

## LEGAL & IMMIGRATION RIGHTS

When it comes to violence there are many legal and immigration related issues and resources.

If you need legal protection against an abusive or dangerous person there are legal orders that can order a person to stay away and to not contact you.

If you need immigration help and are the victim of a crime, you may qualify for a visa or work permit.

For more information on all help available contact your local agency listed.

## REPRODUCTIVE RIGHTS

You have the right to make decisions about your body and sexual health issues.

Washington State provides free birth control and family planning services to people with low incomes. If you do not qualify for coverage through the state, many local clinics, such as Planned Parenthood, provide sexual and reproductive health services, health information, and resources on a sliding scale.

Those who are dealing with domestic and sexual violence may feel they can't make decisions freely about their reproductive health. For information about birth control choices that may work best for you, talk to a local clinic or an advocate today!

## RESOURCES

### Equal Employment Opportunity Commission (EEOC)

[www.eeoc.gov](http://www.eeoc.gov)

### Northwest Immigrant Rights Project

[www.nwirp.org](http://www.nwirp.org)

### Northwest Justice Project

[www.nwjustice.org](http://www.nwjustice.org)

### Planned Parenthood

[www.plannedparenthood.org](http://www.plannedparenthood.org)

### WA State Human Rights Commission

<http://www.hum.wa.gov>

### WA State Dept. of Labor & Industries (L & I)

<http://www.lni.wa.gov/workplacerrights>

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## KNOW YOUR RIGHTS

EVERY PERSON HAS RIGHTS



EVERY PERSON DESERVES RESPECT

GET INFORMED AND LIVE WELL



## TENANT & HOUSING RIGHTS

Many people fall victim to unfair housing practices and exploitation by managers and/or independent owners of housing while they are renting or buying a home. There are laws and legal resources that protect a person against illegal and unfair practices. Some common unfair practices include:

- No receipt of rent at time of payment and later claiming no payment was received.
- Landlords that don't maintain or fix problems and threaten immigration problems to those who complain.

For more information on all help available contact your local agency listed.

## LANGUAGE ACCESS RIGHTS

You have the right to quality interpretation by a certified interpreter when you seek help from public agencies that receive federal funding.

Examples of these places include:

- Hospitals
- Courts
- DSHS and CPS
- Public schools

It is inappropriate for these agencies to use family members, unqualified bilingual people or law enforcement to interpret. If you are having problems with getting help in your language, speak to an advocate today!

## LABOR & WORKER RIGHTS

All workers have the right to:

- Receive at least minimum wage pay
- Receive a pay stub or work receipt that includes the correct amount and date paid
- A 10-minute paid break for every 4 hours worked, and a 30-minute unpaid lunch break if more than 5 hours of work are performed
- Know where work will take place
- Know the agreed upon wages
- Access to water and restrooms

If you feel you have been mistreated or unfairly paid, take action! Contact L & I, the EEOC or your local agency for help!

## SEXUAL ASSAULT & WORKPLACE VIOLENCE

Sexual assault occurs when a person is forced, coerced, and/or manipulated into unwanted sexual activity.

Many people face sexual assault in their place of work and don't know what to do or where to get help.

Examples of sexual assault and harassment include:

- Unwanted touch
- Sexual and/or sexist jokes, remarks and gestures
- Being forced or coerced into sexual acts as a way to preserve a job or protect wages

For help available in your area contact the local agency listed.

**THERE IS HELP.  
YOU ARE NOT ALONE.  
THERE IS HOPE.**

If you or someone you know has suffered violence or injustice please contact your local agency for more information about your rights and help in your area.

**FOR LOCAL HELP CONTACT:**

