

# IDEAS Worth

# Spreading

Written by: IDEAS Club.  
Vol. 1



**I have compacted the beautiful journal entries of the leaders in the IDEAS club. These journal entries have to do with Inclusion, Diversity, and Equity through the lens of a group of 5th graders. We have dedicated this memoir to you, the reader. Included are our thoughts and some tools that you can use to help make the world a better place. Don't forget to be a kind human to everyone.**

**~ Ms. Arscott, Miss.Tittus, Mrs. Clemo, & Ms. Baker**

**Thank you to our Guest Speakers..... Profesora Jimenez, Mrs. Shah, Profesora Maglente, Dehowähda•dih, Ms. Sterly, Klass Jones, Mrs. Pisegna, and Mr. Maroney. You have all educated us and pushed us forward to be more inclusive and successful.**

**Onondaga Hill Middle School Leaders:**

**Isla B, Kathryn C, Joey C, Taylor C, Joseph C, Hailey D, Ella D, Josiah E, Jocelyn E, Connor F, Luke G, Zayden G, Aiden H, Blin H, Shiloh H, Madilyn I, Ellie K, Lily K, Megan K, Gabe L, Kendall M, Madeline M, Oliver M, Zoe M, Harrison M, Maysa M, Justus M, Helena O, Gehrig S, Ella S, Zahle T, Francesca V, Noah W, Emma W, and Nora W.**

**Westhill High School Leaders:**

**Gracelyn Gray and Lia McQueeney**

## *Chapter 1: What kind of advice would you give to your future self about being more inclusive?*

~Some advice is to not exclude. It's just not cool. It's not worth getting in trouble for. Just don't do it. You should always be kind to people.

~I can invite someone who is lonely with no friends. I can make the bully stop bullying someone.

~Never think about changing who you are. Always include people....nicely. Never be mean because people will remember. Discluding others is 100% wrong.

~I would tell myself not to be a bully. Be a good kid. Including people I don't know. If someone is left out, I will let them play.

~If I could go forward in time I will tell myself to do more stuff with other people, and I will try to be more inclusive.

~I would tell my future self to always include people. **Cheer on others**. Keep being kind and positive to others. Never give up on someone and share. Most importantly, make them feel included and good.

~I would tell my future self to let different people hang out with you. I would also tell myself that if you are doing a group project, don't always choose your friends. Pick someone you don't know well. You should always include people no matter how they look or what ethnicity they are. That is my advice for my future self.

~The advice I would give myself for the future about being more inclusive is, learning more about different cultures, participating in events for different cultures, and talking more to people different from me. This will not only help me connect to those currently, but for when I meet more people in the future.

~**Keep believing in yourself** because you can do anything. Be kind because you don't know what people are going through. If you do something wrong take **accountability** for it. Try to learn stuff, you don't know if you will like it.

~I would give my future self advice on always being kind. To never judge someone by how they look, to never say that I am better than anyone, or to say someone is better than someone else. If you are kind to everyone and **do not judge people**, maybe our world would be better.

~I would tell myself not to bully, no matter what anyone else is doing. I would make sure that no one else was discriminating against others.

~Be kind to other people no matter anything. Never exclude because there isn't a reason to do that. Treat other people right. Help people that aren't being included.

~I would tell myself **"If you see someone struggling, don't stare. If you see someone that makes you feel uncomfortable, don't look. If you see someone being discriminated against, say something"**.

~I would tell myself to sit with people who look lonely. I may also be accepting of people. I will also include people in games.

~You can ask someone if they're ok, be nice to them, include them in stuff, and be friendly. Ask other people if they want to join.

~Include people and be more kind. You should never exclude people. You should never be mean because you should treat people the way you want to be treated. **Everyone has a human right and bullying people is violating their human rights.**

~Ask people about their interests, and be nice to others.

~By letting people join in stuff. By letting any friend hang out with you. Letting your friend come and watch football games. Also, letting friends come over and watch the Syracuse game.

~I would include people I don't know, or include people that feel left out.

~The kind of advice I would give to my future self is asking people if they want to play or join. If I am talking to one friend a lot, I would include them by saying, "How is your day going?". I still am trying to include people now, but I will always try.

~To my future self:

Don't bully, include everyone, don't leave anyone out. Let people join your group anytime.



~The kind of advice I would give to my future self is not to pick on people. **Do not get into drama.** Be kind to everyone.

~Don't exclude anyone. If someone were sitting by themselves, go sit with them.

## *Chapter 2:* **Do you think it is important to celebrate other cultures? Why or why not?**

~ Yes, I think it is important to celebrate other cultures because **everyone deserves to be celebrated**, not just on their birthday. If someone is celebrated for their culture, everyone should. We should support people, not bring them down.

~ I think that it is SO important to celebrate different cultures, so you can learn how important they are! You can learn a lot of stuff from listening to others talk about their heritage. Other people's culture should be recognized.

~ Yes, I think that it is important because everyone matters. You should also celebrate other cultures because there are many many different cultures and they need to be celebrated.

~ I think it is important to celebrate other cultures because **we are all equal**. We should not exclude anyone, no matter what. We are supposed to be kind to people who have other cultures. That is why I believe we should celebrate other cultures.

~ Celebrating different cultures is important because no matter what they are or whatever culture you are, **we still should celebrate you**. Every single culture should be celebrated. Remember everyone counts, no matter what.

~ I think we should because **everyone should have a chance in the spotlight**. If we did not recognize, people would be discriminated against to this day. If people continue to get discriminated against then it leads to low self-esteem, bad jobs, low wages, and a bad life. If we celebrate them they will get good friends, a good job, and a good life.

~ I think it is important because other people matter, not just you. Also, you could learn new things and try different things. This is why I think this is important.

