SERGIO'S Story

A JOURNEY THROUGH

(AND BEYOND)

THE LEGAL SYSTEM



This book is about a young person named Sergio. He has experienced some things that you might have been through or might currently be going through.

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Situations in Sergio's life have made it hard to balance school and work and people around him notice how tired he is. Sergio learns that something is happening to him that is against the law, and later becomes a witness in a potential criminal court case.

Some of Sergio's experiences might not look and sound like yours, but they might help you to understand what's going on with you, your family, your friends, and your situation.

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This book includes information about:

- What could happen in your case
- People you might see or talk to
- Different ways to work through your feelings

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You can keep this book. Read it, write in it, ask questions, whatever. Hopefully it helps. And if you read any words or names of people that you don't understand, you can find their meanings in the 'What's Going On?' booklet.



Sergio's story is based on real people's lives. You'll hear from some of them at the end of the book. Reading Sergio's story may bring up some feelings or memories, which is completely understandable.

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It may be helpful to go through this book with someone working with you, such as an advocate or caseworker, or another adult you trust.



Please remember that there are a lot of people who can provide help and support. You are not alone.

SERGIO'S story

TABLE OF CONTENTS

_ ^		
	B	

SERGIO TALKS WITH HIS COACH

5

PART 2

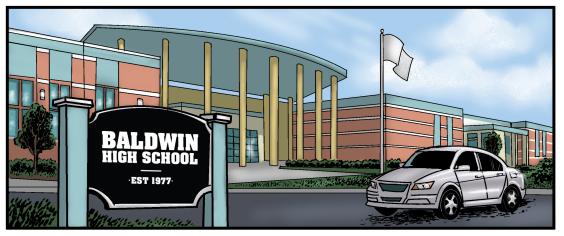
SERGIO MEETS WITH HIS VICTIM ADVOCATE

18

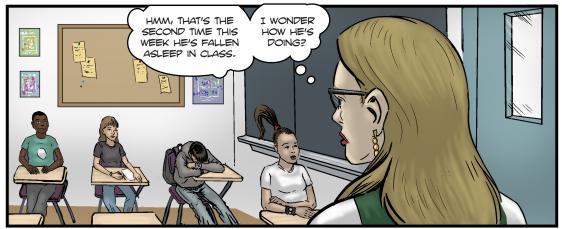
PART 1

SERGIO TALKS WITH HIS COACH







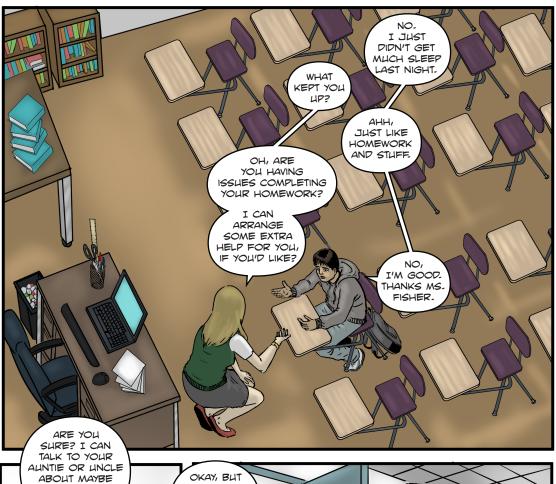












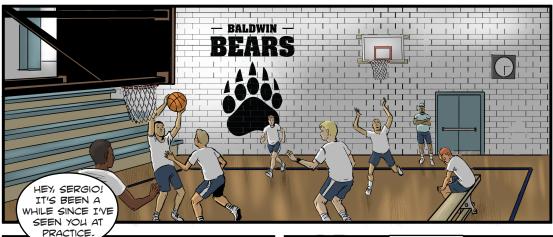












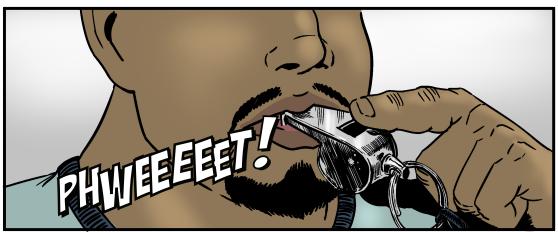










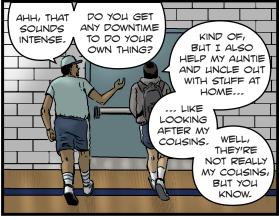




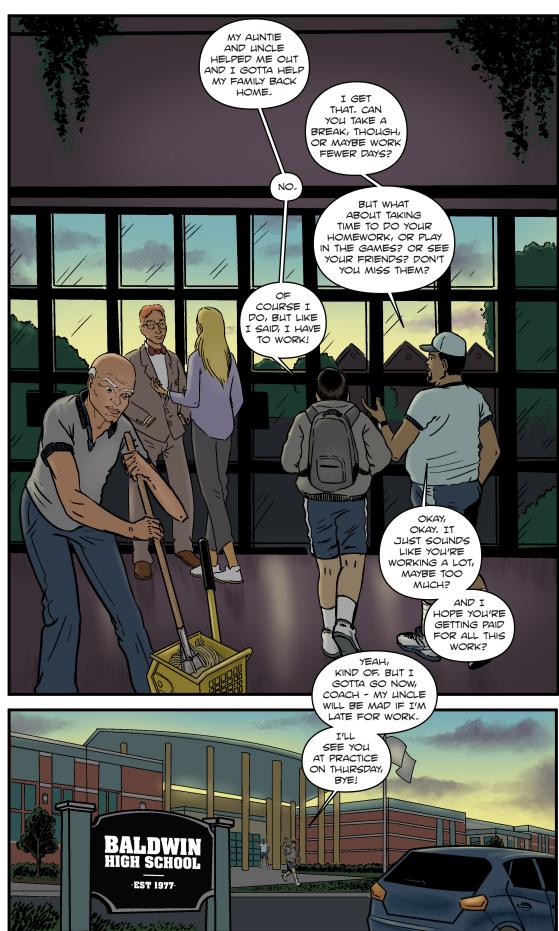
































Relax

MINDFULNESS MEDITATION

There are moments in Sergio's story - and maybe in your life, too - when strong emotions get in the way of thinking clearly. Being calm can help a lot when you're trying to figure out what to do.

If you are feeling anxious or upset, try this visualization exercise to help you calm down and focus your thoughts. It can be done anywhere.

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Start by closing your eyes and getting in a comfortable position. Imagine a big beautiful blue sky. It can be any type of blue sky that you like that makes you feel peaceful.

Now imagine big clouds covering the blue sky. The sky is you, and the clouds are your thoughts and worries.

Then imagine a gentle breeze blowing through your mind. The breeze makes the clouds slowly start to break up and drift away.

The clouds disappear and all you can see is your peaceful blue sky.











