

Concrete Suggestions in Preparation for January 2017's change in American government (by demographic issue, but for any interested readers)

*(Note: This list is a living document compiled and moderated by Kara Hurvitz, an attorney and advocate based out of Boston. It has received contributions from attorneys, other professionals, and lay people all over the country. **Due to extremely high traffic, this version of the doc is being made read-only to aid accessibility.** I have created [a second document with commenting permissions](#), and encourage you to go to this link with things to add! I will periodically edit this document to reflect the changes made in the other one. Thank you so much for your contributions and your focus on helping people survive the upcoming change in government!)*

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English language version

Transgender issues/suggestions

1. Make the deeply personal, and absolutely important decision about **how you want to proceed** in this climate. There is no shame in transitioning, but there is also no shame in deciding to put off transitioning until it's safer to do so.
2. If you decide to continue with transition, begin the process to **change gender markers** on passports, birth certificates, and other forms of legal identification:
 - a. [Birth certificate process](#)
 - i. Note: regulations regarding changing sex on birth certificates differ by state--some will not allow changes to sex on certificates at all, some will only allow changes if SRS has been completed, and some will allow changes regardless of surgical status.
 - ii. States also differ in how they define SRS, and some will allow HRT in place of SRS to change records.
 - iii. The link above should have information on your specific state!
 - b. [Passport process](#)
 - i. Note that current policy permitting the change of gender markers on passports was created by executive order, and is likely to be repealed after January 20.
 - ii. Note also that an active passport is a necessity for relocating (temporarily or otherwise) to anywhere else in the world, including Canada, so it is a very good idea to have one current and matching your other forms of identification! You can [begin the application process here](#). It is [possible, though expensive](#), to get a passport in just a few weeks. In emergency circumstances it is also [possible to get a two-year limited validity passport](#), though this will be valid for less time and in fewer circumstances than a general passport.
 - c. [State ID process](#)
 - d. [Social Security Gender update process](#)
 - i. This is roughly the same as the passport process, but does not have the same associated costs
 - ii. General process:

1. Find a doctor in your area who is willing to write and sign an official letter
 2. Take the letter to your local social security administration office, along with proof of citizenship and proof of identity
 3. In twenty-four hours, your gender marker should be changed on your card.
- e. If you decide to continue with transition and want to **legally change your name at the local level**:
- i. You will first need to submit a petition to your local court
 1. In some parts of the country, this is done at a Family and Probate Court
 2. In other parts of the country, this is done at a Chancery Court
 3. Contact local legal organizations for more information on where to file!
 - ii. Be aware that there are frequently filing fees, though these can sometimes be waived for indigent applicants
 - iii. You can search for examples of these petitions online, have an attorney help you with this process, or use [this template](#)
 - iv. After submitting this petition, you may need to set up a court date. You will be given a way to contact the relevant judge's assistant or someone who can schedule this for you.
 - v. In court, you will need to have a court order prepared for the judge to sign. This sounds a bit intimidating, but a court order is simply a short document that declares what the change is going to be.
 - vi. Again, you can search for examples of court orders (your county may have an electronic system that will let you look up documents like these that have been accepted in your area), have an attorney help you with this, or you can use [this template](#).
 - vii. With your court order signed by the judge and filed with your local clerk, you can proceed with changing your information. Social security will be your first stop, and you can find the information about how to do this in the section about changing your gender marker.
 - viii. (This information was compiled and summarized by the owner of [this blog](#), who lives in MS)
3. If you are on a federal employee health plan or a publicly-provided plan such as MassHealth (or an ACA-created plan), **expedite what healthcare you can** and **explore backup insurance options**.
- a. The Commonwealth Care Connector is unlikely to see significant changes, especially in the short term, because it predates the ACA
 - b. But Medicaid programming may become more streamlined and restrictive!
4. Get all the **non-marriage materials taken care of** in case those protections go away:
- a. Health care proxy
 - b. Power of attorney
 - c. Beneficiaries of policies

- d. Last will and testament (to ensure your spouse has a legal claim to your assets in the event of annulment)
 - i. Check the laws in your state to see what makes a valid Last will.
 - ii. Make sure you make it air-tight and non-contestable.
 - iii. Get a lawyer if you can!
5. Consider contributing to (and referring to) [Refuge Restrooms](#), a web app that compiles information about gender neutral restrooms in public places
6. Familiarize yourself with the names and numbers of **national and local legal protection groups**, which will be working to provide advice, materials, and support over the coming months:
 - a. National organizations:
 - i. [Transgender Legal Services Network](#)
 - ii. [Trans Road Map \(legal section\)](#)
 - b. Local organizations:
 - i. Boston - [Mass Trans Political Coalition](#), [GLAD](#)
 - ii. New York City - [The Sylvia Rivera Law Project](#)

