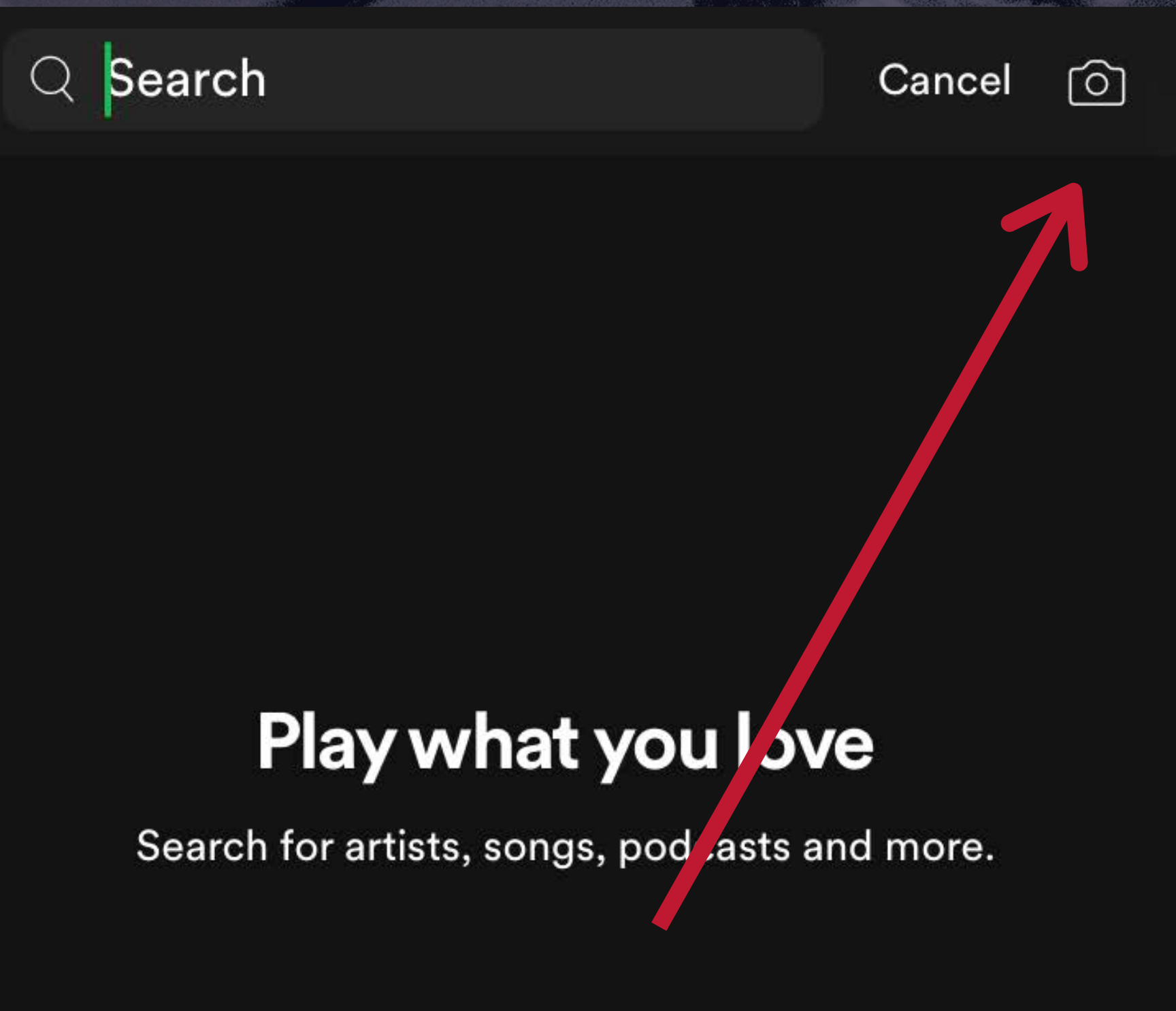


## **Roots for peace playlist**



