Informate

A Guide for Peer Advocates
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Chapter 1- Peer Advocates Mobilizing for the Future

Peer Advocates provide leadership, peer education, support and resources to promote community empowerment. We encourage our peers towards healthy futures. Most importantly, as youth, we are in a unique position to improve our well-being and that of our communities by building on our strengths and challenging the barriers to reaching our goals.

With training, information and resources, Peer Advocates improve the health of their communities by:

1) addressing difficult topics that influence our individual and community options
2) educating our peers about the positive and negative consequences of our choices
3) linking peers and their families to mentoring, health care and social services
4) working as advocates and mobilizing for positive change

Community Challenges Affect our Health

As Latino youth we are the fastest growing sub-group in the United States and we have a lot riding on our future. New opportunities and changing environments can be overwhelming. Achieving our personal goals, inspiring the greater community and defending our rights are key to the success of our community. However, low motivation, fear or people that doubt our potential can affect a balanced lifestyle of happiness, responsibility and health.

We can help to build our community by addressing more than just our health inequalities. We can promote its strengths, impact our culture’s commitment to health and improve health outcomes for others and ourselves. And, of course, conveying our program’s ideas of health prevention is a critical part to achieving our goals.

Knowing that our environment influences how we feel and the choices that we make, we need to keep in mind that improving one’s health requires us to think beyond just health activities. We need to look at factors affecting our communities: housing, employment, education, social services and community well-being. As Peer Advocates we are not expected to know all of the answers, but rather to offer the resources to assist others. Our program will provide us with a list of services. In most parts of the United States there are clinics, healthcare providers and specialists that can help people overcome their health concerns or learn how to cope with their emotional issues.

Roles and Responsibilities

As Peer Advocates we have a responsibility to serve our peers. Even as we participate in outreach and offer resources, we need to remember that we are role models for our community. It means that we commit to doing the following:

Remember, if we hear about abuse or dangerous interactions, we need to share this with our program coordinator immediately. We are all responsible to stand up for the safety of others.
• **Telling people what we know.** As Peer Advocates we are informed about many different topics. We are not experts; our job is to help others to understand new ideas. We can access supplementary information on-line as necessary, but we need to remember to share information in ways that others will understand.

• **Helping people to find resources or assistance.** Our program will provide us with key referral tools, forms or Internet links to record the assistance we offer. We need to inform our peers about any requirements for receiving suggested services. Encourage those with limited English to use translation services or programs on the Internet or smartphone.

• **Taking a stand against behaviors that are harmful and discriminatory.** Calmly and accurately stand up against damaging actions or words or mediate between what is positive and what is negative. Utilize your phones and apps to access tools to document inappropriate actions and to promote community rights.

• **Working for the safety of the community.** Physical well-being and privacy are topics we will need to address as a part of our daily work. Encouraging awareness of our physical environment and our Internet presence are two approaches to emphasize with peers.

• **Listening to others with respect and confidentiality.** Sometimes our peers, family members and others just need to be heard or simply able to express the challenges they face. Learning to listen with interest is often all that is required. You don’t need to have all the answers or know how to solve all types of problems. Remember to secure all files and emails that have confidential information.

**Qualities of Peer Advocates**

It is important as Peer Advocates to have qualities that allow our peers to feel comfortable asking us for information or assistance.

![Qualities of Peer Advocates](image-url)
Skills of Peer Advocates

Skills are developed through study and practice. Peer Advocates need to develop multiple skills to be effective in their work.

With these skills we can...

- Provide useful information to our peers
- Teach concepts in ways that are understandable
- Offer positive options
- Improve our environment

Peer Advocates in Action

Analyzing our experiences and utilizing tools effectively means that we need to be increasingly aware of the accuracy of the information that we share. Whether we are reading a social media post or an on-line journal article or looking up a community service, we need to verify the reliability of the information. This means that we know who said it and if the information can be confirmed. Through training, we can make an impact to the programs we serve. We may be asked to be part of activities that allow us to do the following:

Survey  Refer  Analyze
Encourage  Represent  Negotiate
Listen  Educate
**Mobilizing for the Future**

Things are changing quickly for our peers. Technology offers us access to more information everyday. High school graduation rates are up for Latinos. And, in-state tuition offered in some states allows our undocumented peers to have a chance at higher education.

We have a great responsibility to open the door to new opportunities for our Peers and ourselves. As Advocates we are exposed to new information, new technologies and new opportunities. It is important that we work to expose our peers to these types of experiences. In terms of health and our future, the more we know, the more prepared we will be to confront challenges successfully, to make healthy choices and to achieve our goals.

In this guide, we are going to explore health issues that are not always addressed in traditional health: our identity, relationships, community and family barriers and the role of technology in our lives. Because it’s useful to see health as it relates to our environment, perhaps in reading this guide, we will widen our views of both what affects our health and what can improve our well-being and that of our peers.

**Things to Remember**

1. Peer advocates provide leadership, peer education, support and resources to promote community empowerment and improve the health of their communities.

2. Peer Advocates are role models and they are committed to informing, identifying resources, taking a stand against harmful discriminating behaviors and listening.

3. Verifying resources or information that is provided to community members conveys our commitment to service and community well-being.
Chapter 2 – Managing Our Emotions

Creating our own space as we build our future can be challenging. Self-acceptance and defining our own identity is a process. At times there may be obstacles to overcome. For some, dealing with identity might be linked to race, ethnicity or sexual orientation. While for others, just learning how to speak up can be our biggest barrier to surpass. Each of these challenges uniquely affects us. Most importantly, how we feel about these important considerations affects our behavior.

Dealing with Feelings

We might not always be comfortable expressing our feelings, but it’s important to know what they mean. Our feelings play a big role in the way we interact with others, even when we try hard to hide or mask them. Understanding our feelings helps us to gain an awareness of how we might react in certain situations. Knowing what these feelings can bring, also allows us to identify ways that might help to ease the negative feelings and reactions, as well as improve our positive attitudes. The “Ways to Positively Respond” chart identifies some actions we can use to respond to our feelings.

<table>
<thead>
<tr>
<th>Emotions or Feelings</th>
<th>Ways to Positively Respond</th>
</tr>
</thead>
</table>
| Anger, Aggression, Terror, Out of Control | • Talk it out with someone you trust  
• Write in a journal  
• Take deep breaths for 30 seconds  
• Exercise, go for a run/walk  
• Meditate or reflect  
• Separate yourself from anyone sharing these negative feelings |
| Frustrated, Excited, Worried Silly, Loss of Some Control | • Exercise, go for a run or a walk  
• Make a list of the positive things that are happening  
• Take a break or a short nap  
• Take some deep breaths |
| Happy, Calm, Feeling Okay, Focused, Ready to Learn | • Drink water and stay hydrated  
• Cook for family or friends  
• Volunteer  
• Choose a new hobby  
• Relax |
| Sad, Sick, Tired, Bored, Moving Slowly | • Hang out with a friend or sibling  
• Exercise  
• Watch a funny movie  
• Paint/draw/craft (explore your creative side) |
Understanding Our Emotions

Self-esteem
How we feel about ourselves has a direct effect on our success. Having good self-esteem means that we respect and believe in ourselves, value our life and have the have the ability to positively manage interactions. Our self-esteem also affects the types of friends and partners we choose. It also has a lot to do with our ability to stand up to, and work through, negative peer pressure or bullying.

What if we consciously sat and thought about what we admire about ourselves? What would we find? What can we feel good about? Do we ever write these thoughts down? Do we ever remind ourselves about our good traits? Acknowledging our good qualities is a process of recognition of our strengths. It requires practice, just like learning to play a musical instrument or driving a car. Feeling good about oneself means that one works to place him or herself in a good environment where positive feelings are expressed and appreciated. Expressing positive thoughts to others about what makes one admirable is part of the process of building the tools we need to feel stronger. These positive approaches can strengthen our self-esteem:

- Accepting compliments with modesty and strength
- Surounding ourselves with people who have positive attitudes (even if their opinions are different from ours)
- Knowing what you about yourself and not being convinced otherwise
- Turning up our volume of what is positive for us and turning off negative ideas, words and music.

