

# Illinois Family Support

## Social Media Toolkit

Guidance for Times of Heightened ICE Activity



In collaboration with:



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# Overview

## *Summary*

Many children, families, and providers across Illinois are feeling increased stress and uncertainty due to recent immigration enforcement activity (ICE) and its impact on communities.

These moments can create fear, disrupt routines, and leave both adults and young people unsure of how to respond or where to turn for support.

Illinois agencies remain committed to ensuring that children feel safe, families feel supported, and providers have the tools they need to navigate difficult conversations and connect families to care.

This social media toolkit includes clear, accessible messages and ready-to-use graphics designed to help families:

- Talk with children about what is happening in age-appropriate ways
- Support children's emotional and behavioral needs
- Understand the basics of Psychological First Aid (PFA)
- Access trusted state and community resources
- Find guidance specific to immigrant families, schools, and licensed child care providers

The goal is to empower parents, caregivers and providers with information that is calming, accurate, and actionable.

# Existing Resources for Support

Below are some resources and helpful ways adults can offer support:

- Talk About What's Happening
  - Handouts to help explain the situation to children
    - [English](#) (Illinois Chapter American Academy of Pediatrics)
    - [Spanish](#) (Illinois Chapter American Academy of Pediatrics)
- Use Psychological First Aid
  - Psychological First Aid helps people feel safe and calm during stressful times.
    - Use the [Listen, Protect, Connect](#) tips to comfort and support children
    - Take a [free 1-hour training](#) through the Center for Childhood Resilience at Lurie Children's Hospital
    - Download the "PFA Mobile" app for guidance
- Get Help
  - Need someone to talk to? Call the Illinois Warm Line: 866-359-7953
  - In a mental health crisis? Call or text 988 (press 2 for Spanish)
  - Need help for a child? Visit BEACON at [beacon.illinois.gov](http://beacon.illinois.gov)
  - Need substance use treatment and recovery support? Call 833-2FINDHELP (833-234-6343). Spanish-speaking and interpreter services are available
- Resources for Immigrant Families
  - [Illinois Immigration Information Hub](#) – rights, information and legal help
  - Help families create a [Family Preparedness Plan](#) for emergencies
  - [ICIRR Family Support Network Hotline](#): 1-855-HELP-MY-FAMILY (1-855-435-7693) for reporting ICE activity or getting help if a loved one is detained (English, Spanish, Korean, Polish)
  - Chicago Public Schools [Immigration Resource Hub](#) for student support
- Resources for Schools, Daycares and Providers
  - [Non-Regulatory Guidance](#) on immigration enforcement at schools (ISBE)
  - Non-Regulatory Guidance – [English](#) and [Spanish](#) – on immigration enforcement at day care facilities (DCFS and IDEC)
  - Information – [English](#) and [Spanish](#) – on how DCFS can support children when guardians face immigration challenges

# How to Use this Toolkit

This toolkit provides pre-designed social media posts that agencies, schools, child care centers and community partners can share to support families during periods of community stress or ICE activity.




You may use the graphics and captions exactly as provided or customize the captions to fit your organization's voice.

These posts are designed to offer reassurance, clarity, and trusted information. Please check that any links in captions or graphics remain active and up to date. For the latest statewide guidance and resources, visit IDEC's official channels or your local agency's website.




Lastly, please tag the Illinois Department of Early Childhood on all social platforms when posting so the agency can engage with your content.

Please tag us:




## IDEC:

 @IllinoisDepartmentofEarlyChildhood  
 @idec\_illinois  
 Illinois Department of Early Childhood




## IDPH:

 @IllinoisDepartmentofPublicHealth  
 @illinoisdph  
 Illinois Department of Public Health

## ISBE:

 @IllinoisStateBoardofEducation  
 @ISBEnews  
 Illinois State Board of Education

## DCFS:

 @IllinoisDepartmentofChildrenandFamilyServices  
 @ilchildrenandfamilyservices  
 Illinois Department of Children and Family Services




### Hashtag examples:

#EarlyChildhoodIL  
#EarlyChildhood  
#ILDeptEarlyChildhood  
#IDEC  
#IllinoisCares  
#KnowYourRights  
#IllinoisResources

Questions? Email the Illinois Department of Early Childhood at [Questions.IDEC@Illinois.gov](mailto:Questions.IDEC@Illinois.gov).