~ I think that it is very important to celebrate other cultures because it makes them feel good about their culture. Also, it's good to learn about other languages, and what they believe in.

~ It is important to see what other people celebrate, and what other people from different countries celebrate.

~ Yes, because **it will teach me new things**. Learn their traditions. Get to try new things like fish. Their daily life might be different from mine. I like to dance, so I like to learn about new kinds of dances.

~ Yes I think it is important to celebrate other cultures because we can learn about them.

~ I think it is important because they might call some things different, and might not know what it is about.

~ I think it is important because if you don't see what people do, you may never know what it is like. If you don't learn about other cultures, you may never learn about what people go through. **You can make a change** and know what might hurt people.

~ I think it is important to celebrate other cultures because they need to be recognized in the world and they are really cool.

~ I think it is important to celebrate other cultures because we should celebrate everyone. No matter what culture you are. All people deserve to be celebrated. **Some people don't respect others with different cultures and that is rude and mean**. This is why we should celebrate all people and cultures instead of one.

~ Yes, it is important to celebrate other cultures because it's really important to know about other people and **help them come out**. Also, help them with their struggles so they can be proud and they won't be bullied because everyone is perfect the way they are.

~ Yes, because other cultures should be recognized. It is fun to learn about cultures. Why would we not want to celebrate other people?

~ I think it is important to celebrate other cultures and learn more about them. Don't discriminate because even if people are different from you, they are still people.



~It is important to celebrate other cultures because that is a big part of you. It is not right to only celebrate one culture, it would not make sense to celebrate all of them. We should all have something to believe in and celebrate.

~ Yes, because it is important to see how other people see things. Other people have other beliefs and it's important to celebrate it. We should not discriminate! It is important to celebrate other people's heritage. We should be able to help other people. The only way to do that is to celebrate them.

~ Yes, because there's basically no one celebrating you and your family. So that is why we should celebrate other cultures.

~ Yes, because **every person has the same equality**. Also, everyone should be included in everything. NO ONE IS DIFFERENT.

~ I think it is important to celebrate other cultures because I think it's good to learn more about other people. It is important because you need to understand.

~ Yes, because if you don't you won't get to know how other cultures work. Like if you are Muslim you fast, but if you are not Muslim you can fast too. You will get how other cultures work and see what their life is like.

~ Yes, I do think that we should celebrate other cultures, because if we didn't it'd be like not having a birthday. Who doesn't want a birthday? Also, if we didn't then **how would we learn about other cultures? No one wants to feel unappreciated** and I wouldn't want to feel that way. No one does. Learning about different cultures is really fun especially when you're learning about your own! Everyone has a culture and should celebrate it.

~ I think it's important to celebrate other cultures because we need to be more inclusive. A lot of other cultures were not treated as good back then. We need to celebrate more cultures like Muslims, Hispanic people, Mexicans, Indians, Native Americans, and a lot more. We usually forget to celebrate other cultures and that's why I think it's important to celebrate other cultures.

~ I think yes because it's nice and it's respectful. Also because some countries may not get recognized not as much as other countries. Another thing is that it might help you learn more about different cultures. That is why I think we should celebrate other cultures.

## *Chapter 3: How should people respond to the issue of homelessness?*

~ I think we should respond nicely no matter what. I think we should do things like give them food, clothes, and shoes. Money, if you want to, but can't always be sure that they are homeless. Sometimes, they just want money. One time we were at a red light and a guy with a sign and trash bag was playing a violin, so **we gave him 2 granola bars**.

~ People should respond by caring because homeless people don't have homes, and it is sad.

~ You should stop and help them. Give them some food and water.

~ People don't respond to homeless people because they think they are dirty, but they are actually so nice. Do anything to help them, homeless people deserve stuff too.

~ People should respond by helping them and being kind.

~ I think people should help homeless people. One reason is because everyone should have money and a home. Another reason is that people can die from starvation, hypothermia, etc.

~ People just walk away like they don't care. I know from doing it they do care, they just don't want people to look at them differently. BUT who cares what people say or do? Why don't I help? Because my parents will say, no!

~ People should respond to the issue of homelessness by helping the people in need. **All people should have people that have their backs**. Everyone deserves help when they are in need.

~We should help homeless people because **they deserve better**. It is getting colder and they need to stay warm so they won't get really sick. So we should be helping them no matter what!





~ I think people should respond to homelessness like they care. Homelessness is a real issue in the real world and the percent of people that are homeless have **risen since the pandemic**. People pass homeless people all the time without even thinking to help them. Overall, what I am trying to say is that people should care and should help the homeless.

~ I think people should respond to this issue of being homeless by at least **stopping and saying something nice**. Also stopping to help, because it is the right thing to do and it is nice!

~We should help them, and ask them if they're okay. Give them whatever we have that will help, maybe even your jacket.

~ People should respond to the issue of homelessness by donating to homeless shelters, and at least stop and see if they are okay.

~ We should protest and stand up for homeless people. We walk by so many homeless people everyday and this needs to change. We need to stand up for homeless people and treat them better.

~ I think everyone should contribute to the problem by **donating old clothes**, giving someone snacks, or if you have loose change just contribute to the cause. If you treat someone like trash, that will only make you trash. **Everyone should be treated fairly and equally**.

~ By giving them a dollar or more. Anything can help them. If you have no money on you, just give them encouraging and kind advice.

~ I believe we should help the homeless, one day my mom, me, and my brother drove by a homeless person. I asked my mom if we could give 2 dollars to them. Then my mom said, "There is a place called charity for them". I thought to myself, why couldn't I help?

~ People should ask the homeless if they need help. If they are kids, adopt them. Give them blankets and coats. Take them to a shelter, or give them food. Build homes for them.