Peer Pressure
As Latinos, especially if we were born outside of the US, we sometimes feel stuck between two places. We face the challenges of conflicts that might result from our cultural values which may not be what the majority of society believes. These can become everyday stressors. At home we might act according to one set of values, while at school, work or in the community we are faced with a different set of values.

Peer pressure is an element that can be either positive or negative. Sometimes we have to act a certain way in order to be accepted by our peers, even though we wish we didn’t have to. We need to be constantly prepared to make choices and also to defend our decisions to peers, adults and ourselves. Sometimes the biggest boulder to move is our own self-doubt. Peer pressure influences our daily actions as well as our long-term goals.

So, if we want to achieve certain goals, what can we do? More and more we are learning that we need to place ourselves with peers that are focused on the future and not past and present experiences. If we use immigration as an example, those who have focused on preparing to further integrate into society, even if they have undefined legal status, tend to try to choose peers who are not focusing on the legal or environmental barriers, but who are looking for the opportunities they can take advantage of. Many report that peer groups with positive attitudes results from taking advantage of new opportunities. If we feel like the people or friends we are with are pulling us down, it usually means it’s time to move on.
Negative peer pressure can often be found on social media, from music that encourages us to doubt ourselves or “trolling.” “Trolling” is the action of publishing comments in forums, chat rooms or on blogs that intended to cause anger or other reactions.) It is smart to just move away from comments and messages intended to offend or provoke us.

**Bullying**
One of the negative aspects of interacting with some peers is bullying. This aggressive behavior is common in school settings, but it can happen anywhere. Sometimes the bullying is direct and other times it is indirect. Examples of direct bullying include verbal comments, physical contact or damage to property. Indirect bullying can include false rumors or hateful postings on social media. Both can be harmful and some are considered criminal.

Who are bullies? They might be a popular person, or they could be a group of people. They might have been a victim of bullying. They can be anyone. Bullies might be those who take a joke too far or try to impress others with their behavior. Bullies use the power they get from bullying others to feel better about themselves. Bullies may take their anger, or dislike, out on innocent people and those that are vulnerable. Their actions can cause embarrassment and fear in their victims. If these feelings are not dealt with, the victims can suffer emotional problems such as anxiety or depression. In some cases, suicide can result if the person being bullied feels overwhelmed.

“Cyberbullying” is a major problem among youth. It is estimated that half of all youth Internet users will be a victim of cyberbullying. This behavior can include: 1) mean text messages or emails, 2) posting pictures or videos that are embarrassing or fake and 3) spreading rumors about an individual.

Everyone can play a part in reducing bullying by taking action when we see it happening. We need to speak up! We can also listen to and support people who are being harassed or harmed. And, most importantly, we need to link people to help.

**Body Changes**
Not feeling secure about how our body looks can make us feel uncomfortable or insecure. The increasing numbers of Latino youth who are overweight means that body image concerns may affect many of our peer’s self esteem. But insecurity can also happen as well if a person is thin. Friends and family might unknowingly intensify our negative feelings. Social media, music and other entertainment can make us vulnerable because of the messages it sends out about how we should look and act to be sexy or popular. Consequently, how we look seems to dominate much of how we feel. All of these ideas or images might inspire us or provoke insecurity.

During this time of our lives, we are going through growth spurts, shifts in muscles and height, weight fluctuations and hormonal changes. Ignoring negative comments concerning our physical appearance takes a lot of effort and commitment. Though our peers are also experiencing many of the same changes, rarely are these issues publicly discussed, leaving us to deal with and manage these changes silently and alone. But there are places we can seek assistance.

- For females, body changes are even greater with the onset of menstruation and the physiological and physical changes that result because of shifting hormones. Women
may gain weight, feel sensitive (have mood swings), suffer cramping or just feel uncomfortable or slowed down by our menstrual flow. Negative comments about having our period may be both demeaning and embarrassing.

- For males, sudden growth spurts may cause physical discomforts and clumsiness. Hormonal changes often result in physical changes: pimples, excessive sweating, hair growth or body odor. Emotionally, there can be surges of aggression, anger or sadness.

**Eating Disorders**
Concerns about how we look are not just new to our generation. It is common for people to feel that they should be thinner or stronger, taller or shorter. Interestingly, the more acculturated we become, along with the stress and environment, the greater our chances of negatively acting on what is considered acceptable weight and body type.

Almost half of all women and one third of men use unhealthy strategies to maintain their weight. Eating disorders are more common among gay, lesbian, bisexual or transgender individuals. Two common eating disorders that we should be familiar with are anorexia, bulimia and binge eating. Although each of these is a different approach of trying to manage weight, appearance or anxiety, their underlying causes are different from one person to another. If not recognized early, some of the ways that we try to meet our weight goal can be unhealthy and cause serious health outcomes.

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<thead>
<tr>
<th>Anorexia:</th>
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<tr>
<td>• Eats less than the body requires</td>
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<tr>
<td>• Or, eats and then purges (vomits or uses laxatives)</td>
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<table>
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<tr>
<th>Bulimia:</th>
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<tbody>
<tr>
<td>• Mostly eats large quantities of food and then purges</td>
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<table>
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<tr>
<th>Binge eating:</th>
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</thead>
<tbody>
<tr>
<td>• Excessive eating; lacking the ability to control the overeating</td>
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These disorders can be treated with support and medical guidance. Peers who are showing indications of some of these behaviors require kindness and encouragement, since these critical issues are connected to intense emotional feelings. Untreated, the individual can experience serious health effects that range from hair loss, tooth decay, the rupture of body organs and death. Risk for chronic illnesses such as diabetes and high blood pressure are common as well. There is also greater risk for suicide among individuals who struggle with eating disorders.
**Sexual Attraction**

Sexual attraction can play itself out in fantasy, cuddling or sex. Being prepared for safely doing this is hardest when passion is the highest. Therefore, caring for our sexual health begins before we have sex.

Sexual health includes how sexual attraction makes us feel. But it also needs to be about respect. Respect for ourselves and respect for the person we are attracted to. Part of the concept of respect is putting youself first. We shouldn’t participate in sexual activities that make you disrespect yourself just to make the other person happy. Doing more than we want, or that the other person wants, means we are not caring for ourselves or respecting our partner, emotionally and physically.

The current U.S. campaign of “Yes, Means Yes!” raises everyone’s awareness about the legal aspect of getting consent from your partner before engaging in sexual acts. By law, you may not have sexual contact if you have not asked, “Is this is okay?” and if you have not heard the person clearly say, “Yes.”

For our own safety here are a few things we need to know:

Everything in life can have negative consequences. Making choices based on good information can help to alleviate problems. Remember, sexual attraction is normal. However, it’s important that we understand that acting on our feelings is best when thought out and respected. Take “sexting” for example. For many, this is seen as a safe sexual interaction. No fear of pregnancy or sexually
transmitted infections (STIs). But what we often forget is that there are issues of privacy, rights and respect in terms of sex and social media.

We need to remember that there is limited privacy through the Internet or smartphone use. Our privacy can be taken away from us simply by the recipient of our “sexting” messages showing it to another person or by forwarding or posting this private communication. Depending on what social media platform we use, a hacker or a “friend” who knows our password and settings can take control of those images and then use them in ways not planned.

- “Catfishing” are dangerous on-line interactions where one person is an imposter who usually uses images and personal histories, which are not real or have been stolen from others. Usually the imposter is just seeking an on-line romance. “Catfishing” usually ends in disappointment because the imposter has no intention of ever going beyond the game of romance. In some cases, the imposter uses the romance as a cover for a financial scam to steal the other person’s money.

- “Grooming” is when an individual befriends another, and lowers that person’s defenses, with the sole purpose of committing sexual abuse. “Cyber-Grooming” is a phenomenon in which individuals, often older, pose as youth in order to play on one’s emotional and sexual vulnerability. “Grooming” is the sexual abuse of a person’s body and feelings. Grooming can happen in personal interactions, not just via social media. It is the process of giving over your trust to a person who has the ability to make you feel that they understand you. Then, they use that trust to make requests that encourage you to expose personal information and either clothed or naked images.