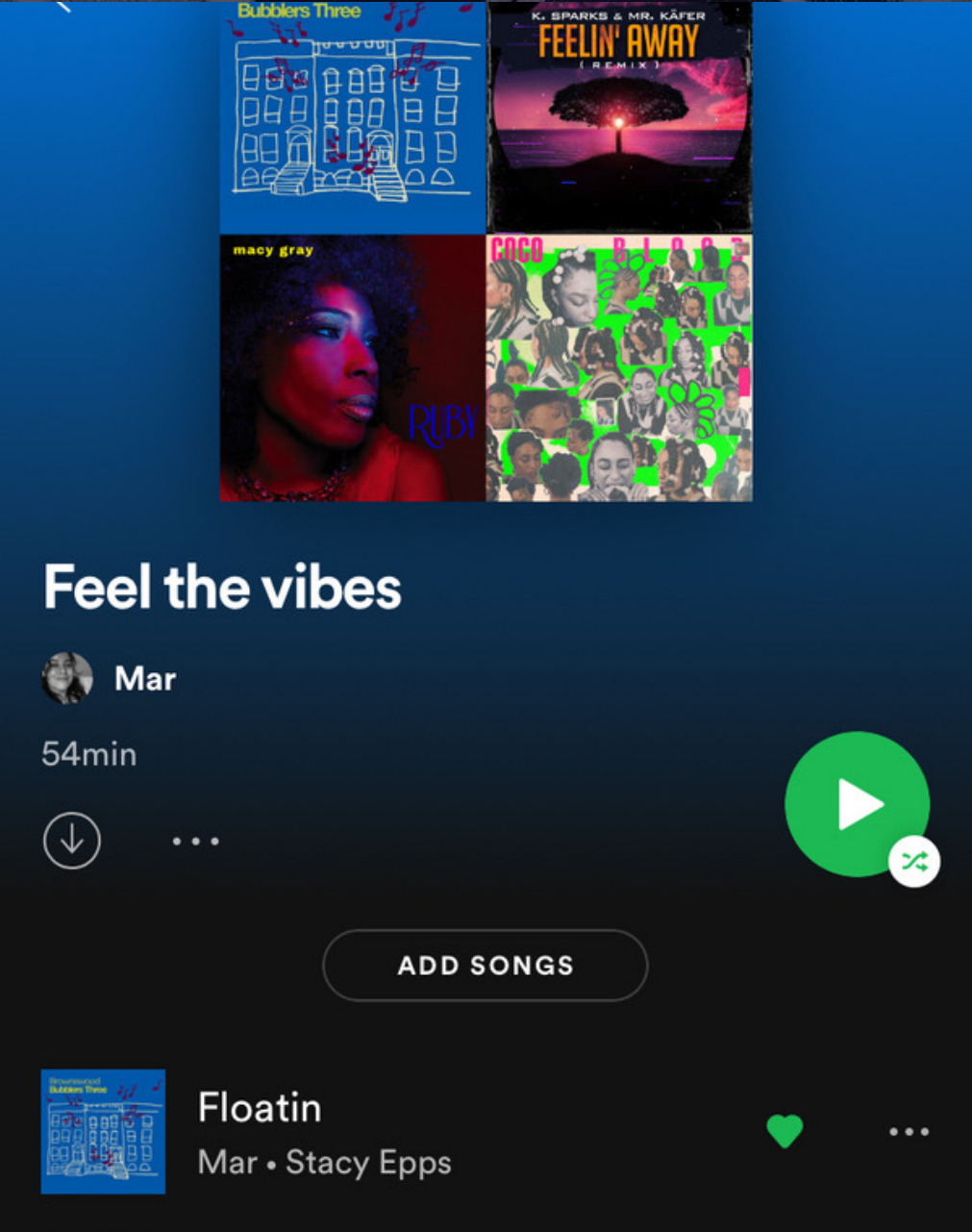
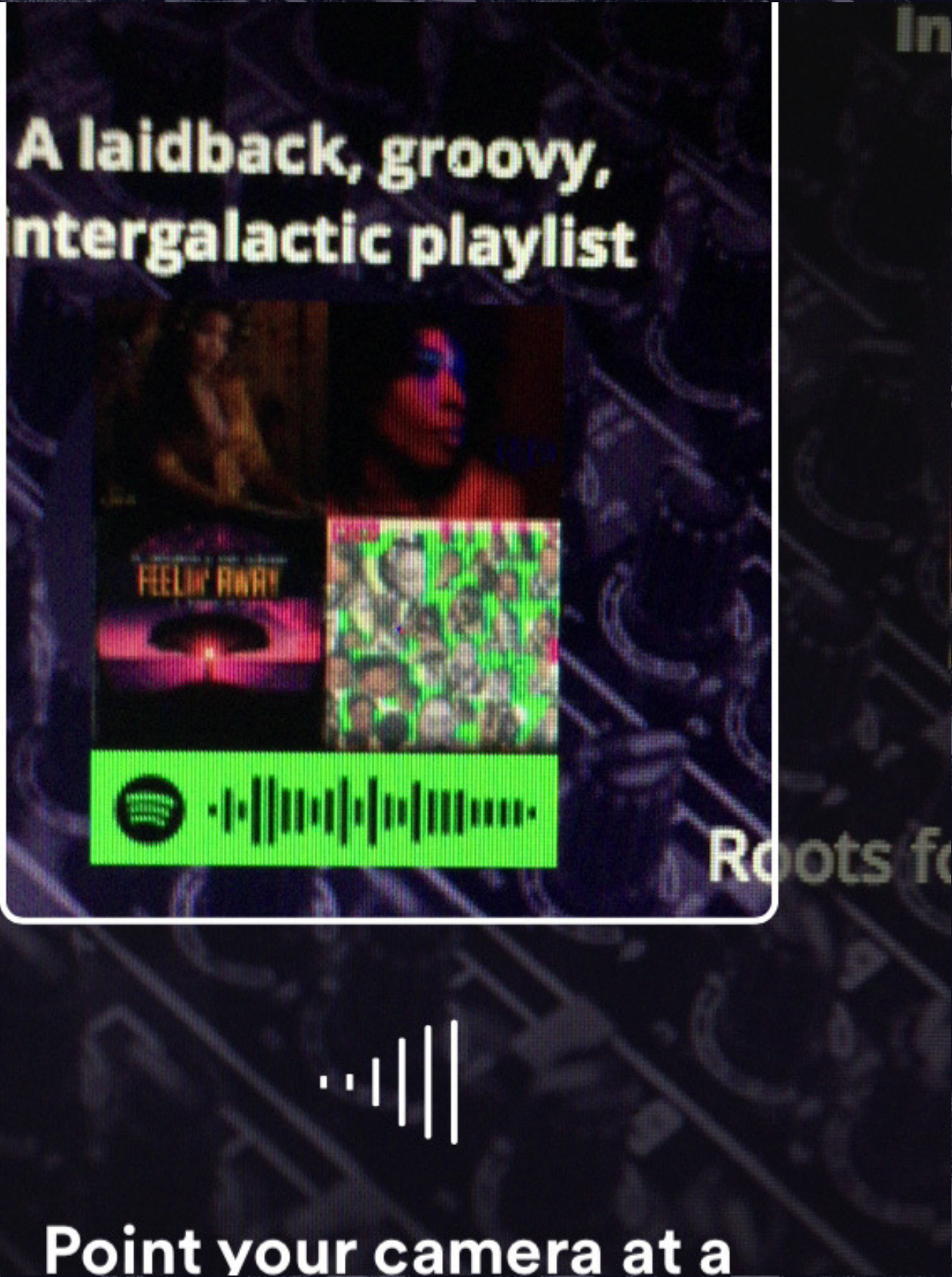