~ We should respond to the issue of homelessness by helping homeless people. Don't just walk by them. Stand up for people without a home because everyone deserves a home. If you see someone that is homeless, help them!

~People should respond by helping homeless people, not just walk past them. If you walk past them, you have no heart at all. But if you have a heart to help them then you just made a difference. **If you help them, you are a miracle.**

~If someone was homeless and I was just walking on a busy street, I would not just pass them. I would stop and ask them if they are okay or if they need something. I would see if I could give them something. For example Food, Water, or clothes to keep warm. I think homelessness should stop, and people should have a heart.

~Even if people are homeless they're still people that have feelings. How would you feel if people saw you but didn't care? **Horrible.** Some people are freezing and starving because no one cares. We need to try harder because if you have a heart, then you need to show it. Be that person that makes the world a better place.

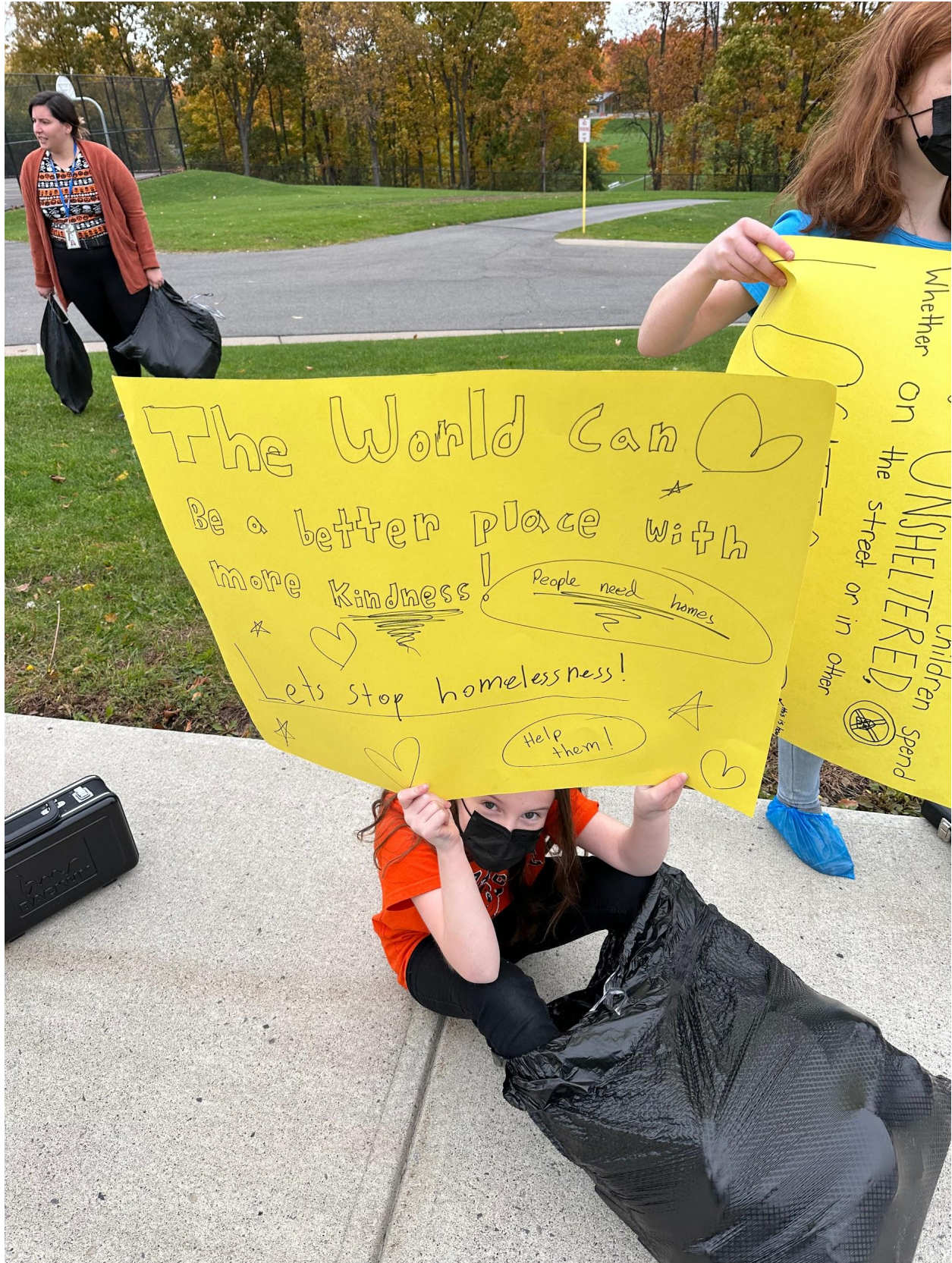
~To respond to homelessness we should build shelters on the streets that have seats, blankets, pillows, and money to help them. Make a foster/adoption center for kids who are homeless. **Everyone should be treated equally.** Everyday more and more people are resulting to the streets, that should not be fair. This is supposed to be a free and fair country but now I don't see anything that is fair anymore. I think that homelessness is not fairness, this is NOT what America is for.

~People should help the homeless because they don't have anything. No food, no water, no shelter.

~I think we should respond because people are starving and freezing to death. Also, people have no homes and live through all the seasons. This problem needs to be solved!

~ People should take action because people should care about each other. The smallest thing can make the biggest difference. If you see a homeless person , help them! Me and my grandma give food to the person on our block. We gave him food, water, and clothes that don't fit so he can give it to his kids.





## *Chapter 4:* **Describe an injustice (or rule that you feel is unfair) in your life that you would like to see changed.**

~A thing I would like to change is having to go upstairs for water. Also, why are most of the teachers girls? Why in the gym do boys not treat girls right? Why do people bully?