- “Cyber-Grooming” is the communication by an abuser slowly builds the confidence of another person. Exchanged images may be distributed through pornography sites. Of greater concern, is that in many cases the abusive person who manipulates the other person may encourage a private meeting. Throughout the U.S., and abroad, many young men and women, just like our peers, are victimized physically at those encounters. These are both emotional and sexual assaults that result from what we believe are harmless encounters with strangers. So, sharing ourselves emotionally and physically through images or encounters can have unintended and serious negative consequences.

Predators take advantage of user profiles associated with Chat Rooms and Social Media platforms to easily find information about potential victims. Listing personal information, even on “closed” Chat Rooms puts the user at risk for those looking to take advantage of others whether it’s financially or sexually. Predators are master manipulators and are methodical in creating false identities that seem real. Most predators stick with Internet-based communication, but others might ask for phone numbers to “text” or “sext.” Others might request mailing addresses to send gifts or packages. In each case, the more personal information the predator gathers, the greater and more dangerous the potential impact they can make. So, never post birth dates, addresses or phone numbers and think twice before uploading photos to the Internet. Remember, what we think is private on the Internet, can often be shared or accessed.
Sexual Identity

Often, our sexual feelings are an important indication of our sexual orientation and identity. Sometimes, it is the feelings that better direct us, rather than what we think. Many of us are strongly influenced by the traditions of our family, culture and faith, which may encourage us to not explore our feelings if they are not what is expected of us. In the long run, what is most important is to be honest with ourselves.

Sexual attraction is key to both our sexual orientation and sexual identity. Sexuality orientation refers to the gender of the person that one is emotionally, sexually and/or romantically attracted to. Sexual identity refers to the gender that a person identifies with. Their identity is often expressed through their appearance and behavior.

Recently, with the emergence of new federal and state laws, individuals have more rights than ever before to express their sexual orientation. Of course, that doesn’t mean that everyone else around us accepts or even tolerates these new changes. Gay bashing, posting of negative comments or photos that are intended to be private are ways that intolerance are commonly displayed.

Even the words used to describe a person’s sexual orientation are changing. For Latinos, many of the terms we use in Spanish create negative concepts instead of communicating our sexual identity and positive feelings towards our partners in a respectful and loving way.

For example, in the past the term “queer” in English had a negative connotation. Presently, many individuals whose sexual identity is other than heterosexual often use this term proudly. “Gay” previously referred to homosexuals, but is currently used to refer to lesbians or homosexuals. “LGBQ,” is an abbreviation for people who identify as Lesbian, Gay, Bisexual or Questioning. To be respectful of others, we should never try to identify an individual’s orientation or make assumptions based on their appearance or personality.

What follows is a list of expressions that are currently being used and redefined. This is only a brief list of the most commonly used terms. Think of the spectrum of both gender identity and sexual orientation as a fan. These words are very technical and don’t represent the importance of how we identify our partners and ourselves.
A brief definition of each of these terms is intended to strengthen our knowledge on the rapidly evolving concepts.

<table>
<thead>
<tr>
<th><strong>Heterosexual</strong></th>
<th><strong>Bisexual</strong></th>
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<tbody>
<tr>
<td>is an individual who is attracted to the opposite sex, such as a female being attracted to a male. These individuals are sometimes called &quot;straight.&quot;</td>
<td>is an individual who is attracted to both men and women. Sometimes they are called &quot;Bi.&quot; The amount of attraction to both genders does not have to be equal and can change through time.</td>
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<table>
<thead>
<tr>
<th><strong>Homosexual</strong></th>
<th><strong>Lesbian</strong></th>
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<tbody>
<tr>
<td>primarily refers to men that are sexually and romantically attracted to other men. It can also be used to describe individuals who are attracted to members of the same sex.</td>
<td>is a woman who is sexually and romantically attracted to other women.</td>
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<table>
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<tr>
<th><strong>Transgender</strong></th>
<th><strong>Questioning</strong></th>
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</thead>
<tbody>
<tr>
<td>describes individuals who identify with a gender different than the one assigned to them at birth. For example, this term can be used by males who think of themselves (or identify) as females.</td>
<td>describes individuals who are not yet decided on their sexual orientation and may be in the process of exploring or discovering their sexuality.</td>
</tr>
</tbody>
</table>

**Rights in a Relationship**

No matter our sexual identity or our sexual orientation, each of us has a right to a safe and healthy relationship. Finding a partner who we are attracted to, can be with harmoniously, trust and turn to for help are key elements of a healthy relationship.
Declaration of Rights in a Relationship

I have the right to...

- Change my mind
- Make my own decisions
- Be treated with respect and honesty
- Express my individuality
- Participate in activities that may or may not include my partner
- Be independent

- Say no and not feel guilty about it
- Make mistakes and not be scolded by my partner
- End the relationship with my partner
- Not be threatened, intimidated or beaten
- Be an equal in my relationship

Healthy Relationship Issues: (800)–799–SAFE (7233)
http://www.thehotline.org/2013/01/what-is-a-healthy-relationship/

Things to Remember

1. Good self-esteem means we respect and believe in ourselves. Expressing positive thoughts of oneself and others is important in feeling stronger and this can positively affect our success.

2. Bullying is an aggressive behavior that can take place anywhere by anyone. We must all play a part in reducing bullying and take action to stop it when we see it.

3. Respect is a very important component of sexual health. We should have respect for ourselves and the person we are attracted to. The “Yes, Means Yes“ campaign raises awareness about getting consent from your partner before engaging in sexual activity.

Endnotes:

Chapter 3 – Power and Control

As individuals, we often struggle to create our own identity; to pick and choose what we want to do, who we want as friends and partners and how we want to spend our time. In most cases, with some compromises, we are able to do that. However, at times there are barriers that interfere with us reaching our goals. Some barriers are personal, others are due to family or because of negative encounters we have in our communities.

If we think beyond the authority figures such as parents, faith leaders and the government, we find power structures that have legal and safety consequences. These are underlying reasons, or root causes, of situations in which power is used over an individual or a group of people.

Our ability to control ourselves is one form of power. The other is the power or control that others have over us. Within our communities we are aware of those who have power and try to control the way we live.

The root causes refers to why a series of events or reactions begins. We are going to explore four root causes, which challenge our communities, and our peers: discrimination, violence in our homes, victimization and assault. We need to be aware of these root causes in order to understand some of the behaviors that we might see or be asked to address. These behaviors are often reactions to losing one’s sense of control. By identifying the causes of problems we might encounter, we can better identify strategies to reduce their impact or to prevent them completely.

**Discrimination**

Discrimination is a violation of our civil rights. It can be experienced in every aspect of our lives: at work, school, medical facilities and public services. For Latinos, discrimination can include racial profiling, immigration laws, institutional or gender and sexual preference discrimination. Anyone can discriminate against another person or group.

Racism, a commonly experienced form of discrimination, drains individuals and communities of successes as they struggle against prejudices and disadvantages they might face. Assumptions
made about a group of people can directly lead to greater challenges in reaching our goals. Prejudice often involves negative judgments made without thinking about why one feels a certain way and what the consequences may be. Discrimination is the action that results from these judgments.

Discrimination can be the reason for:

- Unfair wages
- Unemployment
- Reduced access to health care
- Racial profiling, or visual discrimination by the police
- Difficulty accessing a good education
- Harassment, threats and violence

### Four Forms of Discrimination

**Racial Profiling**

This is a conscious discriminatory action that targets individuals based on their race, ethnicity, religion or national origin, rather than their behaviors. This practice is sometimes used by law enforcement, or authorities, when deciding which individuals to stop, detain, search or question.

**Sexual Identity / Orientation**

Directed at individuals who identify as lesbian, gay, bisexual, queer or transgender. This can include denial of employment, housing, health services, marriage and participation in social activities.

**Institutional**

This refers to acts that disrespect human rights and violate people’s dignity. This abuse can happen in places such as day care centers, nursing homes, hospitals, assisted housing, shelters, etc.

**Immigration Status**

In the U.S. there are different county, state and federal laws, and other legislation that address the rights of immigrants. There is constant debate making it confusing to understand what is actually in effect.

