



KNOW YOUR RIGHTS WORKSHOP TOOLKIT

Bill of Rights to the Constitution

First Amendment: Freedom of religion freedom of speech and the press, the right to assemble, the right to petition the government.

Second Amendment: Congress can't stop people from having and carrying weapons.

Third Amendment: You don't have to let soldiers live in your house, except if there is a war, and even then Congress needs to pass a law and set the rules.

Fourth Amendment: Protection against unreasonable search and seizure.

Fifth Amendment: No one can be tried for a serious crime unless indicted (accused) by a grand jury. No one can be forced to testify against herself or himself. No one can be punished without due process of law. People must be paid for property taken for public use.

Sixth Amendment: People have a right to a speedy trial, to legal counsel, and to confront their accusers.

Seventh Amendment: People have the right to a jury trial in civil suits exceeding \$20.

Eighth Amendment: Protection against excessive bail (money to release a person from jail), stiff fines, and cruel and unusual punishment.

Ninth Amendment: Rights that are enumerated cannot infringe upon rights that are not listed in the Constitution.

Tenth Amendment: Anything that the Constitution doesn't say that Congress can do, is left up to the states and to the people.



Women's Rights in New York City

NYC Human Rights Law prohibits discrimination from employers, housing, and providers of public accommodations on the basis of:

- Sexism and gender
- Pregnancy
- Caregiver status for children or family
- Survivors of domestic violence, sex offenses, and stalking
- Presence of children

For more information, see the [Women's Rights Brochure](#) and the [Protections Against Discrimination Based on Sexual Orientation, Gender Identity, and Gender Expression Brochure](#).

Did you know?

The NYC Human Rights Law is one of the most comprehensive civil rights laws in the nation.

To report an incident of discrimination: call 311 and say “human rights” or call directly at (212) 416-0197.

You may also report discrimination online.

What To Do When Rights Are Violated



What to Do If You're Stopped by the Police (NYCLU)

Know you have the right to remain silent!

Potential scenarios:

- If you have a police encounter
- If you are stopped, questioned, and/or frisked
- If you are stopped in your car
- If police come to your home
- If you are arrested or taken to a police station

Remain Calm: Breathing Exercises (4-7-8)

1. Inhale for 4 seconds
2. Hold for 7 seconds
3. Exhale for 8 seconds

Explore Scenarios and Learn More About Your Rights

Basic rights under the US Constitution and civil rights laws (ACLU):

- Stopped by Police
- Students' Rights
- Voting Rights
- Sex Discrimination
- Race, Ethnicity or National Origin-Based Discrimination
- Immigrants' Rights
- Palm Cards (New York Immigration Coalition)
- Religious Freedom
- LGBTQ Rights
- Protesters' Rights
- Prisoners' Rights
- Disability Rights

Protected classes under NYC Human Rights Law:

- Age
- Immigration or Citizenship Status
- Color
- Disability
- Gender (including sexual harassment)
- Gender Identity
- Marital status and partnership status
- National Origin
- Pregnancy and Lactation Accommodations
- Race
- Religion/Creed
- Sexual Orientation
- Status as a Veteran or Active Military Service Member

Be Proactive: Get Support to Help Protect Your Rights



Free Legal Assistance

American-Arab Anti-Discrimination Committee

(202) 244-2990

www.adc.org

American Immigration Law Foundation

(202) 742-5600

www.aifl.org

American Immigration Lawyers Association

(800) 954-0254

www.aila.org

Council on American-Islamic Relations

(202) 488-8787

www.cair.com

Mexican American Legal Defense and Educational Fund

(213) 629-2512

www.maldef.org

National Lawyers Guild

(212) 679-5100

www.nlg.org

National Immigration Law Center

(213) 639-3900

www.nilc.org

NAACP Legal Defense and Education Fund

(212) 965-2200

www.naacpldf.org

National Immigration Project

(617) 227-9727

www.nationalimmigrationproject.org

NYC Human Rights

(212) 416-0197

<https://www1.nyc.gov/site/cchr/index.page>

NYCLU

(212) 607-3300

<https://www.nyclu.org/en/about/legal-assistance>

Puerto Rican Legal Defense and Education Fund

(800) 328-2322

www.prldef.org

South Asian American Leaders of Tomorrow

(310) 270-1855

www.saalt.org

U.S. Commission on Civil Rights

(800) 552-6843

www.usccr.gov

Be Proactive: Get Support to Help Protect Your Rights



Tenant Associations

The right of tenants to organize into associations is specifically protected by the laws of New York State, as well as the Constitution of the United States.

- [Forming a Tenants Association](#)
- [Crown Heights Tenants' Union](#)

Join a Union

- [What Do Unions Do?](#)

Advocate for Expanded Voting Rights

- [Our City, Our Vote](#)
- [New York Voting Rights Act](#)

Join or Volunteer on Political or Get Out the Vote (GOTV) Campaigns

- [Volunteer for GOTV Opportunities](#)
- [Who Represents Me](#)
- [Meet the NYC 2021 Election Candidates*](#)
- [Learn about the Offices on the Ballot](#)
- [Learn about Ranked Choice Voting](#)

* Primary Election in June, 2021

History Resources: Things That They Probably Don't Teach in School

Howard Zinn

- [A People's History of the United States: 1492–Present](#)
- [Other Books and Resources by Zinn](#)

James W. Loewen

- [Lies My Teacher Told Me: Everything Your American History Textbook Got Wrong](#)

Catalyst Project

- [Anti-Racism for Collective Liberation](#)

Dana Goldstein

- [New York Times, Two States. Eight Textbooks. Two American Stories.](#)