~I think it is **unfair that there are no girl presidents**. The world would be in a better shape if girls were presidents. I also think that **kids should be able to vote**. Of course I think this would benefit the world, Mic drop.

~I feel that it's not okay that lunch is at 10:41. I am hungry at 9:00am, and there is no snack. I should have food at 9:00am! Or at least a snack, I LOVE FOOD!

~I think it is **unfair that we do not have recess in middle school**. I think my parents are so sad and tired during the day because there is no recess. I need RECESS! They should give recess to every school.

~I think a rule that is unfair is that there is no recess. Kids should be free to move around and play with other kids. This is **good for our education and social skills**.

~Guns should have background checks before being brought. There are no background checks. Millions of people die every year from guns.

~An injustice I think is unfair is that middle schoolers have to wake up earlier even though it is proven that elementary schoolers wake up earlier. Like I get that we need to learn responsibility but so do elementary kids and everyone would be so much happier.

~ A rule that is unfair in my life, is that I **can't** go to the bathroom during class. You **should be able** to go to the bathroom whenever you want.

~ I think it's unfair that anyone can own weapons. **There is violence all around the world, and if not everyone has weapons, there would be more peace**. If you need permission from someone or need a background of why you need it, would make things way less aggressive. I just think that it would be way more peaceful and less aggressive. That's why I think anyone can own weapons is unfair.



~ I think **we should get recess because it helps children communicate with others.** If we can't communicate with others, we won't have a good life. That is why people built parks, so kids could have a good life.

~I think people should be treated equally no matter who they are. I think this because so **many people are being bullied for who they are.** Also, I think not everyone should be qualified for weapons. They should have lots of background checks.

~ I think that it's **unfair that lots of people are judged by their race or culture.** I also think it's unfair that grown-ups rule the world, not the kids. Also, what makes boys so much better than girls? NOTHING! Why are white people better and treated more fairly? Everyone is equal, but no one shows it. I think that is unfair.

~ I think that the "girls vs boys" thing NEEDS to stop!! **Gender does not build a person.** A girl can wear boy clothes and play sports! A boy can wear nail polish and dresses and more! Plus, a girl can do just as good of anything. I think no matter the gender, we have RIGHTS!

## **Chapter 5: What does inclusion, diversity, and equity mean to you? What is leadership in your own words?**

*~ Inclusion, Diversity, and Equity means to me like peace. If we had all of them we would have a peaceful world. Leadership in my own words is a leader, not a boss. **A leader is someone who helps the group and leads them to where they need to be.***

*~ We all should be thinking, "Everyone is equal", right?....hopefully. While I thought of I.D.E. , some will be like...well what is I.D.E.? Well that's simple! The "I" stands for Inclusion, "D" is for Diversity, and the "E" stands for Equity to make this world fair. I know you will probably be like, "who's the leader?". We all are leaders! But **even the leaders must follow rules.** Leaders must be kind to their followers & help them!*

*~Inclusion, diversity, and equity all mean different things. Inclusion is to include others in what you do. Diversity is everyone's different culture and beliefs. Equity is the belief that everyone should be treated equally. Leadership in my own words is sticking up for people and believing that everyone should be treated equally.*



*~Inclusion, Diversity, and Equity would mean it's a peaceful and fair world. Everyone should be able to have the same rules and be able to look how they want to look. Some people discriminate against people who look different than them. Leadership is when no one wants to stand up, a leader would be a person who would.*

*~Inclusion, diversity, and equity means to include people in stuff, like when playing something. Also, building something, or making a poster. Leadership means like when*

*you don't follow the pack, you lead the pack. For example, if someone is being mean you don't be mean with that person. You want to stick up for the person that is being bullied. You **never want to be a follower.***

*~ I think we should stand up. This is not okay how people think they can discriminate. If I ever start a club one day, I would ask anyone and everyone to join! No matter what you look like.*

*~Inclusion is a word that means not just to be included, but to not be mean or to be unfair. Diversity is a word to me that means to show yourself and not be afraid to show yourself. Equity is a word that means be equal and don't be mean. **Leadership to me, is a word that means be brave, take risks, stand up for yourself.***

*~Inclusion, diversity, and equity mean to me, to add people or include people not to hold them down. Once, I was playing a soccer game and on the other team there was a team member that wasn't being included, so my friend and I passed the ball to that girl. Everyone was surprised because that girl was really good and I went home feeling great!*

*~Inclusion means to include other people. Diversity means that people are different and that is okay. Equity means to treat everyone equally. Being a leader means to me that you stand up to what is right and do not let anyone tell you otherwise.*