Step: 1  
open spotify " search bar" & tap on  
camera icon



Step:2  
Focus camera on  
playlist above

Step :3  
Sit back & Enjoy

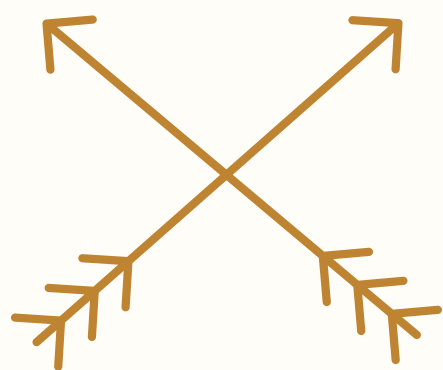






# I.

## ANCESTRAL, CULTURAL & LAND PRESERVATION



THE MANY WAYS WE CONTINUE TO PRESERVE OUR  
ANCESTRAL KNOWLEDGE, CULTURE AND THE LAND  
WE LIVE ON.





# Elderberry Syrup

From Local Herbalist Brittany Wood Nikerson of Thyme Herbal in Conway, MA

## Ingredients

- 6 tbs. Fresh Elderberry or (4 tbs. dried)
- 1 tsp. Fresh Ginger
- 2 cups Water
- 1/2 cup Raw, Unrefined Honey
- 1/4 cup Brandy (optional)



## Directions

- Combine elderberry, ginger, and water in a saucepan and simmer on low until the the liquid volume reduces by half (to about 1 cup).
- Strain berries and ginger from decoction and add 1/2 cup of honey (or another natural sweetener) and brandy (optional).
- Mix until the honey dissolves and all ingredients are combined.
- Stored in refrigerator will usually last up to 3 months and even longer with addition of brandy.
- To make an alcohol-free syrup try raw unrefined apple cider vinegar instead of the brandy.
- You can also add some fresh squeezed lemon juice to this recipe. Lemon juice is high in vitamin C and also acts as a preservative.



-Andrea Miranda



# How to make Mole Oaxaqueño

Mi lado Oaxaqueño by: Michelle Hernandez

## ***Ingredients:***

- ***A tooth of garlic***
- ***Chicken Breast***
- ***Mole Negro (paste)***
- ***1 tbsp of salt***
- ***2 tablets of chocolate abuelita***
- ***1/2 of a white onion***



## ***Procedure:***

- 1. Clean chicken and cut any fat***
- 2. Fill pot with hot water and make sure to cover chicken***
- 3. Add garlic, 1/2 onion, and 1 tbsp of salt***
- 4. Let boil for 40 mins on high fire and afterwards throw away garlic and onion***
- 5. In another pot, 4 cups of caldo from chicken, put 2 tablets of chocolate, and add mole paste***
- 6. Mash both the chocolate and mole paste with a spoon***
- 7. Check that the mole is at your taste (more chocolate=less spicy//more caldo=less thick)***
- 8. Put chicken to the pot with the mole created***

-Michelle Hernandez



CROPS NOT COPS



*I communicate with my ancestors through the soil and food I cultivate.*

## **Food Justice**

**Access to fresh, healthy, locally grown and culturally appropriate food. Living wages and fair working conditions for all food system workers. Community control over food systems, through community-based agriculture.**

***-Yesenia Garcia***



# MI NIÑEZ EN LA MILPA

mi cuerpo recuerda la agonía y la lástima  
pero también recuerda el amor que se ha fortalecido  
en esta transformación

mis manos sienten las hojas secas de maíz  
escucho al pájaro cantando  
con las criaturas de bajo la misma luna

la semilla guía mi espíritu  
hasta el centro de mis huesos que están sanando  
y las estrellas comparten cuentos  
del futuro, de lo posible  
donde puedo respirar en un mundo  
sin fronteras, sin jaulas, sin miedo

hoy amanezco con lágrimas llegando hasta mi pecho,  
donde mi corazón vive  
donde puedo complacerme en el amor infinito  
que me ofrece luna, sol, y agua

donde puedo sembrar por kilómetros  
entre sonrisas con flor de girasol  
y con pelitos del elote que bailan con el viento, con  
un espíritu libre

y conversaciones con el helecho  
que me ayudan a recordar su voz de la tierra  
que susurra en mi oído  
con esperanzas de mantenerla viva

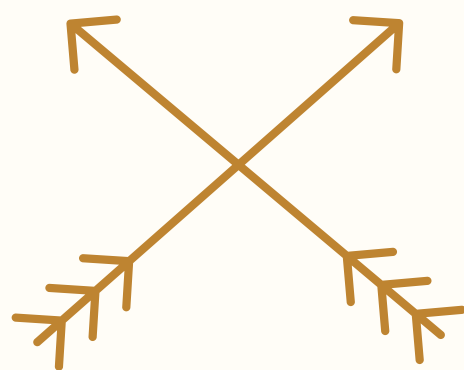
e regresado a la tierra de libertad  
where I'm free to soften my gaze  
as i watch the clouds crying a dance  
rooted in tranquility and patience  
this memory lives within my veins