Other LGB issues/suggestions

1. Make the deeply personal, and absolutely important decision about **how you want to proceed** in this climate. There is no shame in deciding to be open about your identity, but there is also no shame in deciding to be quiet about your identity until it's safer to be vocal about it.
2. Consider legal marriage distinct from your wedding planning, and **consider getting legally married as soon as possible** if you're in the planning stages. Marriage annulment is a distinct process from marriage issuance, and we're very very likely to see setbacks on the latter.
3. Familiarize yourself with the names and numbers of **legal protection groups**, which will be working to provide advice, materials, and support over the coming months:
 - a. National groups:
 - i. [Black and Pink](#)
 - ii. [Lambda Legal](#)
 - b. Local groups, by location:
 - i. Philadelphia - [The Mazzoni Center](#)
 - ii. Boston - [GLAD](#)
4. If you are a same-sex couple with children, consider **a co-parent adoption** to solidify your joint parental rights.

Immigration issues/suggestions

1. Generally, an application that you file is evaluated under law at time of filing, so **if you need a visa extension, spouse visa, anything but DACA, do it now.**
2. **Be aware of risks inherent in filing under DACA** if you are filing for the first time, because that does not provide any protection except stay of deportation and it's very likely that deferred action under DACA is about to end.
3. If you or anyone you know is under 18 (or 21, in some states) and was born in another country, **you may be able to apply for Special Immigrant Juvenile Status**, which allows you to become a legal resident. It requires a determination from a family court judge that it is not viable to reunite you with one or more of your parents and that it is not in your interest to be sent back to your country of origin.
 - a. (Anyone who has a pending I-360 should consider filing their I-485 immediately, especially those from the Northern Triangle, as well as Mexico which may become backlogged again soon.) --Lily S. Axelrod
4. Familiarize yourself with the names and numbers of **national and local legal protection groups**, which will be working to provide advice, materials, and support over the coming months:
 - a. National resources:
 - i. [The National Immigration Law Center](#)
 - ii. [The Political Asylum Immigration Representation \(PAIR\) Project](#)
 - iii.
 - b. Local resources by city or state:
 - i. Asian Americans Advancing Justice - Atlanta
 - ii. [International Irish Immigration Center](#) - Boston
 1. Despite the confusing name, this org helps all immigrant populations!
 - iii. Northwest Immigrant Rights Project - Washington state
5. Be wary of “**notarios**” or other non-lawyer “immigration service” for immigration advice.
 - a. In Latin American legal systems, a “notario” often has a great deal of training and can be licensed to practice some areas of law.
 - b. In the United States, a public notary does NOT have legal training and is NOT allowed to practice law, including giving any advice about immigration law or helping people prepare immigration applications.
 - c. Notarios are often well-meaning, but they can severely damage someone's chances for successful status change.
 - d. That said, there are forms of non-attorney who are permitted to represent people in some forms of immigration hearing; you can look up whether people are accredited for this [at this link!](#)
6. If you're undocumented or at risk of losing your status, don't panic. Make a plan.
 - a. If you have children or other relatives who depend on you, make arrangements for their care.
 - b. Save money for bond (often \$3000-5000 for folks without criminal records, and well over \$10,000 even for folks with just a single DUI. Really.).
 - c. Keep all your documents in a safe place, and give copies to a trusted relative.

7.