# Social Media Posts

## Carousel Option 1:

| Graphic(s)   | Caption  |
|--|--|
|  | <p>Children look to the adults in their lives for cues on how to navigate fear and uncertainty 🧡</p> <p>Here are gentle, grounded ways to talk with children about what's happening, without overwhelming them or making false promises.</p> <p>Swipe for simple strategies you can use today.</p> <p>For more child mental health support, visit:<br/>📠 BEACON: <a href="https://beacon.illinois.gov">beacon.illinois.gov</a><br/>☎️ Illinois Warm Line: 866-359-7953</p> <p><i>Los niños buscan en los adultos de su entorno señales sobre cómo manejar el miedo y la incertidumbre 🧡</i></p> <p><i>Aquí tienes formas suaves y realistas de hablar con los niños sobre lo que está ocurriendo, sin abrumarlos ni hacer promesas falsas.</i></p> <p><i>Desliza para encontrar estrategias sencillas que puede usar hoy mismo.</i></p> <p><i>Para más apoyo en salud mental infantil, visita:</i><br/>📠 BEACON: <a href="https://beacon.illinois.gov">beacon.illinois.gov</a><br/>☎️ Illinois Warm Line: 866-359-7953</p> |

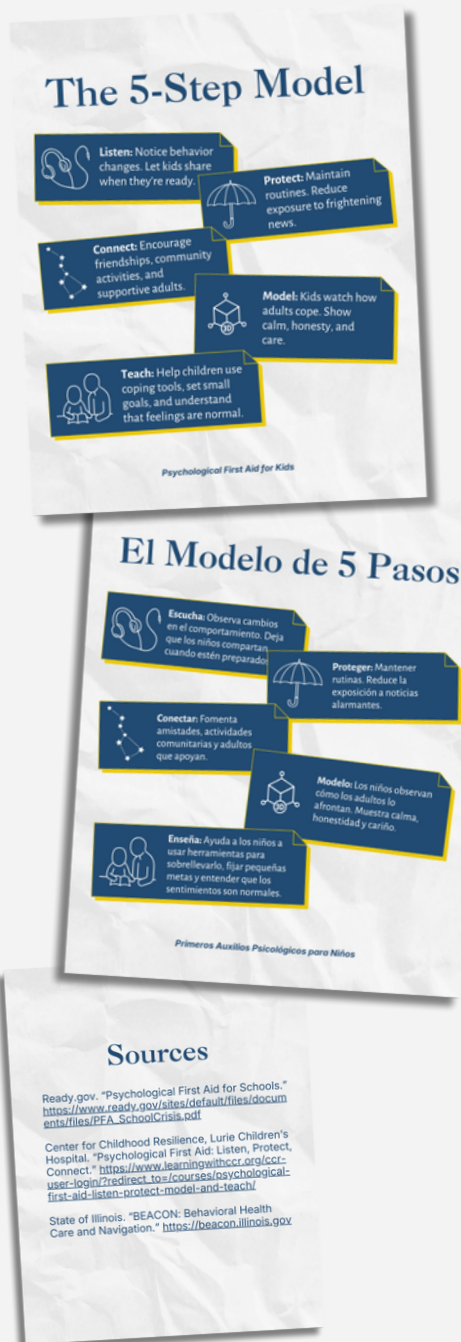
English & Spanish Graphics



# Social Media Posts

## Carousel Option 2:

### Graphic(s)



English & Spanish Graphics

### Caption

When children experience stress, uncertainty or fear, Psychological First Aid (PFA) can help them feel safer and supported. PFA is a simple, research-backed 5-step model anyone can use including parents, teachers, caregivers and providers. Save this for later and share it with a fellow parent or educator.

More resources:

📱 Download the PFA Mobile App  
🧠 Take a FREE 1-hour training with Lurie Children's Center for Childhood Resilience: [www.learningwithccr.org/ccr-user-login/?redirect\\_to=/courses/psychological-first-aid-listen-protect-model-and-teach/](http://www.learningwithccr.org/ccr-user-login/?redirect_to=/courses/psychological-first-aid-listen-protect-model-and-teach/) [or link in bio]

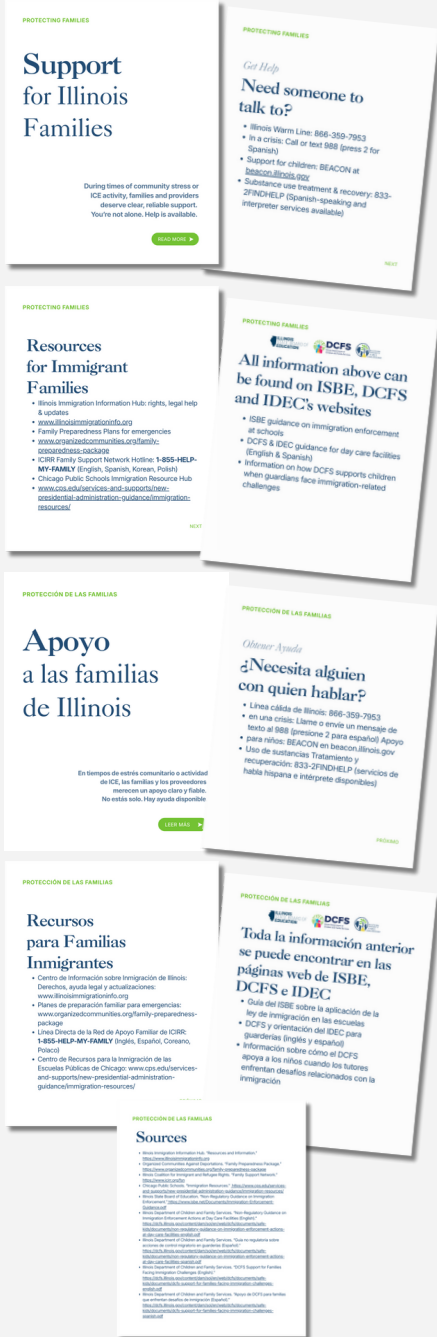
*Quando los niños experimentan estrés, incertidumbre o miedo, los primeros auxilios psicológicos (PFA) pueden ayudarlos a sentirse más seguros y apoyados. PFA es un modelo simple de 5 pasos respaldado por la investigación que cualquiera puede usar, incluidos padres, maestros, cuidadores y proveedores. Guarde esto para más tarde y compártalo con un compañero de familia o educador.*