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资源:

Discrimination Issues:

(202) 514-4609

http://www.justice.gov/crt/types-discrimination
### Victimization

Victimization is when one or more persons, target someone in an aggressive, controlling or demeaning way. Anyone can be victimized! Victimization can include police brutality when arresting a citizen, the trafficking of women or the stalking of a youth.

The following are various forms of victimization:

<table>
<thead>
<tr>
<th><strong>Police Brutality</strong></th>
<th><strong>Gun Violence</strong></th>
<th><strong>Drug Dealing</strong></th>
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<tbody>
<tr>
<td>Use of excessive and/or unnecessary force by police when dealing with civilians.</td>
<td>Violent attack that often results in the death, injury or threat with the use of a firearm.</td>
<td>The sale, trade, manufacture or distribution of illegal drugs and controlled substances.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Trafficking</strong></th>
<th><strong>Stalking</strong></th>
<th><strong>Workplace</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>The illegal exploitation of individuals (men, women, children of all ages, immigrants and citizens) for profit.</td>
<td>These behaviors include repetitive, verbal, written or implied threats, unwanted communication, following or observing the victim.</td>
<td>To humiliate, intimidate, fire, limit promotion or threaten to punish a person in a workplace or professional environment.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Cyber-bullying</strong></th>
<th><strong>Prostitution</strong></th>
<th><strong>Gangs</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Bullying done through social media that can lead to emotional stress of the victim and even suicide.</td>
<td>The exchange of sexual acts for payment in the form of money, food, material goods, rent or drugs.</td>
<td>Groups of people, who share a common bond, join together and take part in bullying, violence, or other criminal activities. Most often, gang members are 10-24 years old.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Sexual Exploitation</strong></th>
<th><strong>Bullying</strong></th>
<th><strong>Internet Scams</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>“Grooming” is the gradual process of building trust with a child, adolescent or adult with the goal of sexual abuse through images or in person.</td>
<td>Often repetitive, controlling or abusive behaviors that can include physical, verbal or cyber-attacks. These actions can affect the self-esteem of the victim.</td>
<td>“Phishing” is just one approach used by scammers to trick you into giving away personal information in order to get you to send them money or to access your accounts. Scams happen through email, social media or communication via chat rooms.</td>
</tr>
</tbody>
</table>
It is important to note that prostitution is different than sex work. A sex worker is a term that is used to describe the profession and legal negotiation involved with the exchange of services for payment. A sex worker might be paid as an escort, exotic dancer, nude model etc. Therefore, many would say that sex work would not be included in victimization, but prostitution would.

Assault

Assault is any action, or intentional action, carried out by one or more individuals that creates apprehension or puts another person directly, or indirectly in danger. This means that physical contact or physical injury is not necessary to be considered assault! For example, if a person is holding a bat in a threatening way towards another person, it is assault –even if the bat does not hit the person. For our purposes, the term assault encompasses four categories of harmful acts against men, women or children.

<table>
<thead>
<tr>
<th>Sexual Harassment:</th>
<th>Rape:</th>
</tr>
</thead>
<tbody>
<tr>
<td>This can include unwelcomed sexual advances, inappropriate sexual or obscene verbal comments or gestures, physical conduct or visual placement of sexual images. Harassment can happen on the job or in a social situation and creates a hostile or offensive environment for the victim.</td>
<td>Any type of unlawful sexual penetration into the vagina or anus by another person or by an object. Also, rape can be defined as oral penetration by a sex organ of another person. It is considered rape if this action is performed without the consent of the victim. Rape is when sex is being used as a type of violence or control over another.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sexual Assault (Battery):</th>
<th>Criminal Assault:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Any type of unwanted sexual touching of intimate body parts without consent or through deceit, most likely by someone the victim knows. This can include sexual touching as well as oral, anal and vaginal penetration by another person or by an object.</td>
<td>Any act intended to create apprehension in the victim. This might include a violent physical attack, unwanted sexual contact or attempted rape.</td>
</tr>
</tbody>
</table>

An important aspect related to power and control is consent. Not getting a person’s consent is frequently an issue in sexual encounters. Remember, if a person says no, is incapable of making a coherent decision or changes their mind and does not want to continue with a sexual act, this

Survivors

People who have been victims of crimes such as sexual assault or partner abuse are called survivors. This term makes it clear that we think they are strong!
means that their consent has not been given! In other words, it is against the law for a person to continue a sexual act, when the other person has not given his or her consent.

Domestic Violence and Neglect

Domestic Violence (DV) is a term that includes three main categories of power and control that can happen within a family unit. Parents, partners, children or elders are carry out acts of domestic violence or neglect against a family member can be carried out. The abuser (the person who causes harm) takes actions or uses their power to intimidate, control, abuse or neglect their family members. There are three categories of this type of abuse:

1. **Intimate Partner Violence (IPV):** IPV is a pattern of acts used against a partner, without their consent, to gain power. Many of us are aware that this type of violence can be more than just physical or sexual; it can include verbal, emotional and economic abuse or neglect. IPV can occur between married couples, those who are living together or just dating. Partner abuse can also happen with gay and lesbian couples.

   The person who abuses others (a batterer) does not take responsibility for their actions. They use their power to blame their partner for their own bad behavior. Sadly, the ongoing cycle of abuse emotionally affects the person being victimized, which may cause them to lose their self-esteem or self-confidence. Leaving the abusive situation can be difficult and dangerous. Sometimes survivors try leaving the abusive situation several times before they finally are able to leave permanently.

2. **Child Abuse and Neglect:** Child abuse can be actions that are physical, sexual, verbal or emotional. It can also include neglect. Neglect is about what a parent or guardian does not do. Neglect means that a child is not protected from harm by the parents or the adult in charge.

3. **Elder Abuse:** Elder abuse is considered the intentional neglect or abuse or exploitation of vulnerable adults, or those over the age of 60. A caregiver, or any other person, even someone outside of the family, carries out the abuse. This can include physical, sexual and emotional abuse as well as abandonment.

We know that we cannot always control the communities we live in. But, being aware of how our environment affects us can help us to serve others. It is not necessary for us to talk with Peers or family members about the details of the abuse they might have experienced. What is important is for us to understand is that when people are placed in difficult circumstances, they might turn to negative coping behaviors to manage their experiences. Hopefully, they will seek professional assistance and not turn to negative coping strategies that are emotionally and physically harmful to them.
We need to be aware of services to assist community members and peers who have experienced hardships. Our program coordinator will be able to work with us to know the best way to link others to needed services.

**Know Your Rights**

In order to combat attempts for others to have power over us, it is important to be aware of our rights and responsibilities. There are laws that address each of the four root causes of many community problems. Working with your program, we can prioritize learning about the legal aspects and protections that correspond with the challenges discussed.

**Immigration Status**

Within the Latino community it might be important to understand certain provisions, which affect immigration status.

**VAWA:** The Violence Against Women Act serves to help undocumented victims of abuse to obtain legal status without being dependent on their U.S. citizen abuser to petition for them. A person can self-petition for legal status if they are the spouse, child, or parent of a U.S. citizen or legal permanent resident who is abusing them. VAWA requires working with law enforcement to prosecute the abuser. There are many strict requirements to apply for this status. (As of 2015, this continues to be in effect.) [http://www.uscis.gov/sites/default/files/USCIS/Humanitarian/T-U-VAWA-relief.pdf](http://www.uscis.gov/sites/default/files/USCIS/Humanitarian/T-U-VAWA-relief.pdf)

**DACA:** Deferred Action for Childhood Arrivals is an Executive Action by President Obama that provides temporary deportation relief and other benefits to individuals who immigrated to the U.S. as children. "Deferred Action" is granted for two years and then requires additional registrations and payments for renewal. There are specific guidelines that individuals must meet in order to be considered for DACA including: coming to the U.S. before one’s 16th birthday, being 15 years or older, and currently in school or having received a high school diploma or GED certificate. (This went into effect in 2012.) [http://www.uscis.gov/humanitarian/consideration-deferred-action-childhood-arrivals-daca](http://www.uscis.gov/humanitarian/consideration-deferred-action-childhood-arrivals-daca)