Disability issues/suggestions

1. Familiarize yourself with the names and numbers of **national and local legal protection groups**, which will be working to provide advice, materials, and support over the coming months:
 - a. Your **local healthcare navigator agency** (which can be found by entering your ZIP code into [this link](#))
 - i. MA residents: Our healthcare navigator agency is [Healthcare For All](#)
 - ii. HCFA also connects people to legal representation through its sister organization [Health Law Advocates](#)
 - b. Your **local Disability Protection and Advocacy entity** (which can be found by going to [this link](#) and looking for the map in the upper right corner of the page labeled “Find Help In Your State”)
 - i. MA residents: Our P&A agency is [The Disability Law Center](#)
 - c. **Your local Independent Living Center** (peer-run disability rights organization).
 - i. Most ILCs do not have lawyers on staff, but they can help with benefits issues (including healthcare, SSI, SNAP, EAEDC, etc.) and connect you to other resources.
 - ii. To find your local ILC, go to [this link](#) and look for your state.
 - d. **Other location-specific resources:**
 - i. Boston - [The Mass Law Reform Institute](#)
 - ii. California - [Disability Rights & Education Defense Fund](#)
2. If you are on a federal employee health plan or a publicly-provided plan such as MassHealth (or an ACA-created plan), **expedite what healthcare you can** and **explore backup insurance options**.
3. Try to get **educational supports such as Individualized Education Programs (IEPs and 504 Plans)** put in place before January, when official DOE policy is likely to change. The Federation for Children with Special Needs (<http://fcsn.org/>) can provide, or connect you with, IEP advocacy and assistance if you need it.
 - a. For more information on current disability-related education policy, go [here](#)
 - b.

AFAB (assigned female at birth) reproductive issues/suggestions

1. Consider **setting up an IUD**--once inserted, these are effective for years and reduce reliance on medical birth control. You can read about the basic types of IUD and their pros and cons [here](#), but here is the short version:
 - a. The ParaGard (copper IUD) is approved for 10 years and lasts up to 12, and is hormone free.
 - i. Pros: This option is free from the general mood consequences that hormonal birth control can cause.
 - ii. Cons: This option can cause heavier periods, especially in the first few months.
 - b. The Mirena (progestin) IUD lasts 5 years and lasts up to 7 and treats heavy/painful periods.
 - i. Pros: A common side effect of Mirena is lack of periods, this may be something to consider as prices for menstruation products could increase. Mirena and other amenorrhea-inducing forms of birth control are also used to manage other health issues relating to menstruation.
 - ii. Cons: A common side effect of Mirena is lack of periods, which some people find disquieting or uncomfortable
 - c. The Liletta is a generic alternative to the Mirena
 - d. The Skyla lasts 3 years and is specifically intended for uterus owners who haven't had kids.
 - i. (But you can get the longer lasting ones if you have not had kids too.)
 - ii. Also, the Skyla can be used if you have had children and are sensitive to hormonal contraceptives, since it's a lower dose of hormone than the other hormonal IUDs.
 - e. The Kyleena lasts for five years and does not impede menstruation
 - f. Insertion can be painful, but lasts about ten minutes.
 - g. Your medical provider can also prescribe you a tablet which softens your cervix temporarily -- you insert it several hours before your IUD appointment and it helps with the pain.
2. Another Long-Acting reversible contraceptive (LARC) is Implanon, a hormonal implant. The implant is a very small rod (size of a matchstick) inserted under the skin of the upper arm to provide birth control. It's invisible and prevents pregnancy for up to 4 years. You can read more about hormonal implants [here](#).
3. Familiarize yourself with the names and numbers of **local legal protection groups**, which will be working to provide advice, materials, and support over the coming months:
 - a. [The Center for Reproductive Rights](#)
 - b. [NARAL pro-choice America](#)
 - c. **National Organization for Women**
 - d. [The Rape Abuse and Incest National Network](#)
4. If you receive services through Planned Parenthood or receive other care through a federal or ACA-created plan, **expedite what healthcare you can** and **explore backup insurance options**.
5. Consider stocking up on Plan B [or AfterPill](#) (available over the counter), for possible future personal use

6. If you are certain you do not want to bear children, consider getting Essure or a tubal ligation now if your insurance currently covers it, before coverage disappears.