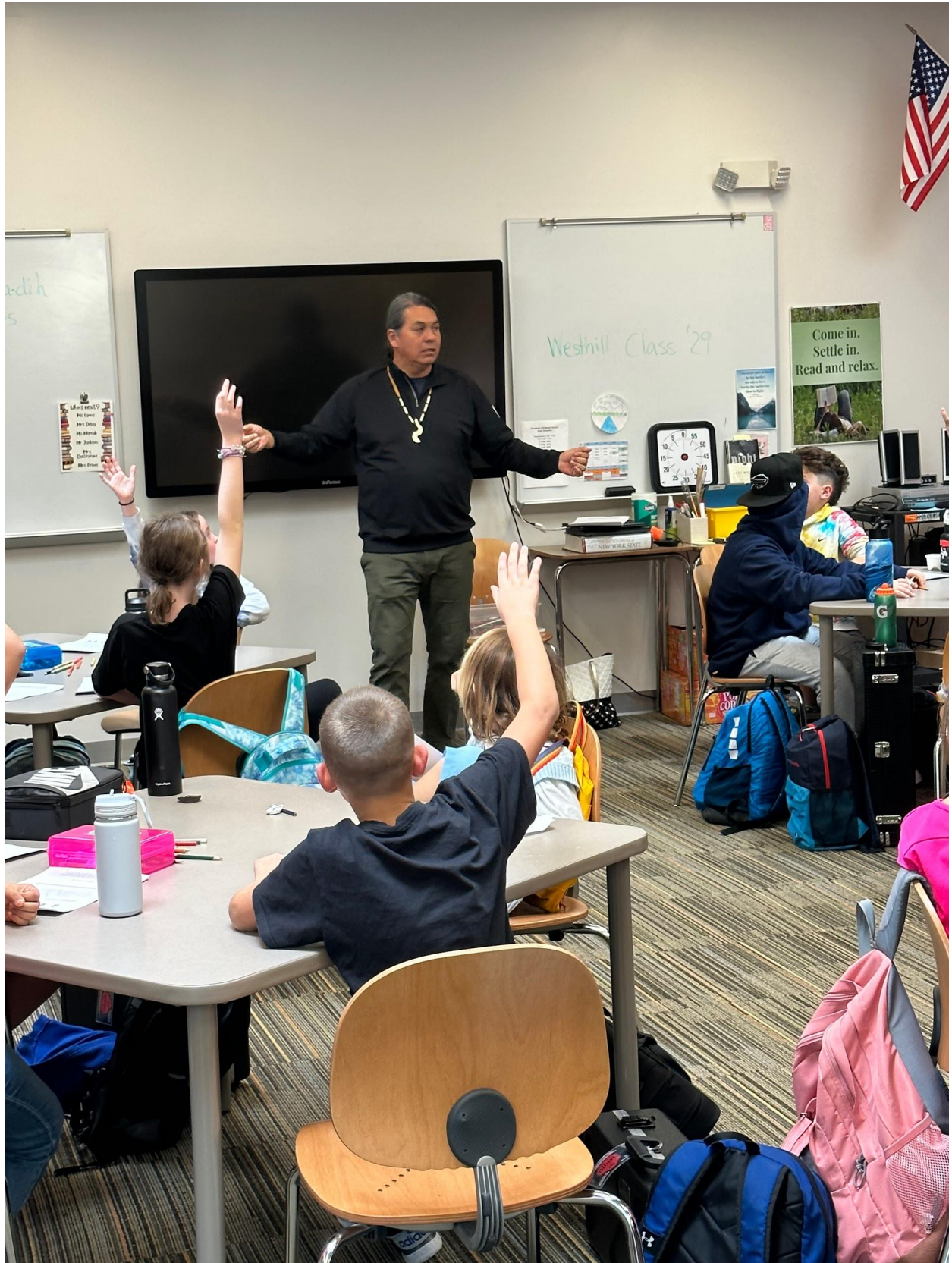
*~ I think it means that everyone should be included, no matter what their race or religion is. It also means that you should speak up and be a leader even if it is hard. It is **better to try & speak than to never speak up at all.** Also to be a leader you have to be kind, brave, and support everything I said above.*

*~ This means everyone should be treated equally. People, (no matter what they look like) should be able to get jobs. It's only fair, I mean what's wrong with them? Everyone is different including me, you, your family, friends, and everyone you know.*

*~ To me leadership is understanding what people are going through. Like if a different race, gender, if you identify as something, or beliefs that are different from yours. To be a leader you need to understand what someone's going through, and be open minded.*

*~ Inclusion means to say to someone "Do you want to play?". Diversity is when you might have a different culture than the person sitting next to you.*





## **Chapter 6: Give two examples of a benefit you could gain by embracing diversity.**

*~ Two examples that I can gain from diversity is learning how people think, eat, and live. I think about other things, like what would someone think if they saw me.*

*~One benefit you can gain is making a new friend. Another benefit you could gain is learning about different people and their cultures. Sometimes learning about other people can be really cool. Sometimes the other people might need a friend too!.*

*~One benefit you could gain is **you can learn about someone's religion, celebrations, or just their typical life. This year I have a kid in my class and they just moved here from Africa and I've learned a lot!***

*~I think it can benefit me because I can make new friends and learn about different cultures. Another reason I think it could benefit me is because I can learn how to do different things and try new things, like trying new food or a new language.*

*~Two examples of a benefit you could gain by embracing diversity is **you could help people by learning their culture and help them learn your culture.***

*~If you embrace diversity, there are many good outcomes. One is you could become a new friend to someone else, and you get a new friend too! Another is you could learn about other peoples' culture. Learning other people's culture could help a lot in life. Those are 2 examples why you should embrace diversity.*

*~ A way we can include people in things is that you can add them to conversation, or say you are playing with your friends and ask if they want to play with you. Include people in what you are doing.*