**DAPA:** Deferred Action for Parental Accountability is an Executive Action that proposes to provide relief of deportation to parents of U.S. citizens and lawful permanent residents. This policy will also grant work authorization. This is not a path to citizenship. It is a process for temporary legal status. (This was proposed in 2014.) [http://www.nilc.org/dapa&daca.html](http://www.nilc.org/dapa&daca.html)

**DREAM Act:** This is a suggested legislation that would allow immigrant students who have grown up in the U.S. to apply for temporary legal status and eventually qualify
for U.S. citizenship if they attend college or serve in the U.S. military and meet other requirements. Students who benefit from the DREAM Act would be granted conditional permanent resident status and be able drive, work and go to school. (As of 2015, this is not currently a law.) https://nilc.org/dreamsummary.html

**Petitioning for relative’s residency in U.S.** A U.S. citizen or permanent resident may be eligible to petition for family members to receive permanent residency or a visa. This petition is for the spouse, children, parents, siblings or fiancé. Permanent residents, or green card holders, may petition for their spouse, unmarried child under 21 or married son or daughter over 21 years of age. http://www.uscis.gov/family/family-us-citizens

**Detention:** Immigrants, refugees and asylum-seekers are increasingly being placed in detention centers by immigration services. This affects those crossing the border and those residing in the U.S. Unclear U.S. laws, the overburdened immigration system, and the lack of access to legal assistance for those detained, have created fear in many communities. Of concern is the lack of human rights, as well as the emotional, physical and social well-being of detainees and their non-detained family members.

**Strategies to Reduce Exposure to Predators**

Over the years mobile devices and Internet technology have become strongly linked to many forms of victimization and discrimination. Now, some abusers access records of calls and contacts to better control their victims. Internet predators and aggressors use technology to track, stalk, threaten and harass. Remember, Internet predators need to be dealt with by professionals.

By eliminating the release of personal information such as addresses, phone numbers, workplace or school, we are reducing the options for hackers, stalkers and others to bother us. Pictures in front of our home with a house number or street sign should be cropped or not used as they provide precious information that puts us in jeopardy. Posting comments that specifically mention where we are or where we will be at a certain time opens up additional opportunities for others to violate our space or safety.

What follows is a listing of safety recommendations for social media sites to reduce individual risk of exposure. Remember that safety measures often change.. Make it a habit to update your privacy settings monthly on all applications. And remember, changes must be made on all the devices that you use: phone, tablet, laptop or desktop computer.

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Resource:

Immigration Issues: 213-639-3900 (Press 5 for Spanish)
http://www.nilc.org/
### Social Media Safety

<table>
<thead>
<tr>
<th>Social Media</th>
<th>Public Settings</th>
<th>Private Settings</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>Using “Public” settings means that anyone can see your profile.</strong> This can include:</td>
<td><strong>These settings mean that only those you have selected can see your posts. This is the most secure option.</strong></td>
</tr>
<tr>
<td></td>
<td>- Facebook posts/statuses/pictures</td>
<td><em>Beware: remember hackers can still access your records on most social media sites.</em></td>
</tr>
<tr>
<td></td>
<td>- Tweets/Retweets/Favorites</td>
<td></td>
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<tr>
<td></td>
<td>- Snap Stories/Send you Snaps</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Instagram Pictures/People you follow/Photo Map</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Nothing is private!</strong></td>
<td></td>
</tr>
</tbody>
</table>

### Steps to maximize your privacy on Facebook:
1. View your profile and click the three dots next to the Activity Log. Look for the privacy option that says “View as...public” to see what information you're sharing publicly.
2. Click on the three dots again and look for the Timeline and Tagging option. Customize who can add and see what’s on your timeline as well as manage tags people added.

*Security measures change frequently. You should check settings monthly!*  

### Steps to maximize your privacy on Twitter:
1. Accept follow requests of accounts you know, don’t just follow randomly.
2. Click Settings and select the option “Security and Privacy” to manage your security, photo tagging, tweet privacy, tweet location, and discoverability.
3. Change the option of being able to “Add a location to my Tweets” to limit Twitter and others from seeing your locations.

*Security measures change frequently. You should check settings monthly!*  

### Steps to maximize your privacy on Snapchat:
1. Look for Settings and click “Manage” under “Additional Services” to customize what Snapchat has permission to access.
2. Also in Settings, click “Send me Snaps” and “View my Story” under “Who Can...” to customize who can see and send you snaps.
3. Remember, anyone can take a screenshot of a snap.

*Security measures change frequently. You should check settings monthly!*  

### Steps to maximize your privacy on Instagram:
1. Go to your Instagram profile
2. Click “Edit Profile” and set it to the “Posts are Private” option.
3. Access your Photo Map area, click the “Edit” button in the top-right corner, change/remove any locations from your photos.
4. Access the Photos of You section and click the gear icon in the top-right corner and set to add photos manually.

*Security measures change frequently. You should check settings monthly!*  

### Steps to maximize your privacy on Flickr:
1. Control your privacy settings and customize who is able to see different parts of your profile.
2. Within your privacy settings you can control who can comment on public videos and pictures.

***ALL social media sites have an option for blocking a user and reporting them.***
Things to Remember:

1. Discrimination, victimization, assault and domestic violence are examples of root causes affecting our communities.

2. There are two different types of power: our ability to control ourselves and the power or control that others have over us.

3. It is important to be familiar with legal provisions that can affect immigration status such as VAWA, DACA, DAPA and the DREAM Act.

4. Know what services are available to assist community members and peers who have experienced hardships. Our programs will be able to work with us to know the best way to link others to needed services.
Chapter 4 – Coping with Challenges

Oftentimes our stress, anger or worries are related to important people in our lives such as relatives, partners, teachers or friends. These feelings might be the result of disagreements or their ways of interacting with others or us. These feelings that we have are the same experienced by our peers. In situations where we feel safe, we can learn to manage tense situations or confrontations by using effective communication and compromising strategies. In situations where we feel unsure or unsafe, we may turn to ways of coping that are not the healthiest or most productive. As we learn about various coping strategies, we will be better prepared to share with our peers healthy approaches to coping with these challenges.

Learning to Cope with Challenges

Coping means that there are actions that we can take to try to manage or resolve our problems or situations. There are tools or exercises we can use to help regain personal control. Of course, seeking professional assistance from school psychologists, religious leaders or health care providers is a useful option for supporting positive coping. Because daily stressors can become as problematic as major crises, it is important for us to gather tools that we can use on our own.

Effective Communication

Effective communication allows us to convey a message in a way that can be understood by others and helps us to better listen to what is being said to us. This process involves a combination of verbal and nonverbal communication (body language), engaged listening, stress management and the capacity to recognize and understand emotions. Using effective communication allows us to resolve conflicts, appropriately stand up for our beliefs and manage differences in a positive manner.

How to Communicate Effectively and Compromise:

1. Be a good listener by not interrupting, showing interest and providing feedback.

2. Pay attention to nonverbal signals. These are facial expressions, body movements and gestures, posture, tone of voice and eye contact.

3. Keep stress in check. Pause to collect your thoughts, have questions repeated and ask for clarification. Take a moment if you need to calm down. It is okay to agree to disagree. Try to compromise with the other person and find a solution that both of you can agree on.

4. Assert yourself. Expressing self-confidence, without being aggressive, does this. Negative thoughts can be expressed in positive ways. Value your opinion and learn to say “No”.

5. If an interaction is too stressful or unsafe, step away from the situation. Taking a walk provides an opportunity to relax and return to a calm state.
It’s possible that we might not be comfortable expressing our opinions. For example, if you want to be heard and no one listens, you will probably feel frustrated, hurt or angry. In order to understand how coping mechanisms can be helpful, you first need to explore and understand your feelings.

Managing Your Feelings
Identifying and managing our feelings are important skills that will help us to become emotionally healthy. What follows can serve as a guide to the steps to taking control of your feelings.

1. **Name the feeling.** What emotion are you experiencing?

2. **Accept the feeling.** Avoiding it will only fuel it. Is it ok to feel this emotion?

