**Tips on Writing your**

**I-918 U Visa Personal Declaration**

Writing a personal declaration can seem like quite a difficult task. We hope that this paper will somewhat help to walk you through the process. Of course, if you need assistance you should contact our office or seek assistance from your advocate.

When writing your personal declaration, keep in mind that to qualify for the U Visa you must prove the following:

1. You are the victim of a determined crime and have endured substantial physical or emotional abuse as a result from the criminal activity
2. You possess information concerning the criminal activity
3. The criminal activity occurred in the U.S. or otherwise violated U.S. law
4. You have been, you will be, or you are being helpful in the investigation or prosecution of the criminal activity

Remember that these are the things that immigration officials reviewing your application are looking for. The person reviewing your case will never meet you in person. You should emphasize the events or circumstances that help to support proving these four things.

Here is a suggested format to follow as you write the declaration:

**Part 1** – Start with your complete legal name. Then you could talk about the relationship between you and the abuser. For example, if it is a spouse or significant other, you could write about how you met and what your relationship has been like. For those who did not have a relationship or did not know the abuser before the crime occurred, you should make note of that here.

**Part 2** – Next, discuss instances of abuse. If the relationship consisted of many instances of abuse over a period of time, you could write about those. If the abuser is a stranger or someone you never had a relationship with, you should go on to discuss the crime.

**Part 3** – Here you should discuss the crime for which you are applying for the U Visa. Write extensively about the emotional and physical pain that you suffered during and after the criminal act. This part should be the most detailed of all. The person reviewing your case will want to know, from your perspective, how the criminal activity has affected you physically and/or emotionally. Remember the person reading your story will never meet you.

**Part 4 –**Sign your statement in front of a notary public.

This is a general outline – don’t feel obligated to follow it exactly! If you have questions or need help writing your declaration, please contact our office or an advocate for assistance.