Civil rights issues/protections

1. Familiarize yourself with the names and numbers of **national and local legal protection groups**, which will be working to provide advice, materials, and support over the coming months:
 - a. [The ACLU](#)-national group and local affiliates
 - b. [National Association for the Advancement of Colored People](#)
 - c. [The Southern Poverty Law Center](#)
 - d. [The National Lawyers' Guild](#)
 - e. [The Council on American-Islamic Relations](#)
 - f. [The Anti-Defamation League](#)
2. Download apps that **assist with personal safety** while traveling:
 - a. The [Companion app](#) for Droid and iPhone helps you keep in touch with friends when they're going back home late at night
 - b. The ACLU has issued [Mobile Justice apps](#) for recording interactions with law enforcement
3. Familiarize yourself with **state and federal agencies for enforcing civil rights**.
 - a. Federal resources:
 - i. [The US Dept. of Justice - Civil Rights Division](#) - complaints of discrimination in public accommodation
 - ii. [The US Dept. of Labor - Wage and Hour Division](#) - wage and hour law complaints
 - iii. [Equal Employment Opportunity Commission](#) - employment complaints for federally-protected classes
 - iv. [Occupational Safety and Health Administration](#) - workplace safety complaints
 - v. [US Dept. of Education](#) - education discrimination complaints
 - vi. [US Dept. of Housing and Urban Development](#) - housing discrimination complaints
 - vii. [US Office of Special Counsel](#) - whistleblower protection complaints
 - b. State resources:
 - i. [Colorado - Department of Regulatory Agencies](#) - State civil rights complaints

Criminal justice issues/suggestions

1. Now is a good time to **seal, expunge, or otherwise clean up criminal records** in preparation for more stringent benefits laws and federal programs, though that process differs by location

2. File/resolve any **campus assault cases** that happen in the next sixty or so days as promptly as possible (which means before the end of the semester!), while schools are still required to investigate.
3. It's probably a good idea to [review this Marshall Project summary of Obama's executive orders](#), since those are the most likely to be repealed quickly
 - a. Note: Most of these executive orders, while valuable, will be hard to immediately prepare for if undone by Trump :(
4. *[I will keep thinking about concrete suggestions for this set of issues]*

Suggestions for allies who want to help (of all types):

1. Familiarize yourself with the names and numbers of **local legal protection groups**, which will be working to provide advice, materials, and support over the coming months.
 - a. For examples of organizations organized by specific cause, see the lists above :)
 - b. I also recommend reading [this comprehensive list](#) put together by Jezebel
2. Consider **contributing data to [Refuge Restrooms](#)**, a web app that compiles information about gender neutral restrooms in public places.
3. Help friends who need to navigate complicated and intimidating processes by providing **emotional, logistical, and financial support** as appropriate--many things on the above list are scary, intimidating, and flat-out expensive!
4. Note also that an **active passport** is a necessity for relocating (temporarily or otherwise) to anywhere else in the world, including Canada, so it is a very good idea to have one current! You can [begin the application process here](#). It is [possible, though expensive](#), to get a passport in just a few weeks. In emergency circumstances it is also [possible to get a two-year limited validity passport](#), though this will be valid for less time and in fewer circumstances than a general passport.
5. "In my ENL 181A class today, one ally suggested **setting up a kind of buddy system** for going to and from classes. So anyone that needs support or feels afraid to come onto campus can have someone there with them."
6. People in neighborhoods with large immigrant populations: **ask your neighbors what you can do** to make them personally feel welcome.
 - a. For example, be present during any police interactions they may have. Film them if necessary.
7. Physicians and other clinicians can consider getting involved with the [asylum network through Physicians for Human Rights](#), which performs asylum evaluations for immigrants
8. **[Wear a safety pin](#)** to show your solidarity with minorities and marginalized groups and to advertise that you are a safe person to talk to or to ask for protection.
 - a. Back up this symbol with a genuine interest in helping -- here are some suggestions:
 - i. Be a buddy as suggested in point 5
 - ii. Be a listening ear or a shoulder if somebody simply needs emotional support,
 - iii. Speak up when you see a bigoted encounter and it is safe to do so,
 - iv. Donate time or money to groups focused on helping those affected most.

- b. You can read more about the origins of the safety pin movement after Brexit [here](#).
- 9.

Spanish Translation: Sugerencias concretas en preparación para enero

(organizado por circunstancia demográfica, pero para cualquier lector interesado)