3. **Express your feeling.** By talking to someone about it, crying or writing about it, you can release it.

4. **Pick a healthy way to take care of yourself.** What do you need? It could be taking a nap, a shower, walking or seeking support.

Positive Coping

Becoming familiar with our feelings allows us to better understand and identify what triggers certain reactions and the way we want to respond, especially during challenging situations. Most of the time, we can cope with problems by creating healthy distractions and taking a break from our routine. Improving your attitude and willingness to resolve problems is key to successfully managing stressful situations or people. To improve your ability to cope with challenges requires a good outlook:

- Positive thinking: optimism changes our perspective and helps us to see the good possibilities in a given situation
- Expressing gratitude: helps us build deeper and stronger relationships
- Being assertive: allows us to think and evaluate our feelings and situations from an honest perspective
- Positive strategies: helps us to engage in activities that will serve as outlets to break from a situation momentarily and develop skills to succeed
The following are easy techniques to help us to quickly feel better! We can share these ideas to assist others to reduce mild stress or to calm down.

**Tips for coping with mild stress**

<table>
<thead>
<tr>
<th>Get Physical</th>
<th>Refresh</th>
<th>Time Alone</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Play with a pet</td>
<td>• Take a shower</td>
<td>• Sit and visualize about an event or location that you have enjoyed</td>
</tr>
<tr>
<td>• Exercise</td>
<td>• Dance</td>
<td>• Pray</td>
</tr>
<tr>
<td>• Work on a project</td>
<td>• Listen or play music</td>
<td>• Close your eyes and slowly count to ten</td>
</tr>
<tr>
<td>• Take a walk</td>
<td>• Tell yourself positive thoughts</td>
<td>• Find a quiet place to sit</td>
</tr>
<tr>
<td>• Play an instrument</td>
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</tbody>
</table>

**Negative Coping**

Negative coping occurs when we choose unhealthy behaviors or activities in order to feel better. For some, there are issues that occur that people are not able to handle in a safe or healthy manner. These could be the result of: a lack of knowledge or skills to deal with situations in a positive manner, negative behaviors learned from others, our personality, from our environment or because of a health issue that requires medical attention.

What follows are some examples of negative coping options. It is important to remember that it is not always a conscious decision to depend on one of these coping skills. As a result, we need to be understanding of why people use these strategies, and, in many cases, how they are choices that make bad situations worse.

- Denial: involves lying to oneself, or others, to avoid accepting the truth.
- Avoidance: keeps us away from what we think will trigger uncomfortable situations.
- Displacement: projects our anger and frustrations to other people.
- Procrastination: keeps us from doing what we need to do, putting off things for a later time.
- Rationalization: makes us think “logically” about a feeling or event to excuse what has happened.
- Compulsive behaviors: actions that develop in place of emotions that we feel are out of control. For instance shopping, eating, drinking, cutting and addictions.

**What is Addiction?**

Addiction is a disease. Addiction is when a person craves a substance (alcohol, tobacco products, or drugs, etc.) or an activity such as gambling or overeating. With some drugs or behaviors, it's
very easy to become addicted. A person who has an addiction may have begun using drugs or alcohol as a way to cover up feelings such as shyness, sadness and loneliness. Addiction can also be a response to a trauma a person wants to forget. Addicts are unable to feel good or to deal with emotions without the thing they are addicted to. People who are addicts need help to break their addiction.

**Signs of Addiction:**

- not being able to quit the addictive behavior
- not being able to control the quantity needed for relief
- thinking about the addictive product or behavior often or all the time
- needing the addictive product to handle stressful situations
- sacrificing family, money, friends, free time and hobbies for the addiction
- not being able to control one’s body without the drug (for example, anxiety, tremors or shaking)

Addiction can cause serious health, social and legal problems:

- depression or poor mental health
- isolation from friends and family
- poverty
- arrest and possible imprisonment
- weakened immune system
- death
- driving under the influence charges (DUI)
- rejection of immigration status because of legal consequences of addiction

One serious challenge for those trying to recover from an addiction is the potential to replace one addiction for another. For example, a person who has been addicted to alcohol might begin smoking marijuana. Sometimes an addict justifies their action by choosing a less potent drug or behavior. However, since addiction is a compulsive behavior, replacing the addictive substance or behavior for another does not heal the addict. People trying to move away from addictive behaviors often need to set goals and maintain a support system to be successful. Merely exchanging one addiction for the other is not a sure strategy away from addictive behaviors.

**Drugs, Tobacco and Alcohol Addiction**

Drugs are chemicals that affect a person's mind, body and behavior. There are many different legal and illegal drugs. These drugs include a variety of substances: alcohol, tobacco, street drugs and prescription medicines. People use drugs for many reasons to celebrate, relax, overcome boredom, to manage health issues or because they enjoy them. Some people use drugs as a way to cope with problems. Drug use can become harmful when it becomes a person's main way of dealing with their problems, when it interferes with their life or when it causes harm to them or to others. Over time, these substances could also have serious effects on a person's mental and physical health.
Here are some terms to know as they relate to drug use.

<table>
<thead>
<tr>
<th>Drug user</th>
<th>Self-medicating</th>
<th>Drug abuse</th>
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<tbody>
<tr>
<td><strong>Drug user</strong> may be someone who smokes cigarettes, drinks alcohol occasionally or takes medicine as prescribed. However, this term is usually used to refer to those who abuse legal or illegal drugs.</td>
<td><strong>Self-medicating</strong> is when a person uses a substance or behavior as a way to deal with an issue they are having difficulty managing.</td>
<td><strong>Drug abuse</strong> is the pattern of substance use that causes significant harm to the individual or negatively affects their life at work, school, home or their relationships with others. For example, a drug abuser may be someone who gets drunk and then drives, someone who continues to take painkillers after the pain passes or someone who neglects their children because of their heroin use.</td>
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<table>
<thead>
<tr>
<th>Drug addiction</th>
<th>Drug tolerance</th>
<th>Withdrawal</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Drug addiction</strong> means a person uses drugs so much that their mind and body needs the drug to feel normal. They have a lot of trouble stopping their drug use and they need a greater quantity to feel the sensation of pleasure. They may be so dependent that they do not know how to function without it. They may continue to use the drug even when it causes problems in their life.</td>
<td><strong>Drug tolerance</strong> is when someone needs more and more of the same drug to achieve the same feeling or high that they first experienced. One's tolerance of a drug builds over time and therefore requires a greater amount of frequency to get high. This can often lead to overdose.</td>
<td><strong>Withdrawal</strong> refers to the symptoms that are experienced when an addict tries to stop drinking or using drugs. They might shake or shiver, have hallucinations (seeing things that are not really there), muscle pains, trouble eating, sleeping or feel nervous.</td>
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**Other Addictions**
As discussed, addiction refers to a person’s inability to control a need or urge to the extent that it puts them or others in a dangerous situation. Addictive behaviors can have the same negative outcomes as addictions to substances. Just as with substance abuse, recovery requires treatment and commitment by the addict to reform their behavior. The issue of self-control remains an ongoing problem, even once recovery begins.
The following are some additional forms of addiction:

**Pornography** ("porn" or "porno") addiction is the constant need to view or seek, sexual information, movies, materials, or conversation for sexual arousal. Pornography is mostly shared on the Internet or over the phone. People who are addicted to porn can’t stop on their own, even if they try, and often become stressed or anxious if they can't access it. Like all addictions, even when it begins causing problems at work and with relationships at home, the addict will continue to do whatever is necessary to access porn.

**Gambling** has to do with the impulsive and constant need to place bets on various activities such as sporting events, horse or dog races, computer gambling, card games and casino games. The “high” that a gambler gets is from the message sent to the brain when they bet, even if they lose. The desire is similar to that of an alcoholic or drug addict. Gambling can cause people to lose all their savings, accumulate debt, steal or resort to some other type of crime in order to continue gambling.

**Technology** addiction is experienced by young and old, and it creates a constant dependency on the satisfaction of the immediate delivery of information. Whether using technology through a phone, computer, video games or other devices, this addiction becomes such a distraction that it negatively affects one’s interaction and productivity at school, work and home. Common technological sources of addiction include social media sites like Facebook, Twitter and Instagram as well as popular individual or group gaming such as Candy Crush, Tomb Raider and World of Warcraft.