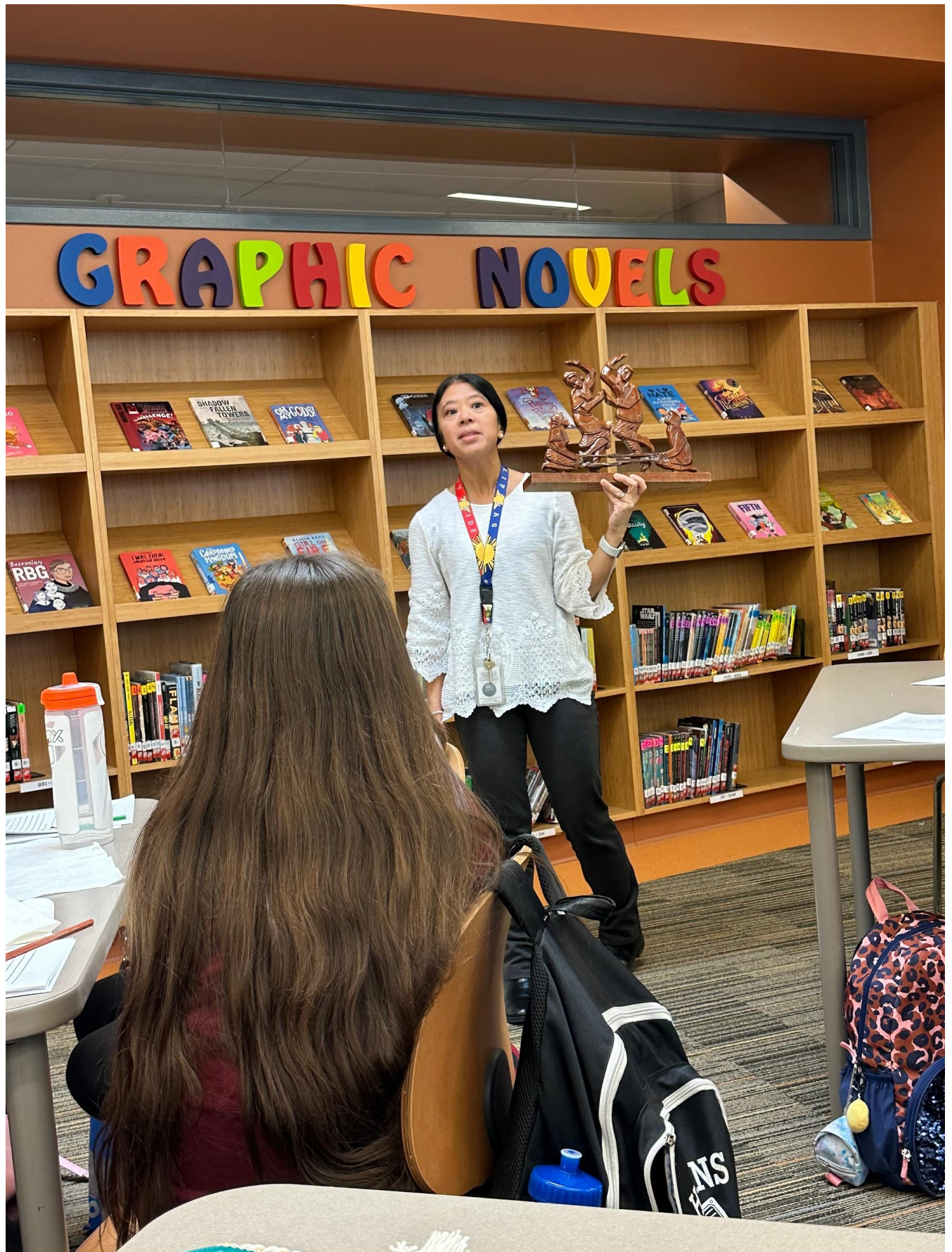
*~ Two good things from embracing diversity, one, you can learn from other experiences! Not only that, but how to **treat others and yourself, with respect.** No matter your imperfections in your eyes or others. Reason 2, **you can have more freedom in your own body, you can choose your religion and more.** Believe in yourself.*

*~ Two benefits are that I can **understand people better**. Also, you can appreciate it and not pick on another person because of their diversity.*

*~Well one thing I **could gain is a friend**. Another thing that you can benefit from embracing diversity is that it can help you, and you can also help other people.*

*~ I ALWAYS try to include everyone even if they're not my best friends. I love being nice to everyone! It makes me feel good, it makes them feel good.*





**Chapter 7: If students from other backgrounds struggled to get along in your class, how comfortable would you be to intervene? How would you help students feel more comfortable in class?**

*~ I would be comfortable to help/ step in. I would tell them that it's ok, people just don't understand that everyone is beautiful in their own way.*

*~ I would feel pretty comfortable helping, but it would be pretty hard if they don't speak my language or if I don't speak theirs. I would probably ask to be their friend if I spoke their language. If they did speak a different language, for example Chinese, I would probably learn a little bit of Chinese to see if they'll want to be my friend and if they accept I will probably learn more.*

*~ I would help by letting them sit near me. If someone does not speak our language **I would help them understand the stuff we are learning about.***

*~ I would try to help them and be friends with them. I would try to understand them. I would try to find out about their background.*

*~ I would feel pretty comfortable helping, but it would be pretty hard if they don't speak my language, or if I don't speak theirs. I would probably ask to be their friend if I spoke their language. If they did speak a different language, for example Chinese, I would probably learn a little bit of Chinese to see if they'll want to be my friend and if they accept, I will probably learn more.*

*~If someone from a different country came to my school I probably would feel a little uncomfortable and nervous, but I am a bit nervous to talk to new students. **I would make a card with only pictures or find a way to make them feel more included.***

*~I would help them feel more welcomed. I will help them when they need it. I will make sure they will be treated right. It doesn't matter what culture they are. I will help them.*

*~I would be really helpful with everything or at least try to help as much I can so they don't feel like they're left out or bad about themselves. I also want to help by sticking up*

*for them if they get bullied. In conclusion, **I would help and respect anyone that comes to class.***

*~ I would definitely intervene. It would be unjust to let someone be alone and unaware of what's going on.*

*~ I would ask if they want to be friends. I would also invite them to sit at lunch with me. I would tell a teacher if they are getting bullied.*

*~ If someone with a different culture came into my classroom, I will help them with their work and show them around the school,*

*~ I would do my best to ask what is making them uncomfortable and then I would do my best to make them feel comfortable. For example, I would introduce them to my friends and I would try to communicate with them.*