# II.

## RADICAL RESILIENCE TOWARDS COLLECTIVE & SELF HEALING



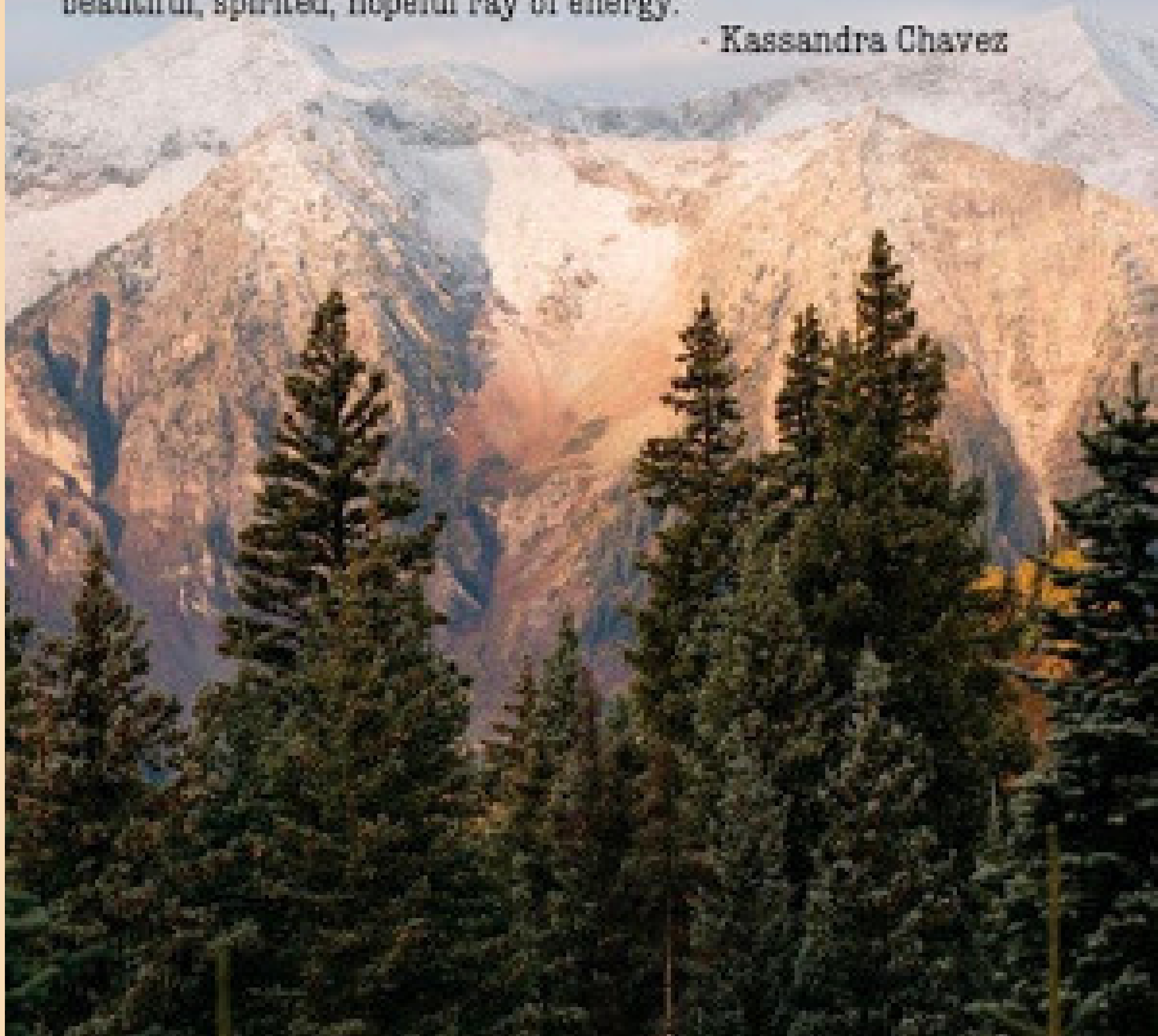
THE RESILIENCY IN OUR LIVES THAT PAVE THE WAY  
FOR HEALING SELF, COMMUNITY, & THE WORLD





In a world full of hate and love I want to be seen  
Not for the color of my skin, not for my unideal body, not for my  
choice of clothing but for me  
I want to be seen for my ideas, hopes, and dreams  
I want to be seen as more than an object  
I want to be heard, heard for all my ideas and thoughts that may  
contradict your beliefs yet I want to be respected for them.  
I don't want to be seen as your object, your maid, your baby maker, oh  
please let me be seen as me  
I'm my own person who has beautiful hopes and dreams for this world  
so don't silence me, don't judge me and don't stop me from radiating.  
I want to be seen for me and all the beautiful things I offer, I do not  
want to be seen for my body that goes against your beauty standards.  
I want to be seen for the way I radiate when speaking about my  
passions , I want to be seen for my pure heart, I want to be seen as an  
individual who wants nothing but the best for the ones they love.  
Please don't see me as a un idealistic body, please don't see me as  
someone who can please you, please don't see me as a disappointment  
for not looking like the girls on magazines, please don't see me as a  
failure for struggling in life but instead see me for what I am.. a  
beautiful, spirited, hopeful ray of energy.

- Kassandra Chavez








ORIGINAL ART PIECE CREATED BY:  
@LAURAHEARTLINES



SUBMISION BY: CARLOS "LALO" REYNA





**Gardening to me is calming,  
peacefulness and having  
freedom. Whenever I go  
outside I just feel the light  
breeze of air and wind  
lushing through my hair and  
skin. Giving me those  
calming vibes. That just  
make me feel the best. Some  
type of connection to the  
earth. Like giving back some  
new plants. That will soon  
grow into amazing great  
crops. For this lusher earth  
of ours. Gardening just gives  
me that connection with  
earth that is special  
- Cristina De La Cruz ♡**



In the future you're going to refrain from building houses and begin building homes where LOVE and FREEDOM can coexist.