**Sex Addiction** causes people to be obsessed with sexual thoughts, urges and behaviors. Sex addicts are constantly looking for arousal, as they can’t control their sexual feelings and actions. These compulsive sexual behaviors can negatively affect our work, family, health and finances.

**Other Negative Coping Behaviors**

**Self-injury** or self-harm, is a negative way of coping with feelings or events. When a person doesn't know how to communicate, or holds back their feelings, they may turn to self-injury. Cutting is the most common form of self-injury, but other behaviors might include pulling out one’s own hair, hitting, piercing or even burning themselves. These actions offer a momentary sense of release or calm, usually followed by guilt, shame or embarrassment. A person will continue to use the self-injury approach until they can find support or other positive coping options.
**Eating Disorders** are a series of behaviors related to food. Though many are familiar with the obsessive weight concerns related to bulimia and anorexia, eating disorders are varied. Some people will eat compulsively, meaning that they eat without control. Others may eat very little or starve themselves because they are extremely obsessed about their weight. Below are the most common food disorders:

<table>
<thead>
<tr>
<th>Binge Eating: The most common eating disorder, binging is an uncontrollable need to constantly eat, even when one is not hungry or when one is full. Initially, there is a feeling of comfort from the eating. But, a feeling of distress is experienced sometimes during, but always after eating. There is a desperate desire to stop eating, but there is the feeling of not being able to control or stop the eating. Some binge eaters hide food to consume later. Binge eating can cause obesity, hypertension, diabetes, heart disease and other health and emotional problems.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bulimia: People who experience this disorder often eat large amounts of food in a short period of time. This is called binge eating. Then, they proceed to make themselves vomit, fast or exercise excessively in order to rid themselves of all the calories consumed. This is called purging. This disorder is a life-threatening health issue with difficult emotional and physical dangers. It can cause physical crises ranging from heart problems, kidney failure to gastric ruptures.</td>
</tr>
<tr>
<td>Anorexia: Is a form of starvation. People with anorexia are obsessed with being thin and have problems with their self-image and perceiving their own weight, even if it is normal. In addition to their poor eating habits, they also use diet pills, diuretics and laxatives to control their caloric intake. There are severe mental health and physical dangers including the risk of heart and kidney failure, muscle and hair loss, osteoporosis, a weakened immune system and death.</td>
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</tbody>
</table>

**Suicide** is the ultimate expression of a person’s inability to cope with the problems they are experiencing. The links between addictions and other negative coping mechanisms and suicide are many. Suicide is one of the most serious symptoms of desperation. If we hear someone discussing or expressing thoughts of suicide, this is the time to act. We must immediately report it to our Program Coordinator, the nearest mental health provider or emergency rescue (dial 911). We need to take any talk of suicide very seriously, whether or not the person has a plan of how they intend to end their life. The most important thing to remember is that this person needs help immediately! It is a matter of life or death.
Things to Remember:

1. Coping behaviors are actions used to try and manage or resolve problems or situations.

2. Effective communication helps us to resolve conflicts, stand up for our beliefs and manage differences.

3. Because daily stressors can become as problematic as major crises, it is important for us to gather tools that we can use on our own to address issues positively.

4. Addictions not only refers to substances, there are addictive behaviors that can also negatively affect our lives.
Mobilizing for our future is the idea of preparing ourselves for the work ahead. Defining our individual goals and their relationship to our families, peers and our communities requires support and resources.

As advocates we provide leadership, education, support and resources for community empowerment. Being informed is critical to our ability to navigate and to maximize the opportunities ahead. A sense of self-awareness and knowledge about our surroundings will keep us grounded as we move forward. This strengthening of our ability to analyze information is a skill to be refined and shared. As Promotores, it is important that we continue to share these elements in all of our work.

Understanding our communities and their challenges is an opportunity to see beyond circumstances that reduce motivation and instead can motivate us to set our sights on opportunities. Encouraging effective communication will help our peers and others to overcome obstacles and to envision the path to health and achievement.

Mobilizing Others

To mobilize others, we need to motivate others. We need to juggle many different issues when we do outreach. We need the insight to inform others in ways that allow them to identify with our messages. We need to present information clearly in order to respect the time of our peers. It is an art to balance these matters, but as Peer Advocates, we are learning ways to make an impact with our peers. If we continue to keep in mind that we are both a friend and mentor to each person we serve, we will successfully find the approach that works. Follow these outreach guidelines:

1. Focus on motivating others
2. Help them see themselves in each issue you tackle
3. Recognize that not everyone is interested
4. Know how much time you have to share and tailor your talk accordingly
5. Reinforce concepts by asking open-ended questions
6. Make what you're sharing fun or engaging
**Tips for Staying Healthy Along the Way**

Everyone needs to practice self-care! These four areas will enhance your energy, perspective and overall health. They are great tools to share with others too!

**Think Positive**

1. Avoid others who encourage negative thinking.
2. Set aside time each day for yourself.
3. Communicate your feelings.
4. Be willing to compromise with others.
5. Remember, some days will be better than others.

**Exercise**

People who exercise daily, even moderately, have a greater capacity to fight off illnesses, recover faster and to manage their stress better. So whether you go for a walk, dance or play a sport, exercise to get your heart pumping.

**Make Healthy Food Choices**

Foods that are nutritious provide our body with the minerals and vitamins that are necessary to strengthen our health, keep our mind clear and provide us the needed energy to face our challenges. Remember, sweets, starches, alcohol and sugary drinks do not benefit our body or mind. Part of good nutrition is drinking water throughout the day.

**Rest**

Allowing the body to rest is key to overcoming difficult times, both physically and emotionally. When we are tense or experiencing stress, rest is often hard to achieve. It is helpful to spend our last hour before bedtime distancing ourselves from the stimulation of crowds, noise, computer or phone activities, work and exercise.

**Tools for the Work Ahead**

We can strengthen individual’s capacity to positively cope with challenges by helping them to learn to manage their experiences and emotions and to strengthen their self-esteem. We have great resources to help us with our work. Our program will offer us tools, guidance and support in our outreach. We have many tools for the work and many go beyond the technology that is at our fingertips. As we grow in our work and learn to adjust our work-style, our community service will become easier.

In combination with our outreach education, we need to be prepared to efficiently refer community members to services when needs arise. As Peer Advocates we often serve as a bridge, linking the community with needed services. Providing critical care goes beyond our
responsibilities of prevention and linkage to care. At times there may be people who have problems or are unaware that there are services to assist them. It is our responsibility to link them to where to go for help.

As we serve others with referrals, be mindful that we want them to take an active role in seeking and requesting services when they are capable. By working with our program coordinator we can assure that those with critical needs receive referral support. For others, part of our work is to guide people to self-care. Peer Advocates should always be building the capacity of others and encouraging them to do for themselves.

National Resources

To be efficient in providing resources we will want to work with our programs to have referral options ready in advance of our work. In preparation, the tables on the following pages have national resources to support our work. Many of these have been included as a resource throughout all of the chapters. There are two types of listings:

- **National Emergency Hotlines:**
  These are resources that can be contacted for immediate counseling and support. Most are available 24 hours a day, 7 days a week. (For those of us who live and work in rural areas, these national hotlines may be the only immediate counseling option that we have available.)

- **National Resource Centers:**
  This is a listing of centers that can provide additional information on prevention and treatment, referrals to programs in our state and even information on advocacy opportunities. Most have Internet sites for further reading.

It might be useful to identify in advance which programs offer services in Spanish to assist some of our community members who feel more comfortable expressing themselves in their home language. Those resources have a green triangle, which indicates that Spanish-language services are available.