Problemas / sugerencias para individuos transgéneros

1. Tome la decisión profundamente personal e importante sobre cómo usted desea proceder en este clima. No hay vergüenza en la transición, pero tampoco hay vergüenza en la decisión de posponer la transición hasta que sea más seguro hacerlo.
2. Si decide continuar con la transición, inicie el proceso de cambio de género en pasaportes, partidas de nacimiento y otras formas de identificación legal::
 - a. Proceso de partida de nacimiento
 - b. Proceso de pasaporte
 - i. Tenga en cuenta que la política actual que permite el cambio de marcadores de género en los pasaportes fue creada por orden ejecutiva y es probable que sea revocada después del 20 de enero.
 - ii. Tenga en cuenta también que un pasaporte activo es una necesidad para trasladarse (temporalmente o de otra manera) a cualquier otro lugar en el mundo, incluyendo Canadá, por lo que es una muy buena idea tener una actual que coincida con sus otras formas de identificación! Puede iniciar el proceso de solicitud aquí. Es posible, aunque caro, obtener un pasaporte en pocas semanas. En circunstancias de emergencia también es posible obtener un pasaporte de validez limitada de dos años, aunque esto será válido por menos tiempo y en menos circunstancias que un pasaporte general.
 - c. Proceso de documento de identidad estatal
 - d. Actualización de Género de la Seguridad Social
 - i. Parecido al del pasaporte y es gratis.
 - ii. Busque un doctor en su
 - iii. Busque un médico en su área que esté dispuesto a escribir y firmar una carta oficial. Llévelo a su oficina local de tarjetas de seguridad social junto con una prueba de ciudadanía, y prueba de identidad, y en 24 horas, su marcador de género se cambia.

- iv. <https://faq.ssa.gov/link/portal/34011/34019/Article/2856/How-do-I-change-my-gender-on-Social-Security-s-records>
- 3. Si usted está en un plan de salud para empleados federales o en un plan proporcionado por el público, como MassHealth (o un plan creado por ACA), agilice lo que usted puede y explore las opciones de seguro alternativo.
 - a. Es poco probable que el Commonwealth Care Connector vea cambios significativos, especialmente a corto plazo, porque es anterior a la ACA
 - b. Pero la programación de Medicaid puede ser más ágil y restrictiva.
 - c.
- 4. Obtenga todos los materiales no matrimoniales tomados en cuenta en caso de que esas protecciones desaparezcan:
 - a. Proxy de salud
 - b. Poder legal
 - c. Beneficiarios de las pólizas
 - d. Última voluntad y testamento (para asegurar que su pareja tiene una reclamación legal)
 - i. Check the laws in your state to see what makes a valid Last will. Make sure you make it air-tight and non-contestable. Get a lawyer if you can!
- 5. Consider contributing to (and referring to) Refuge Restrooms, a web app that compiles information about gender neutral restrooms in public places
- 6. Familiarícese con los nombres y números de grupos locales de protección legal, que trabajarán para proporcionar asesoramiento, materiales y apoyo durante los próximos meses:
 - a. Mass Trans Political Coalition
 - b. GLAAD
 - c. Transgender Legal Services Network
 - d. Trans Road Map (legal section)
 - e. The Sylvia Rivera Law Project

Otras cuestiones / sugerencias del LGB

- 1. Tome la decisión profundamente personal de cómo usted desea proceder en este clima. No hay vergüenza en la decisión de ser abiertos sobre su identidad sexual, pero tampoco hay en decidir callarse hasta que sea más seguro ser vocal al respecto
- 2. Considere el matrimonio civil antes de organizar una boda, y considere casarse legalmente cuanto antes si usted está en etapas de la planificación. La anulación matrimonial es un proceso distinto de la emisión del matrimonio, y es muy probable que veamos retrocesos en este último caso.
- 3. Familiarícese con los nombres y números de grupos locales de protección legal, que trabajarán para proporcionar asesoramiento, materiales y apoyo durante los próximos meses:

- a. [Black and Pink](#)
 - b. [Lambda Legal](#)
 - c. [The Mazzoni Center](#)
 - d. [GLAAD](#)
4. Si usted es una pareja del mismo sexo con hijos, considere una adopción co-padre para solidificar sus derechos paternales conjuntos.