*~ I could play with them or tell them that they can go to a teacher to help them learn our language.*

*~ I would be more than happy to get involved and help them. **I would be very happy to help because if I need help I would want someone to help me,** so why would you not help if you thought that you needed help and would want it.*

*~If a student came into my class and struggled to get along I would help them and teach them and teach them stuff they didn't know because I know how it feels and it's not good. I don't want people to go through that.*

*~I would be very comfortable helping them make friends. I would also be good friends with them too! **People should be friendly to anyone, no matter their race.** I could help make students feel more comfortable by introducing them to other students. I could also be friends with them myself.*

*~ I would be comfortable to help/step in. I would tell them that it's ok, people just don't understand that everyone is beautiful in their own way.*





## **Chapter 8: Explain how getting to know people as individuals can help you reject prejudices.**

*~ Like the old saying, “don’t judge a book by its cover”. **Just because they look different doesn’t mean their soul is different.** People may not look like what they seem.*

*~ I would tell them not to listen to rude people. I would say that it doesn’t matter what the rude people say about them. They are amazing and don’t change anything about yourself. Love who you are.*

*~ If you get to know someone then you will know how they feel. Hating someone for no reason is just dumb. **You should respect someone for WHO they are, not WHAT they are.***

*~When you get to know someone they can become a great friend of yours. **If you are prejudice, it will prevent you from getting to know someone.** By getting to know someone you can find out about their life story. You should always get to know someone before you judge them.*

*~ I would help to not judge them by the way they look. If you talk to them, they might be very kind.*

*~ Getting to know people better will make me stop being prejudice because I get more than one perspective and see what really goes on. Also, getting to know people better will make me stop being prejudice, because I am friends with them. So, you should not judge people not even if you know them.*

*~Getting to know someone will help you understand their story instead of guessing about them.*

*~ I think **it’s important to get to know people because then you know their true story.** You can suspect something about them that is not true. When you start talking to them you realize that they’re actually nice people.*

*~ It can help you get to know all the good things about that person. Also, don't think they are a bad person just by looking at them.*

*~ I could get to know someone so I could help them stand up to people. I could also give them food or winter clothes. I could get to know them so I could know their full story instead of judging them just because they're homeless.*

*~ It will help me so I can help me so I can help them more. Also, I can know what they've been through so I won't assume.*

*~ Whenever you see a homeless person, the first thing that comes to mind, "Oh, they do have stuff" or "they just slack off", even "Oh, they're just faking". All of this could be for some, this can be true, but 80% of the time it's real! Getting to know someone before judging them means a lot. I believe you can help lower homelessness! **Start today, don't judge!***

*~ Asking someone what happened and how they became homeless. Also, maybe asking them what happened in their childhood. Maybe, even asking them what they did wrong. Never Judge a book by its cover.*

*~ Instead of assuming that they did something horrible to end up homeless, you should learn what happened to them (if they feel comfortable sharing it). Even if they did something bad, they probably regret it and they clearly know where it got them.*

*~ If I get to know more people, I wouldn't judge anyone. Prejudices are the worst. You should learn more about them instead of being rude. "Don't judge a book by its cover".*

## **Chapter 9: Describe an injustice that you have experienced or saw. How can you shake up the status quo to change it?**

*~Some women don't get taken as seriously as men, they also don't get paid as much. I think that we should get paid just as much as men.*

*~Kids in poverty are not ok. So, I can try to donate things to charities. **I also think everyone should get free lunch.** It's not ok that people have to pay for lunch.*

~Kids in poverty still have to pay for lunches. Why can't lunches be free for all kids living in poverty? I think there should be **free lunches for everyone**.

~When I was in Art, people were calling each other "monkey". Then the teacher asked, "What is my friend's name?" and the teacher mentioned that it was rude. Also, someone at lunch called me ugly.

~**People make fun of me because I am Jewish, and don't really celebrate Christmas.** When I was talking about how I celebrate Hanukkah, they laughed.

~An 11 year old girl, coming home with milk for her family then died in a crossfire. **I can help by stopping gun violence.**

~I saw Rosa Parks get arrested! Stop racism. Also, I had a friend get bullied for being adopted.

~It's scary being Black in America.

~I saw someone saying terrible things to one of my friends. I felt like I had to do something, so **I told the person to back off.** I just had to do something. I couldn't have that person do that to my friend.

~I haven't experienced this but i've heard other girls say that they are still being treated unfairly. Apparently, there are things only boys can do. For example, most famous basketball players are boys.

~I once saw that people from other cultures were getting bullied and I would have told the bully that everyone is different in their own way, including you.