Don’t forget to use:

211 /United Way National Referral System
24 hours a day/7 days a week
Dial: 211
www.call211.org
<table>
<thead>
<tr>
<th>National Emergency Hotlines</th>
<th>Days/ Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Suicide</strong></td>
<td>24 hours a day</td>
</tr>
<tr>
<td>National Suicide Prevention Lifeline</td>
<td></td>
</tr>
<tr>
<td>877-784-2432</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.suicidepreventionlifeline.org">http://www.suicidepreventionlifeline.org</a></td>
<td></td>
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<tr>
<td><a href="http://www.suicidepreventionlifeline.org/gethelp/spanish.aspx">http://www.suicidepreventionlifeline.org/gethelp/spanish.aspx</a></td>
<td></td>
</tr>
<tr>
<td><strong>Sexual Assault, Rape and Sexual Harassment</strong></td>
<td>24 hours a day</td>
</tr>
<tr>
<td>Rape, Abuse &amp; Incest National Network (RAINN)</td>
<td></td>
</tr>
<tr>
<td>800-656-4673 (Press 2 for Spanish)</td>
<td></td>
</tr>
<tr>
<td><a href="https://rainn.org/get-help">https://rainn.org/get-help</a></td>
<td></td>
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<tr>
<td><a href="https://ohl.rainn.org/es/">https://ohl.rainn.org/es/</a></td>
<td></td>
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<tr>
<td><strong>Child Abuse</strong></td>
<td>24 hours a day</td>
</tr>
<tr>
<td>The Child Help National Child Abuse Hotline</td>
<td></td>
</tr>
<tr>
<td>800-422-4453 (Press 1 to reach an operator)</td>
<td></td>
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<tr>
<td><a href="https://www.childhelp.org/hotline">https://www.childhelp.org/hotline</a></td>
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<tr>
<td><a href="https://www.childhelp.org/hotline/?lang=es">https://www.childhelp.org/hotline/?lang=es</a></td>
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<tr>
<td><strong>Elder Domestic Abuse</strong></td>
<td>Monday - Friday</td>
</tr>
<tr>
<td>National Center on Elder Abuse</td>
<td>9am - 8pm</td>
</tr>
<tr>
<td>800-677-1116 (Press 2 for Spanish)</td>
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<tr>
<td><a href="http://www.ncea.aoa.gov/Stop_Abuse/Get_Help/index.aspx">http://www.ncea.aoa.gov/Stop_Abuse/Get_Help/index.aspx</a></td>
<td></td>
</tr>
<tr>
<td><strong>Domestic/IPV Abuse</strong></td>
<td>24 hours a day</td>
</tr>
<tr>
<td>The National Domestic Violence Hotline</td>
<td></td>
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<tr>
<td>800-799-7233</td>
<td></td>
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<tr>
<td><a href="http://www.thehotline.org/help">http://www.thehotline.org/help</a></td>
<td></td>
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<tr>
<td><strong>Youth Violence</strong></td>
<td>24 hours a day</td>
</tr>
<tr>
<td>Speak Up</td>
<td></td>
</tr>
<tr>
<td>866-773-2587</td>
<td></td>
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<tr>
<td><a href="http://www.speakup.com/hotline">http://www.speakup.com/hotline</a></td>
<td></td>
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<tr>
<td><strong>Trafficking</strong></td>
<td>24 hours a day</td>
</tr>
<tr>
<td>National Human Trafficking Resource Center</td>
<td></td>
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<tr>
<td>888-373-7888</td>
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<tr>
<td><a href="http://traffickingresourcecenter.org">http://traffickingresourcecenter.org</a></td>
<td></td>
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</tbody>
</table>
### Bullying
National Suicide Prevention Lifeline  
877-784-2432  
http://www.suicidepreventionlifeline.org  
http://www.suicidepreventionlifeline.org/gethelp/spanish.aspx  
24 hours a day

### Stalking
The National Domestic Violence Hotline  
800-799-SAFE  
800-799-7233  
http://www.thehotline.org/help  
24 hours a day

### Prostitution/ Sex Work
National Human Trafficking Resource Center  
888-373-7888  
http://traffickingresourcecenter.org  
24 hours a day

### LGBTQ Discrimination
GLBT National Help Center  
888-THE-GLNH  
888-843-4564  
http://www.glbtnationalhelpcenter.org/hotline/index.html  
Monday -Friday  
4pm- midnight  
Saturday  
Noon - 5pm

### Mental Health
National Alliance on Mental Illness (NAMI)  
800-950-6264 (Press 2 for Spanish)  
http://espanol.nami.org/  
Monday - Friday  
10am-6pm

### Poison Control
Poison Help  
800-222-1222  
24 hours a day
<table>
<thead>
<tr>
<th>National Resource Centers</th>
<th>Days/ Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Immigration</strong></td>
<td>Monday - Friday 9am-5pm</td>
</tr>
<tr>
<td>National Immigrant Law Center</td>
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<tr>
<td>213-639-3900 (Press 5 for Spanish)</td>
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<tr>
<td><a href="http://www.nilc.org/">http://www.nilc.org/</a></td>
<td></td>
</tr>
<tr>
<td><strong>Rights/Safety Plan/Protection Orders</strong></td>
<td>24 hours a day</td>
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<tr>
<td>The National Domestic Violence Hotline</td>
<td></td>
</tr>
<tr>
<td>800-799-SAFE</td>
<td></td>
</tr>
<tr>
<td>800-799-7233</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.thehotline.org/help/path-to-safety/#legal">http://www.thehotline.org/help/path-to-safety/#legal</a></td>
<td></td>
</tr>
<tr>
<td><strong>Discrimination: Immigration Status</strong></td>
<td>Monday - Friday 9am-5pm</td>
</tr>
<tr>
<td>United States Department of Justice/Civil Rights Division</td>
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<tr>
<td>800-255-7688 (Press 2 for Spanish)</td>
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<tr>
<td><strong>Workplace Victimization</strong></td>
<td>Monday – Friday 9am-5pm</td>
</tr>
<tr>
<td>U.S. Equal Employment Opportunity Commission</td>
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<tr>
<td>800-669-4000(Press 2 for Spanish)</td>
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<tr>
<td><a href="http://www.eeoc.gov/employees/index.cfm">http://www.eeoc.gov/employees/index.cfm</a></td>
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<tr>
<td><strong>Legal Rights/Assistance</strong></td>
<td>Monday – Friday 9am-5pm</td>
</tr>
<tr>
<td>National Crime Victim Law Institute—Referral Line</td>
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<tr>
<td>888-768-6556</td>
<td></td>
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<tr>
<td><a href="https://law.lclark.edu/centers/national_crime_victim_law_institute">https://law.lclark.edu/centers/national_crime_victim_law_institute</a></td>
<td></td>
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<tr>
<td><strong>Criminal Assault</strong></td>
<td>Monday – Friday 9am-5pm</td>
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<tr>
<td>National Organization for Victim Assistance</td>
<td></td>
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<tr>
<td>800-TRY-NOVA</td>
<td></td>
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<tr>
<td>800-879-6682</td>
<td></td>
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<tr>
<td><a href="http://www.trynova.org">http://www.trynova.org</a></td>
<td></td>
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<tr>
<td><strong>Victim Notification</strong></td>
<td>24 hours a day</td>
</tr>
<tr>
<td>Victim Information Notification Everyday (VINE)</td>
<td></td>
</tr>
<tr>
<td><strong>Alcoholism</strong></td>
<td>24 hours a day</td>
</tr>
<tr>
<td>Alcoholics Anonymous</td>
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<tr>
<td><a href="http://www.aa.org/pages/es_ES">http://www.aa.org/pages/es_ES</a></td>
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<tr>
<td><strong>Drug Abuse</strong></td>
<td>24 hours a day</td>
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<tr>
<td>Narcotics Anonymous</td>
<td></td>
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<tr>
<td><a href="http://www.na.org/meetingsearch">http://www.na.org/meetingsearch</a></td>
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</tbody>
</table>
Things to Remember:

1. As Peer Advocates, we are both a friend and a mentor!

2. Don’t forget about yourself! Think positively, make healthy food choices, and rest. Our well-being is important. We are role models!

3. The responsibilities that we have as Peer Advocates is to connect people with the appropriate resources they need to respond to their individual needs. Remember we should be a guide to services. Peer Advocates should always be building the capacity of others and encouraging them to take actions for their well-being.
Chapter 1


Chapter 2


**Chapter 3**


**Chapter 4**


Chapter 5