You're going to rip off from your back all the strings that tie you to your old self, the one you had trouble defending, the one you had a hard time speaking up for.

The one who knew how bad the pain would hurt but who was oblivious about the permanent scars it leaves behind.

Most importantly you're going to be able to forgive yourself, just like all the times you have forgiven people who never offered an apology.

You'll wake up one day and enjoy the company of the person you love most (yourself).

You'll begin feeling safe even after you've come to terms with the reality that you will never truly fit into this world, simply because you were not created to be molded.

They say science doesn't go well when talking about love, but Earth is our galaxy's lungs and you are both; the air and stardust that's framing and filling the dull places of this planet.

If that ain't love, then tell me what is?



There will come a time when you won't have to worry if your walls are thick enough to keep your 2 p.m. cries from being heard. Instead you'll find out that letting yourself dissolve in people's words and loud laughter is the perfect remedy and that a closed ego and open heart is the best melody.

Your tears will make up a beautiful flowing river, where you will no longer have to suffer from sedation.

I hope you open your heart to the sound of the world around you and I hope it doesn't consume you, but instead embraces you.

I hope you know that happiness will find you and sadness will too but when life gets hard, because it will- I hope you remember the look in the eyes of your mother after a shared laugh, and the many eyes of the people who love(d) you.

I hope you hold on to who you are when no one else is looking, because the most important home you'll ever build is the one within yourself.

A place where your ugly cries and non stop laughter will live.

When you build such home, I hope that instead of walls you build the bridges you someday see yourself crossing.

Pick someone you wouldn't mind crossing them with and LIVE - don't fear the death of your body, because your energy will transfer into the everlasting love holding this world together.

This is home.

it's here. within you.

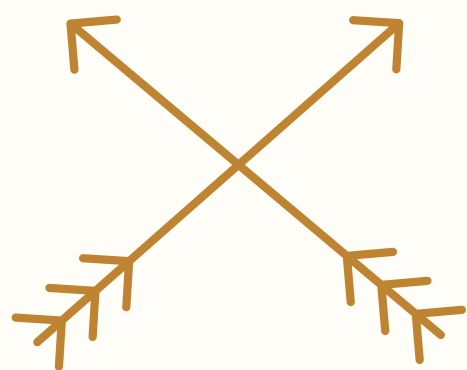
- brenda fernanda verano





# III.

## AGENCY, RESISTANCE, AND FINDING OUR VOICE



THIS IS US. RECLAIMING OUR SELVES. OUR  
EXISTENCE IS OUR RESISTANCE.





*Soon before I realized  
I were an Angel in disguise  
I would wipe tears from my eyes*

*I'd stare at my blood  
shot eyes and wrinkled  
face as if I were a demon*

*I'm used to pain.*

*Having to fight for justice  
again and again*

*I felt the world draining my energy*

*No balance , no synergy,  
I sat on the bathroom floor*

*Hoping that the cold  
tile would awake my  
senses once more*

*I wrote, I listened  
to this podcast  
to affirm my existence*

*I'm houseless  
but I have a home*

*I feel lost  
but I know where I'm going*

*Two things I was sure of  
but had no urgency to recover  
The duty of being  
a God sent sacred woman,*

*I will discover I'm grounded,  
I'm healing, I'm planting and dancing.  
This is my recovery  
against the backdrop of civil unrest*