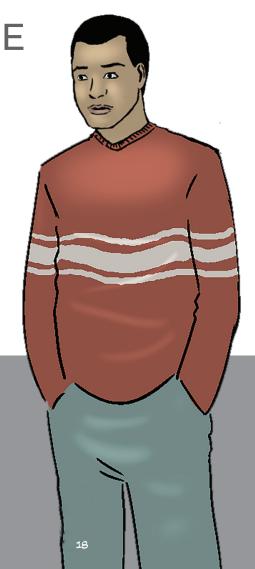




PART 2

SERGIO MEETS WITH HIS VICTIM ADVOCATE









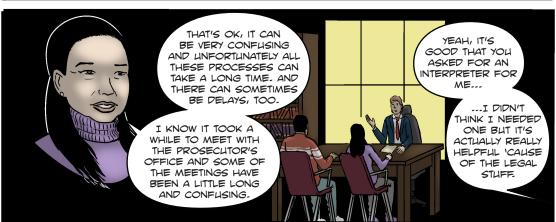






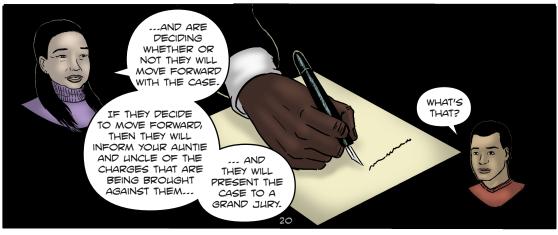




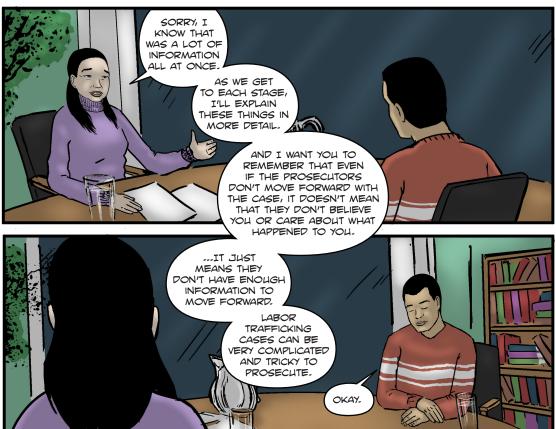












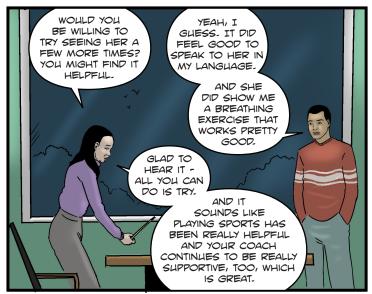




















Taking a BREATHER

It may seem obvious, but taking deep breaths can help you prepare for something stressful and feel calmer when you're overwhelmed.

Deep breathing helps lower your heart rate, which then lets your body know that you're okay. And you can do this exercise anytime, anywhere.

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Slowly take a big breath in, counting 1-2-3 as you fill your belly with air. Then hold your breath while you count 1-2.

Then count 1-2-3-4-5 as you breathe out slowly and let out all the air, feeling your belly empty out.

Repeat three times.

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If it helps, you can close your eyes while you breathe, or put your hand on your stomach to feel your breath go in and out. You can also say a relaxing word or phrase as you breathe out.

WHAT'S GOING ON?

Many young people work part-time jobs. This is legal in the United States. But you have rights and there are many laws to help protect you and keep you safe while you work. For example, there are laws that specify the number of hours you can work, the amount of money you should be paid, and your right to stop working whenever you want. All people that work in the United States, no matter how old they are or if they come from another country, are protected by these laws. And there are special labor laws for young people under the age of 18.

If a person forces you to work, withholds your pay, or threatens to harm you or your family if you don't work, this is illegal and could be 'labor trafficking.' Many children and young people in the United States experience labor trafficking in different workplaces, such as working as a cleaner or housekeeper, taking care of young children, selling goods, or working on a farm or construction site. In Sergio's story, he was working in a restaurant, and he felt like he couldn't stop working because he owed money to his auntie and uncle. All his earnings were taken by his auntie and uncle in order to pay off his debt, and Sergio didn't know how long he had to keep working. This situation is sometimes referred to as 'debt bondage' or 'peonage,' and indicates possible labor trafficking.

Though it wasn't an easy decision, Sergio reached out to a trusted adult, his coach, who then helped him to connect to different services. These services gave Sergio the opportunity to find a safer place to live, apply for financial assistance from the government (which is a type of 'benefit'), apply for a special visa, get connected to his family, and see a therapist. Sergio was also a victim witness in a potential criminal case against his auntie and uncle, and he was connected with a victim advocate at the prosecutor's office who supported him as he navigated the criminal legal system.

