

Tips for Talking about Family Preparedness Plans



BEFORE YOU BEGIN: A note for you

These conversations come from love—and love does not mean carrying it all alone. It's okay to take the first step, to share what you know, and to help your parents understand resources that can protect your family. **But remember: it's not your job to fix everything.**

You might know more about how systems work, speak more English, or have more access to information than your parents. That doesn't mean the responsibility for making or managing a plan falls on you. Your role may start with a conversation, or by being curious of learning about what you can do to feel safer, or offer to share knowledge to help your family make decisions together.

If at any point this feels overwhelming or confusing, reach out to someone you trust—a teacher, mentor, counselor, or community organizer. These conversations are meant to bring down the worries, not to add more pressure.

"We take care of each other—not because one person has to do it all, but because we're stronger when we do it juntos."



ONE STEP AT A TIME

Starting this conversation might not be easy. Many of our parents have already gone through so much—uncertainty, loss, fear—and asking them to plan for "what if" situations can feel overwhelming.

But remember: this isn't about fear. It's about *taking care of each other*. You don't have to have all the answers right away—you just have to take one step at a time.

You can start small:

"I've been learning about family preparedness plans, and I think it might give us peace of mind to make one together. Can we look at it little by little?"

If your parents hesitate, gently remind them:

"We've already overcome so much. This is just another way to protect what we've built together."



KNOWLEDGE IS POWER — EL SABER ES PODER

When you talk about plans, help your parents understand how important it is for everyone in the family to know what to do—not just the kids.

You might say:

“If something unexpected happens, I want to make sure I know where important papers are, who to call to help us, and how to support you. That way no one is caught off guard.”

Encourage open communication:

- **Gather information together**—write down contact names, phone numbers, and safe addresses for trusted people, lawyers, or community organizations.
- **Keep a copy somewhere everyone can access easily**—maybe in a shared drawer, or saved in a secure phone note.
- **Review it regularly**—offer to check it every few months so it stays updated.

For parents who have younger kids:

“It would help to have a plan for my little siblings’ school or daycare, just so teachers know who to contact if you can’t get there right away.”



TAKING CARE OF OUR HEARTS

These conversations can bring up a lot of emotions—fear, guilt, frustration, sadness. Be gentle with yourself and ensure the following.

Approach your parents with love, not urgency:

“I know this topic is heavy. I’m not trying to scare anyone. I just want us to have peace of mind—so we don’t have to figure things out during a crisis.”

When your parents start to shut down or change the subject, you can pause and say:

“Maybe we can talk about just one part today, and come back to the rest later. We don’t have to do it all at once.”

Small steps matter:

You might begin with something practical, like making copies of important documents, or identifying a family friend who could help in an emergency.



CREATING EMOTIONAL SAFETY & BUILDING COMMUNITY

Making a plan means protecting hope:

Let your parents know that making a plan doesn't mean expecting the worst.

"It's not about expecting something bad—it's about knowing who's got our back."

"Having a plan helps me feel calmer, because I know that if something ever happens, we'll know what to do. We'll still be connected."

Identify your support circle:

Encourage your parents to think about who makes them feel safe—community members, relatives, faith leaders, or trusted friends.

"Who would you want me to call if something happened?"

"Who in our family knows about these things and could help us?"

Building a small "support circle" reinforces that no one has to go through this alone.



CLOSING THE CONVERSATION

End on care and unity:

"Thank you for talking about this with me. I know it's not easy, but it means a lot to me. I want you to know I'm here—we're in this together."

Remind them that love is at the center of the plan:

"Everything we do, we do out of love and protection for each other."

Make a small commitment together:

"Maybe next week, we can look at one more part—like finding the lawyer's number or updating our contact list, poquito a poquito."

Close with reassurance:

"We're a team. No matter what happens, we have a plan to care for each other."

"You are not in this alone. We are part of a community that cares, resists, and keeps dreaming. Your heart matters deeply, your words leave an imprint, and who you are is already part of the change."