*I passed the test*

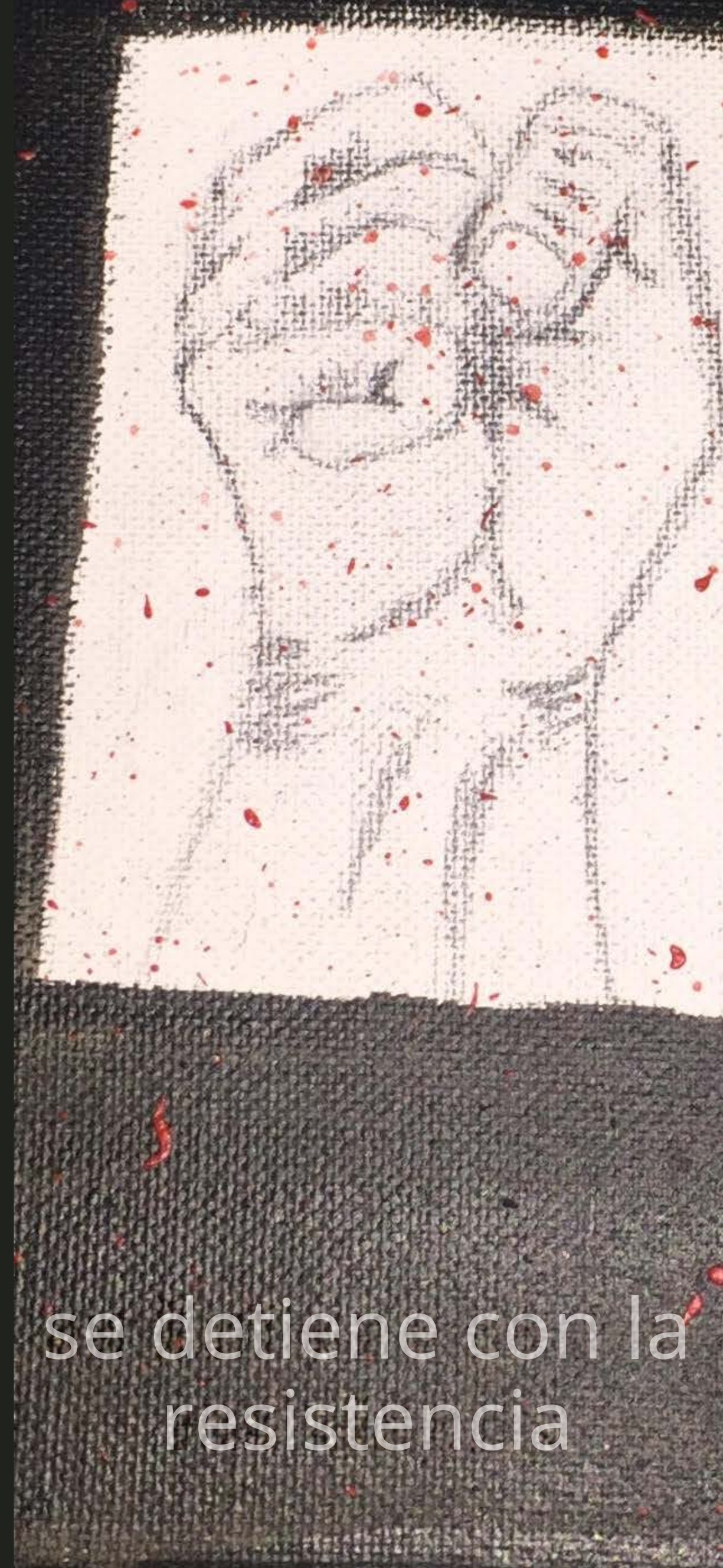
*d.w. □*





**TE VEO AUNQUE OTROS NO TE  
VEAN,  
TE VEO AUNQUE TRATEN DE  
ESCONDERTE,  
PREDOMINAS EN LA POBREZA,  
Y NO EXISTES EN LA RIQUEZA,  
LOS RICOS TE CREARON Y LOS  
PORBRES TE ENFRENTAN,  
CON GRANADAS, BALAS Y GASES  
LACRIMOGENOS,  
QUIEREN CALLARNOS PERO NO  
NOS VAMOS,  
HAY QUE VENCER EL MIEDO POR  
EL BIEN DE LOS QUE VENGAN,  
HAY QUE SALIR PARA QUE SE  
ACABEN LAS INJUSTICIAS,  
EL QUE CALLA OTORGA,  
EL QUE NO SE MUEVE EL  
GOBIERNO LO CONTROLA,  
LEVANTEMOS NUESTRAS VOCES,  
QUE MAÑANA LE GAÑAREMOS AL  
SISTEMA,  
HAZ QUE LOS QUE TIENEN "EL  
PODER " TE TEMAN.**

la injusticia



se detiene con la  
resistencia

-Mar



this is a cry of the people  
the people who know  
the pain of their brothers  
whose life no longer grows



this is a cry  
of the children  
the children whose  
futures are at stake  
which side of history  
will you partake

Niniveth Garcia



# **“ESPERANZA”**

## **BY JAZMINE SANCHEZ**



These streets are my home, these streets are south central. living in south central one thing that always stood out to me was painting of la virgen on the side of many corner stores and markets. while not everyone is religious, many hispanics/latinos find comfort in her presence. She gives hope to many in my community, including me. The garden is dedicated to roots for peace, thanks to this program I've taken up gardening as a hobby. I've started a small garden on my balcony and having to water and care for those plants gives me a reason to get up out of bed :) thanks roots for peace! <3



# ORGANIZATIONS YOU COULD JOIN

## Roots For Peace

A Los Angeles based program of the American Friends Service Committee (AFSC). Roots for Peace utilizes urban farming, leadership development, and community organizing to address health and economic inequities in LA. They collaborate with local organizations and coalitions to address food access and environmental justice issues across the city. Their successes include opening up the South LA Community Garden as well as organizing an annual Freedom School for youth!

 @rootsforpeace\_la




## Students Deserve

A youth-led grassroots organization of students, parents, and teachers fighting for justice in education and beyond. Their successes include ending Random Searches in LAUSD schools, eliminating pepper spray on school police, and divesting \$25 million from school police.

 @la\_studentsdeserve

## Black Lives Matter

A global organization, whose mission is to eradicate white supremacy and build local power to intervene in violence inflicted on Black communities by the state and vigilantes. Their wins include Confederate monuments and status coming down, several arrests of police officers, mayors pledging to move funding from city police department, and overall nation-wide media attention to the BLM movement.

 @blmlosangeles



## Chicas Verdes

Empowering young people to create healthy, sustainable resources in their communities. During this time of need, due to COVID-19, Chicas Verdes has given over 50,000 lbs of free food and produce to more than 2,000 families.

 @chicasverdes



-Michelle Hernandez



# Justice LA

A grassroots coalition leading the campaign to stop incarceration in LA County and reinvest county dollars into alternatives to incarceration. Since their launch in 2017, they've successfully stopped LA County's \$3.5 billion jail expansion plan and lead the development of LA County's Alternatives to Incarceration Work group report. They prioritize an intersectional approach to movement building that uplifts the communities most impacted by incarceration in LA County

 @justicelamow



## CA Immigrant Youth

An immigrant youth-led organization that strengthens local and statewide grassroots organizing efforts to build collective power. CA Immigrant Youth is a statewide immigrant youth-led alliance that focuses on placing immigrant youth in advocacy and policy delegations in order to ensure pro-immigrant policies go beyond legalization, and shed light on how the criminalization of immigrants varies based on identity.

 @ciyja

## Legacy LA

An organization that serves the youth of Ramona Gardens by providing positive interventions and opportunities. Their four pillars work in concert to address the needs of our youth and support their positive development, through academic capacity, empowered in their leadership, supported through their mentoring, and inspired by the arts.