Más recursos:

📱 Descarga la aplicación móvil  
🧠 PFA Haz un entrenamiento GRATUITO de 1 hora con el Centro Infantil Lurie para la Resiliencia Infantil: [www.learningwithccr.org/ccr-user-login/?redirect\\_to=/courses/psychological-first-aid-listen-protect-model-and-teach/](http://www.learningwithccr.org/ccr-user-login/?redirect_to=/courses/psychological-first-aid-listen-protect-model-and-teach/) [o enlace en bio]

# Social Media Posts

## Carousel Option 3:

| Graphic(s)   | Caption   |
|--|---|
|  | <p>Illinois families deserve to feel informed and supported during times of stress or uncertainty. Here are grounded, practical ways to help children feel safe and where families and providers can turn for help when they need it.</p> <p><i>Las familias de Illinois merecen sentirse informadas y apoyadas en momentos de estrés o incertidumbre. Aquí hay maneras prácticas y fundamentadas de ayudar a los niños a sentirse seguros y a dónde las familias y los proveedores pueden recurrir para obtener ayuda cuando la necesiten.</i></p> |

English & Spanish Graphics



# Sources

Illinois Chapter of the American Academy of Pediatrics. "Talking With Children."  
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[https://www.ready.gov/sites/default/files/documents/files/PFA\\_SchoolCrisis.pdf](https://www.ready.gov/sites/default/files/documents/files/PFA_SchoolCrisis.pdf)

Center for Childhood Resilience, Lurie Children's Hospital. "Psychological First Aid: Listen, Protect, Connect." [https://www.learningwithccr.org/ccr-user-login/?redirect\\_to=/courses/psychological-first-aid-listen-protect-model-and-teach/](https://www.learningwithccr.org/ccr-user-login/?redirect_to=/courses/psychological-first-aid-listen-protect-model-and-teach/)

State of Illinois. "BEACON: Behavioral Health Care and Navigation."  
<https://beacon.illinois.gov>

Illinois Immigration Information Hub. "Resources and Information."  
<https://www.illinoisimmigrationinfo.org>

Organized Communities Against Deportations. "Family Preparedness Package."  
<https://www.organizedcommunities.org/family-preparedness-package>

Illinois Coalition for Immigrant and Refugee Rights. "Family Support Network."  
<https://www.icirr.org/fsn>

Chicago Public Schools. "Immigration Resources."  
<https://www.cps.edu/services-and-supports/new-presidential-administration-guidance/immigration-resources/>

Illinois State Board of Education. "Non-Regulatory Guidance on Immigration Enforcement." <https://www.isbe.net/Documents/Immigration-Enforcement-Guidance.pdf>

# Sources

Illinois Department of Children and Family Services. “Non-Regulatory Guidance on Immigration Enforcement Actions at Day Care Facilities (English).”

<https://dcfs.illinois.gov/content/dam/soi/en/web/dcfs/documents/safe-kids/documents/non-regulatory-guidance-on-immigration-enforcement-actions-at-day-care-facilities-english.pdf>

Illinois Department of Children and Family Services. “Guía no regulatoria sobre acciones de control migratorio en guarderías (Español).”

<https://dcfs.illinois.gov/content/dam/soi/en/web/dcfs/documents/safe-kids/documents/non-regulatory-guidance-on-immigration-enforcement-actions-at-day-care-facilities-spanish.pdf>

Illinois Department of Children and Family Services. “DCFS Support for Families Facing Immigration Challenges (English).”

<https://dcfs.illinois.gov/content/dam/soi/en/web/dcfs/documents/safe-kids/documents/dcfs-support-for-families-facing-immigration-challenges-english.pdf>

Illinois Department of Children and Family Services. “Apoyo de DCFS para familias que enfrentan desafíos de inmigración (Español).”

<https://dcfs.illinois.gov/content/dam/soi/en/web/dcfs/documents/safe-kids/documents/dcfs-support-for-families-facing-immigration-challenges-spanish.pdf>