

YOU HAVE RIGHTS AT WORK!

Almost all workers in the United States, regardless of immigration status, have rights. These rights include:

- Right to be paid minimum wage (\$7.25/hour)
- With the exception of some agricultural workers, you have a right to be paid overtime if you work more than 40 hours in a week
- Right to be free from discrimination based on race, gender, disability, national origin, age, color, or religion
- Right to be free from sexual harassment in the workplace

There are exceptions to some laws. Talk to a lawyer from Friends of Farmworkers if you think your rights have been violated.

What can you do if your rights have been violated?

- It's normal for victims of workplace abuse to experience physical and emotional symptoms, such as:
 - Fear, anger, guilt, depression, change in sleep habits, change in appetite

It's important to talk to someone you trust and engage in self-help. Speak with a therapist at La Puerta Abierta/The Open Door if you experience symptoms related to workplace abuse.

YOU HAVE RIGHTS AT WORK!

Almost all workers in the United States, regardless of immigration status, have rights. These rights include:

- Right to be paid minimum wage (\$7.25/hour)
- With the exception of some agricultural workers, you have a right to be paid overtime if you work more than 40 hours in a week
- Right to be free from discrimination based on race, gender, disability, national origin, age, color, or religion
- Right to be free from sexual harassment in the workplace

There are exceptions to some laws. Talk to a lawyer from Friends of Farmworkers if you think your rights have been violated.

What can you do if your rights have been violated?

- It's normal for victims of workplace abuse to experience physical and emotional symptoms, such as:
 - Fear, anger, guilt, depression, change in sleep habits, change in appetite

It's important to talk to someone you trust and engage in self-help. Speak with a therapist at La Puerta Abierta/The Open Door if you experience symptoms related to workplace abuse.

YOU HAVE RIGHTS AT WORK!

Almost all workers in the United States, regardless of immigration status, have rights. These rights include:

- Right to be paid minimum wage (\$7.25/hour)
- With the exception of some agricultural workers, you have a right to be paid overtime if you work more than 40 hours in a week
- Right to be free from discrimination based on race, gender, disability, national origin, age, color, or religion
- Right to be free from sexual harassment in the workplace

There are exceptions to some laws. Talk to a lawyer from Friends of Farmworkers if you think your rights have been violated.

What can you do if your rights have been violated?

- It's normal for victims of workplace abuse to experience physical and emotional symptoms, such as:
 - Fear, anger, guilt, depression, change in sleep habits, change in appetite

It's important to talk to someone you trust and engage in self-help. Speak with a therapist at La Puerta Abierta/The Open Door if you experience symptoms related to workplace abuse.

YOU HAVE RIGHTS AT WORK!

Almost all workers in the United States, regardless of immigration status, have rights. These rights include:

- Right to be paid minimum wage (\$7.25/hour)
- With the exception of some agricultural workers, you have a right to be paid overtime if you work more than 40 hours in a week
- Right to be free from discrimination based on race, gender, disability, national origin, age, color, or religion
- Right to be free from sexual harassment in the workplace

There are exceptions to some laws. Talk to a lawyer from Friends of Farmworkers if you think your rights have been violated.

What can you do if your rights have been violated?

- It's normal for victims of workplace abuse to experience physical and emotional symptoms, such as:
 - Fear, anger, guilt, depression, change in sleep habits, change in appetite

It's important to talk to someone you trust and engage in self-help. Speak with a therapist at La Puerta Abierta/The Open Door if you experience symptoms related to workplace abuse.

Friends of Farmworkers works to improve the living and working conditions of low-wage workers in Pennsylvania's agriculture and related industries, almost all Latino immigrants, with free legal services for problems related to their jobs.

La Puerta Abierta/The Open Door provides *culturally specific, clinical* support services to victims that aim to holistically address a full range of interlocking mental health and advocacy needs and trains first-responders throughout PA to assist immigrant women and families in crisis.

For more information about our free and confidential services, call us at:



Friends of Farmworkers
Alicia Anguiano
(215) 733-0878 ext. 221
aanguiano@friendsfw.org



La Puerta Abierta/The Open Door
Corinne Guest
(215) 839-9271
corinne.lpa@gmail.com

This project was supported by Grant No. 2015-UW-AX-0012 awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.

Friends of Farmworkers works to improve the living and working conditions of low-wage workers in Pennsylvania's agriculture and related industries, almost all Latino immigrants, with free legal services for problems related to their jobs.

La Puerta Abierta/The Open Door provides *culturally specific, clinical* support services to victims that aim to holistically address a full range of interlocking mental health and advocacy needs and trains first-responders throughout PA to assist immigrant women and families in crisis.

For more information about our free and confidential services, call us at:



Friends of Farmworkers
Alicia Anguiano
(215) 733-0878 ext. 221
aanguiano@friendsfw.org



La Puerta Abierta/The Open Door
Corinne Guest
(215) 839-9271
corinne.lpa@gmail.com

This project was supported by Grant No. 2015-UW-AX-0012 awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.

Friends of Farmworkers works to improve the living and working conditions of low-wage workers in Pennsylvania's agriculture and related industries, almost all Latino immigrants, with free legal services for problems related to their jobs.

La Puerta Abierta/The Open Door provides *culturally specific, clinical* support services to victims that aim to holistically address a full range of interlocking mental health and advocacy needs and trains first-responders throughout PA to assist immigrant women and families in crisis.

For more information about our free and confidential services, call us at:



Friends of Farmworkers
Alicia Anguiano
(215) 733-0878 ext. 221
aanguiano@friendsfw.org



La Puerta Abierta/The Open Door
Corinne Guest
(215) 839-9271
corinne.lpa@gmail.com

This project was supported by Grant No. 2015-UW-AX-0012 awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.

Friends of Farmworkers works to improve the living and working conditions of low-wage workers in Pennsylvania's agriculture and related industries, almost all Latino immigrants, with free legal services for problems related to their jobs.

La Puerta Abierta/The Open Door provides *culturally specific, clinical* support services to victims that aim to holistically address a full range of interlocking mental health and advocacy needs and trains first-responders throughout PA to assist immigrant women and families in crisis.

For more information about our free and confidential services, call us at:



Friends of Farmworkers
Alicia Anguiano
(215) 733-0878 ext. 221
aanguiano@friendsfw.org



La Puerta Abierta/The Open Door
Corinne Guest
(215) 839-9271
corinne.lpa@gmail.com

This project was supported by Grant No. 2015-UW-AX-0012 awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.