Temas / sugerencias de inmigración

1. Generalmente, una solicitud que usted archiva se evalúa bajo la ley en el momento de la presentación, así que si necesita una extensión de visa, visa de pareja, cualquier cosa menos Consideración de Acción Diferida (DACA), hágalo ahora.
2. Sea consciente de los riesgos inherentes a la presentación bajo DACA si usted está presentando por primera vez, porque eso no provee ninguna protección excepto la suspensión de la deportación y es muy probable que la acción diferida bajo DACA esté a punto de terminar.
3. Si usted o alguien que usted conoce es menor de 18 años (o 21, en algunos estados) y nació en otro país, es posible que pueda solicitar el estado juvenil especial de inmigrante, que le permite convertirse en un residente legal. Requiere la determinación de un juez del tribunal de familia que reclame que no es viable reunirse con uno o más de tus padres y que no es de tu interés que te devuelvan a tu país de origen.
 - a. Cualquier persona que tenga un I-360 pendiente debe considerar archivar su I-485 inmediatamente.
4. Familiarícese con los nombres y números de grupos locales de protección legal, que trabajarán para proporcionar asesoramiento, materiales y apoyo durante los próximos meses:
 - a. [International Irish Immigration Center](#) (que ayuda a todo tipo de inmigrante)
 - b. [The National Immigration Law Center](#)
 - c. [The Political Asylum Immigration Representation \(PAIR\) Project](#)
 - d. Asian Americans Advancing Justice - Atlanta
5. Tenga cuidado con los "notarios" u otros "servicios de inmigración" que no sean abogados para obtener asesoramiento sobre inmigración.
 - a. En los sistemas legales latinoamericanos, un "notario" a menudo tiene una gran cantidad de entrenamiento y puede ser licenciado para practicar algunas áreas del derecho pero ese no es el caso en EEUU. En los Estados Unidos, un notario público NO tiene capacitación legal y NO se le permite practicar la ley, incluyendo dar cualquier consejo sobre la ley de inmigración o ayudar a las personas a preparar las solicitudes de inmigración. Los notarios aunque tengan buenas intenciones, pueden dañar gravemente las posibilidades de que alguien tenga éxito en el cambio de estatus
 - b. Sin embargo, hay formas de que una persona que no sea abogado este autorizado a representar a las personas en algunos temas de inmigración; Usted puede buscar si las personas están acreditadas para esto.

6. Si usted es indocumentado o en riesgo de perder su estatus, no se asuste. Haga un plan.
 - a. Si tiene hijos u otros parientes que dependen de usted, haga arreglos para su cuidado.
 - b. Ahorre plata para pagar su tarifa (puede ser entre \$ 3000-5000 para la gente sin antecedentes, y bien sobre \$ 10.000 incluso para la gente con casos criminales).
 - c. Guarde todos sus documentos en un lugar seguro y entregue copias a un familiar de confianza
7. Gente en barrios con grandes poblaciones de inmigrantes: pregúntele a sus vecinos qué puede hacer para que se sientan bienvenidos y seguros.
 - a. Por ejemplo, estar presente durante cualquier interacción policial que pueda tener. Grabandolo en video si sea necesario.

Problemas de discapacidad / sugerencias

1. Familiarícese con los nombres y números de grupos locales de protección legal, que trabajarán para proporcionar asesoramiento, materiales y apoyo durante los próximos meses:
 - a. [Health Law Advocates](#)
 - b. [Healthcare For All](#)
 - i. Tenga en cuenta que HCFA es una agencia de navegación sanitaria sólo para Massachusetts. Para encontrar un navegador cerca de usted, vaya a <https://localhelp.healthcare.gov/#intro> y prvide su código postal.
 - c. [The Disability Law Center](#)
 - i. Tenga en cuenta que DLC es la entidad de protección y defensa de discapacidad (P & A) para Massachusetts solamente. Para encontrar los P & A para su estado, vaya a: <http://www.ndrn.org/index.php> y busque el mapa en la esquina superior derecha de la página etiquetada "Buscar ayuda en su estado".
 - d. [The Mass Law Reform Institute](#)
 - e. Su Centro de Vida Independiente local (organización de derechos de los discapacitados de pares). La mayoría de los ILC no tienen abogados en el personal, pero pueden ayudar con los beneficios (incluyendo atención médica, SSI, SNAP, EAEDC, etc.) y conectarlos con otros recursos. Para encontrar su ILC local, vaya a <http://www.ilru.org/projects/cil-net/cil-center-and-association-directory> y busque su estado.
2. Si usted es un empleado federal y está en un plan federal de salud para empleados o en un plan proporcionado por el público, como MassHealth (o un plan creado por ACA), acelere lo que usted pueda y explore las opciones de seguro alternativo.
3. Trate de conseguir apoyos educativos como los IEPs puestos en marcha antes de enero, cuando es probable que la política oficial del DOE cambie. La Federación para Niños con Necesidades Especiales (<http://fcsn.org/>) puede proveerle, o conectarlo, con la defensa y asistencia del IEP si usted la necesita.