 @legacy\_la



## Vigilant Love

Creates space for connection and grassroots movement to protect the safety and justice of communities impacted by Islamophobia and violence. They use arts, healing, and activism to organize against Islamophobia. They actively counter Islamophobic policies that support the Mosque-to-Prison Pipeline. Their policy advocacy is in partnership with a strong coalition of Los Angeles based organizations.

 @vigilantlove

-Michelle Hernandez



# CHIRLA


The Coalition for Humane Immigrant Rights was formed to advance human & civil rights of immigrants & refugees. Their mission is to achieve a just society fully inclusive of immigrants. CHIRLA organizes and serves individuals, institutions, and coalitions to build power, transform public opinion, and change policies to achieve full human, civil and labor rights.

 @chirla\_org



## Stand Los Angeles

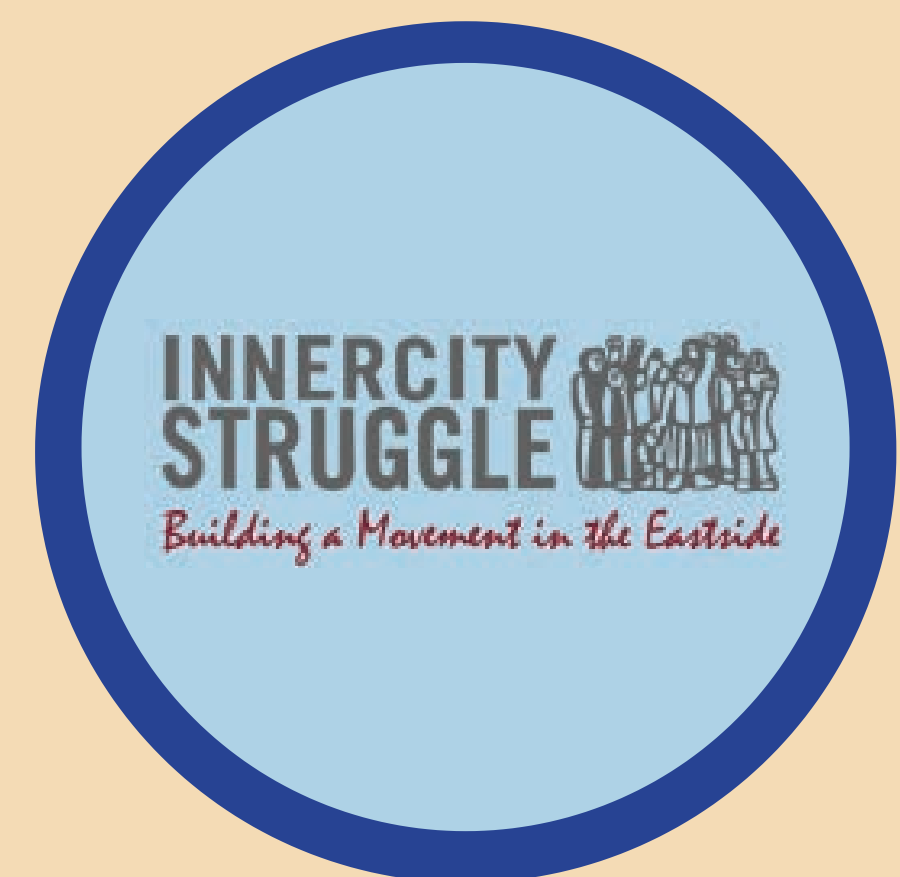
An environmental justice coalition of community groups that seek to end neighborhood drilling to protect the health and safety of Angelenos on the front lines of urban oil extraction. They believe that the City of LA is responsible for protecting every Angeleno from the health and safety risks associated with oil drilling in close proximity to homes, schools and places of work.

 @stand\_losangeles

## Inner City Struggle

A grassroots community-based organization dedicated to achieving social & economic justice for youth & families in East LA. Concerned with the role public education played as a pipeline to prison and poverty, everyone began organizing in schools. Their first campaigns successfully challenged LAUSD's overcrowding and push-out crisis. They've build stronger schools, grow our civic engagement, and prevent housing displacement for a stronger and more powerful Eastside.

 @innercitystruggle



***We hope these organizations keep you aware of many issues happening in our community. We hope you can expand your advocacy and check these organizations out!***

-Michelle Hernandez



# ***GUIDE TO: SOCIAL JUSTICE (ACLU)***

## ***PROTESTERS, RECORDING, IMMIGRANT, AND ARREST RIGHTS***

### ***Protesters Rights***

#### **Q: Where can I legally protest?**

A: Streets, sidewalks, and parks. You also likely have the right to speak out on other public property, like plazas in front of government buildings, as long as you are not blocking access to the government building or interfering with other purposes the property was designed for.

#### **Q: What do I do if police disperse the protest?**

A: Officers must provide a reasonable opportunity to comply, including sufficient time and a clear, unobstructed exit path. Individuals must receive clear and detailed notice of a dispersal order, including how much time they have to disperse, the consequences of failing to disperse, and what clear exit route they can follow, before they may be arrested or charged with any crime

### ***Recording Rights***

#### **Q: Do I have the right to record or take pictures?**

A: When you are lawfully present in any public space, you have the right to photograph anything in plain view, including federal buildings and the police. On private property, the owner may set rules related to photography or video.

#### **Q: Can the police confiscate my photos or videos?**

A: Police officers may not confiscate or demand to view your photographs or video without a warrant, nor may they delete data under any circumstances. However, they may order citizens to cease activities that are truly interfering with legitimate law enforcement operation

### ***Immigrant Rights***

#### **Q: What do I have if I've been stopped by the police?**

A: You have the right to remain silent. If you wish to exercise that right, say so out loud. (In some states, you may be required to provide your name if asked to identify yourself.) You do not have to consent to a search of yourself or your belongings, but police may pat down your clothing if they suspect a weapon. You do not have to answer questions about where you were born, whether you are a U.S. citizen, or how you entered the country.