If something like what happened to Sergio is happening to you, please remember that you are not alone, you did not do anything wrong, and there is help available. Some of what Sergio received help with may not apply to your situation as every community has different services, and every young person's needs are different. Also, labor trafficking cases are handled differently across the country, and not all of them end up going to criminal court. But what's most important is to get connected to legal assistance and case management and advocacy services - they can help you figure out what's best for you and your situation.

For more information on trafficking, check out the 'What's Going On?' booklet. For more information on the child welfare system check out **these materials**. And, for more information on the criminal legal system check out **these materials**.

NOTES OF SUPPORT

You just read about Sergio's experience with labor trafficking and going through the beginning stages of a criminal court case. There are difficult feelings that come with sharing your experiences, going to court, and trying to move forward with your life.

We thank you for your time and energy in reading this book, and we hope it has been of some help to you. As a last note, we spoke with some people who have been through similar lived experiences, and this is what they wanted to share with you: Advocate for yourself because your voice is powerful. If you ever feel uncomfortable, express that discomfort. Don't just keep it in because you feel like these officials are telling you what you have to do.

I was uncomfortable a lot of times, but I never said anything because I thought, "This person works with the government and the government is right," instead of saying, "Can I take a break?" or "This is making me sad," or "I'm scared." Advocate for yourself and ask any question you have.

11

- Melanie T., Lived Experience Expert

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This may be the worst nightmare you are living. Nobody is going to experience the same fear and pain that you're feeling but trust me, this nightmare is going to end. And you don't need to change. You are worthy just for being here. You are more than worthy, thank you for being who you are. And if the world seems that they don't understand you, I see you, I hear you, and I am here to support you. And I know that it's extremely hard to express that pain and that adults have used that pain to cause you more pain. I know how hard it is to open up. Take your time, and breathe. This feels like a nightmare but you are not alone. This will come to an end because you deserve to be loved, respected, to be cared for, and to be happy. Always remember you are powerful you have the power.

77

- Cristian E., Survivor and Advocate

My Taking Care of Me CHECKLIST

Like Sergio did throughout his story, it can be good to "check in" with yourself and mentally scan how you're feeling. When you're upset or overwhelmed, doing one or more of these activities might help you feel better.

\checkmark	Read, watch or listen to something you enjoy	Think of a happy memory or a peaceful place
	Chat with friends in person or online	Count backwards from 20
	Do some exercise or play a sport	Make something arts & craftsy or cook something
	Get a drink (water, tea or hot chocolate)	Say kind, supportive things to yourself
	Spend time outdoors or in nature	Let yourself cry, scream or talk about your frustration
	Keep a small item in your pocket (like a stone) and run your fingers over it	Write down your thoughts or feelings
	Are there other activities the ls there someone you can a healthy coping skills?	•

The Center for Court Innovation's Child Witness Materials Project is a collaborative effort between the Center for Court Innovation, the Center for Urban Pedagogy, and Alternate History Comics. It is supported by cooperative agreement # 2018-V3-GX-K069, awarded by the U.S. Department of Justice, Office of Justice Programs, Office for Victims of Crime. The opinions, findings, and conclusions or recommendations expressed in this document are those of the contributors and do not necessarily represent the official position or policies of the U.S. Department of Justice.

The Center for Court Innovation works to create a more effective and humane justice system by performing original research and helping launch reforms around the world.

www.courtinnovation.org

The Center for Urban Pedagogy is a nonprofit organization that uses the power of design and art to increase meaningful civic engagement, in partnership with historically marginalized communities.

www.welcometoCUP.org

Alternate History Comics is a multiple award-winning publishing company that creates original graphic novels and cultural comic collections.

http://ahcomics.com

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The Center for Court Innovation is grateful to the project partners and stakeholders; justice system practitioners; and young survivors from all over the country who contributed to the development of this product.

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The Office for Victims of Crime is committed to enhancing the Nation's capacity to assist crime victims and to providing leadership in changing attitudes, policies, and practices to promote justice and healing for all victims of crime.

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