Asuntos para gente asignada sexo femenino / sugerencias

1. Considere la posibilidad de obtener un DIU - una vez implantado, estos son eficaces durante años y reducir la dependencia en el control de la natalidad médica. Puedes leer sobre los tipos básicos de DIU y sus pros y contras [aquí](#), pero aquí está la versión corta:
 - a. El ParaGard (DIU de cobre) está aprobado por 10 años y dura hasta 12 años, y está libre de hormonas. Esta opción también está libre de las consecuencias generales del estado de ánimo que el control de la natalidad hormonal puede causar.
 - b. El DIU Mirena (progestágeno) dura 5 años y dura hasta 7 y ayuda con los periodos pesados / dolorosos
 - c. El Liletta es una alternativa genérica a la Mirena
 - d. El Skyla dura 3 años y está específicamente para los dueños del útero que no han tenido niños. (Pero usted puede conseguir los más duraderos si usted no ha tenido niños también.)
 - e. La Kyleena dura cinco años y no impide la menstruación
2. Familiarícese con los nombres y números de grupos locales de protección legal, que trabajarán para proporcionar asesoramiento, materiales y apoyo durante los próximos
 - a. [The Center for Reproductive Rights](#)
 - b. [NARAL pro-choice America](#)
 - c. **National Organization for Women**
 - d. [The Rape Abuse and Incest National Network](#)
3. Si recibe servicios a través de Planned Parenthood o recibe otro tipo de atención a través de un plan federal o creado por ACA, acelere la atención médica que pueda y explore las opciones de seguro alternativo.
4. Considere comprar y guardar el Plan B (disponible sin receta), para posible uso personal en el futuro y / o distribución para los que lo necesite.
5. Si está seguro de que no quiere tener hijos, considere la posibilidad de obtener Essure o una ligadura de trompas ahora si su seguro lo cubre actualmente, antes de que la cobertura desaparezca.

Derechos civiles / protecciones

1. (Nota: esto se aplica a una gran cantidad de identidades pero la logística de las cuestiones de derechos civiles a menudo parecen similares, por lo que estoy resumiendo junto)
2. Familiarícese con los nombres y números de grupos locales de protección legal, que trabajarán para proporcionar asesoramiento, materiales y apoyo durante los próximos meses:
 - a. [The ACLU](#)-national group and local affiliates
 - b. [The Anti-Defamation League](#)
 - c. [National Association for the Advancement of Colored People](#)
 - d. [The Southern Poverty Law Center](#)
 - e. [The National Lawyers' Guild](#)

- f. [Seguiré pensando en sugerencias concretas para este conjunto de cuestiones]

Asuntos de justicia penal / sugerencias

1. Ahora es un buen momento para sellar, borrar, o de otra manera limpiar los antecedentes penales en la preparación de más estrictas leyes de beneficios y programas federales, a través de ese proceso difiere por la ubicación
2. Archivar / resolver cualquier caso de asalto en el campus que ocurra en los siguientes sesenta o más días tan pronto como sea posible (lo que significa antes del final del semestre!), Mientras que las escuelas todavía están obligados a investigar.
3. Probablemente sea una buena idea revisar [este resumen del Proyecto Marshall](#) de las órdenes ejecutivas de Obama, ya que éstas son las que más probablemente serán derogadas rápidamente
 - a. Nota: La mayoría de estas órdenes ejecutivas, aunque valiosas, serán difíciles de preparar inmediatamente si se deshacen por Trump :(

Sugerencias para los aliados que quieran ayudar (de todo tipo):

1. Familiarícese con los nombres y números de grupos locales de protección legal, que trabajarán para proporcionar asesoramiento, materiales y apoyo durante los próximos meses.
 - a. Para ejemplos de organizaciones organizadas por causa específica, vea las listas ya mencionadas.
 - b. También recomiendo leer [esta lista](#) completa elaborada por Jezabel
2. Considere la posibilidad de aportar datos a [Refuge Restrooms](#), una aplicación de web que recopila información sobre baños de sexo neutro en lugares públicos.
3. Ayude a los amigos que necesitan navegar por procesos complicados e intimidantes proporcionando apoyo emocional, logístico y financiero según sea apropiado - muchas cosas en la lista anterior son aterradoras, intimidantes y caras.
4. Tenga en cuenta también que un pasaporte activo es una necesidad para trasladarse (temporalmente o de otra manera) a cualquier otro lugar en el mundo, incluyendo Canadá, por lo que es una muy buena idea tener una corriente! Puede iniciar el proceso de solicitud [aquí](#).