#### **Q: What do I do if I've been arrested or detained by ICE?**

A: Say you wish to remain silent and ask for a lawyer immediately. Don't say anything, sign anything, or make any decisions without a lawyer. If you have been arrested by police, you have the right to make a local phone call. The police cannot listen if you call a lawyer. If you have been detained by ICE, you have the right to contact your consulate

### ***Arrest Rights***

#### **Q: How should I prepare if I anticipate being arrested?**

A: Prepare yourself and your family in case you are arrested. Memorize the phone numbers of your family and your lawyer. Make emergency plans if you have children or take medication.

#### **Q: What should I do if I am arrested?**

A: Say that you wish to remain silent and ask for a lawyer immediately. Don't answer any questions, give explanations or excuses. You have the right to a free lawyer. Don't say anything, sign anything or make any decisions without a lawyer. You have the right to make a local phone call. The police cannot listen if you call a lawyer. They can and often will listen to a call made to anyone else

### **What do I do if I think any of my rights have been violated?**

- **Write down EVERYTHING:** badge/patrol car #'s and the agency they work for
  - **Get contact info for witnesses**
  - **Take photographs of any injuries.** Once you have all of this information: you can file a written complaint with the agency's internal affairs division or civilian complaint board
- **NUMBERS TO KNOW:**
  - **National Lawyers Guild LA:** (310) 313-3700/arrests@ngl-la.org
  - **Your Emergency Contacts** (write on skin in sharpie)



-Michelle Hernandez



# GUÍA PARA: JUSTICIA SOCIAL (ACLU)

## DERECHOS DE MANIFESTANTES, GRABACIÓN, INMIGRANTES Y ARRESTO

### Derechos de Manifestantes

#### ¿Dónde puedo protestar legalmente?

Calles, aceras y parques. También es probable que tenga derecho a hablar sobre otras propiedades públicas, como plazas frente a edificios gubernamentales, siempre que no bloquee el acceso al edificio gubernamental o interfiera con otros fines para los que se diseñó la propiedad.

#### ¿Qué hago si la policía dispersa la protesta?

Los oficiales deben brindar una oportunidad razonable para cumplir, incluido el tiempo suficiente y un camino de salida despejado y sin obstrucciones. Las personas deben recibir un aviso claro y detallado de una orden de dispersión, incluido cuánto tiempo tienen para dispersarse, las consecuencias de no dispersarse y qué ruta de salida clara pueden seguir, antes de que puedan ser arrestados o acusados de cualquier crimen.

### Derechos de Grabación

#### ¿Tengo derecho a grabar o tomar fotografías?

Cuando está legalmente presente en cualquier espacio público, tiene derecho a fotografiar cualquier cosa a plena vista, incluidos los edificios federales y la policía. En propiedad privada, el propietario puede establecer reglas relacionadas con la fotografía o el video.

#### ¿Puede la policía confiscar mis fotos o videos?

Los agentes de policía no pueden confiscar o exigir ver sus fotografías o videos sin una orden judicial, ni pueden eliminar datos bajo ninguna circunstancia. Sin embargo, pueden ordenar a los ciudadanos que cesen las actividades que realmente están interfiriendo con las operaciones legítimas de aplicación de la ley.

### Derechos de Inmigrantes

#### ¿Qué tengo si me ha detenido la policía?

Tiene derecho a permanecer en silencio. Si desea ejercer ese derecho, dígalo en voz alta. (En algunos estados, es posible que se le solicite que proporcione su nombre si se le solicita que se identifique). No tiene que dar su consentimiento para que lo registren a sí mismo ni a sus pertenencias, pero la policía puede registrar su ropa si sospecha de un arma. No es necesario que responda preguntas sobre dónde nació, si es ciudadano estadounidense o cómo ingresó al país.

#### ¿Qué hago si ICE me ha arrestado o detenido?

Diga que desea permanecer en silencio y solicite un abogado de inmediato. No diga nada, no firme nada ni tome decisiones sin un abogado. Si ha sido arrestado por la policía, tiene derecho a realizar una llamada telefónica local. La policía no puede escuchar si llama a un abogado. Si ha sido detenido por ICE, tiene derecho a comunicarse con su consulado.

### Derechos de Arresto

#### ¿Cómo debo prepararme si anticipo ser arrestado?

Prepárese usted y su familia en caso de que lo arresten. Memorice los números de teléfono de su familia y de su abogado. Haga planes de emergencia si tiene hijos o toma medicamentos.

#### ¿Qué debo hacer si me arrestan?

Diga que desea permanecer en silencio y solicite un abogado de inmediato. No responda preguntas, dé explicaciones o excusas. Tiene derecho a un abogado gratuito. No diga nada, no firme nada ni tome decisiones sin un abogado. Tiene derecho a realizar una llamada telefónica local. La policía no puede escuchar si llama a un abogado. Pueden escuchar y a menudo escucharán una llamada realizada a cualquier otra persona.

### ¿Qué hago si creo que se ha violado alguno de mis derechos?

- **Anote TODO:** número de placa / patrulla y la agencia para la que trabaja
  - Obtenga información de contacto para testigos
  - Tome fotografías de las lesiones. Una vez que tenga toda esta información: puede presentar una queja por escrito ante la división de asuntos internos de la agencia o la junta de quejas civiles.
- **NÚMEROS QUE DEBE SABER:**
- Gremio Nacional de Abogados LA: (310) 313-3700/arrests@ngl-la.org
- Sus contactos de emergencia (escriba en la piel con sharpie)



-Michelle Hernandez





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