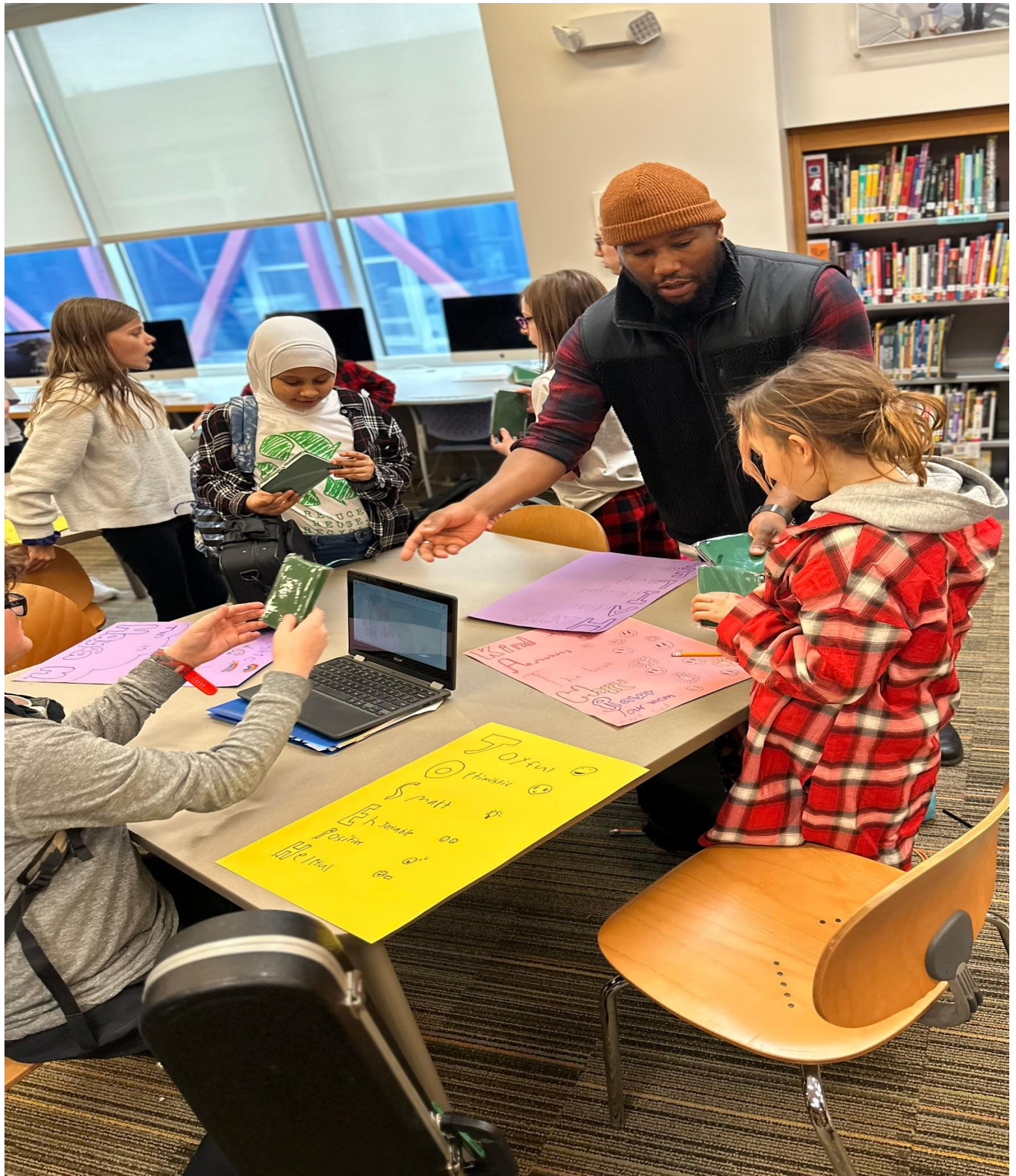
~One injustice I have seen is racism. I have seen many people get bullied because of their race and gender. The way we can change this, **we can include more people from different cultures. We can also stand up to the people who are racist.**

~I saw a fight on my bus and a 5th grader was getting bullied. The other person was calling them names.

~One time, I was riding in a car, I saw homeless kids on the street and no one stopped to help them. I think this is wrong. **One way I can help is by donating to charities for the homeless.**



*~ An injustice that I saw on the news was that police officers were arresting people for no good reason.*





## Chapter 10: Do groups of diverse members make better decisions? Why or why not

~ Yes, I think groups can have great ideas. If it is just you, you might not have any good ideas, like you can't come up with anything. But when you are in a group, **many people have different opinions you would not think about.**

~ Yes, as a group you should make good decisions as a team. You should be working together as a group. But if they make a bad decision, the group will fall apart in a bad way.

~ **Groups of diverse members make bad and good decisions.** Why do groups of diverse members make good decisions? This is because you can hear other perspectives.

~ **It really depends on the person.** I once met someone different and they were very rude, but I also met someone different and they were very nice.

~ It depends who it is. If it is a group of people who do not respect other cultures, they might.

~ Sometimes, it depends. Like **IDEAS, we are diverse, we make good decisions and learn about diversity.** But, maybe other groups don't.

~ No, people will always make bad decisions. Of course they are good even if they do bad things. But, it depends on the person if they are good or bad.

~ It depends on what it is. **Sometimes when you combine new minds and old minds, you come up with better decisions.**

~ Yes, people can control their own actions.



*~ Yes, well it depends if the person makes good decisions. But, I believe all people can change.*

*~ Yes, well it depends, but i think everyone can make better decisions.*

*~ Yes, because there are different attributes that could help. Maybe strength, smarts, and many helpful attributes.*

*~ Sometimes. It depends who the people are. But most of the time people make better decisions. You can learn a lot about people and that can help you in life.*

*~ Groups of diverse members make better decisions. I know this because **they will get different opinions**. This will help them get a more final and structured opinion.*

*~ Groups of diverse members make better decisions because they all have different IDEAS.*

*~ Yes, because you can get to know each other and be friends. You can get to know what their childhood was like. You can know them better.*

## Chapter 11: Why is cultural diversity important in the classroom?

~ **Diversity in the classroom will get better opinions.** The class will learn new things. This is why diversity in the classroom is important.

~ I think it would be nice to learn about everyone's culture. You can have different friends. Don't just judge someone because of their race, see if they could be a nice friend.

~ I think it's important because **if it was only one culture, we'd never learn about people.** We are going to need to learn how to work with people. People like us and knowing how to work with different people is an important life skill.

~ Diversity is important in the classroom because we can accept people for who they are and learn from them.

~ If it were a diverse classroom they would not be the same. If they were diverse, they would have different backgrounds. So, they would have **different ideas.**

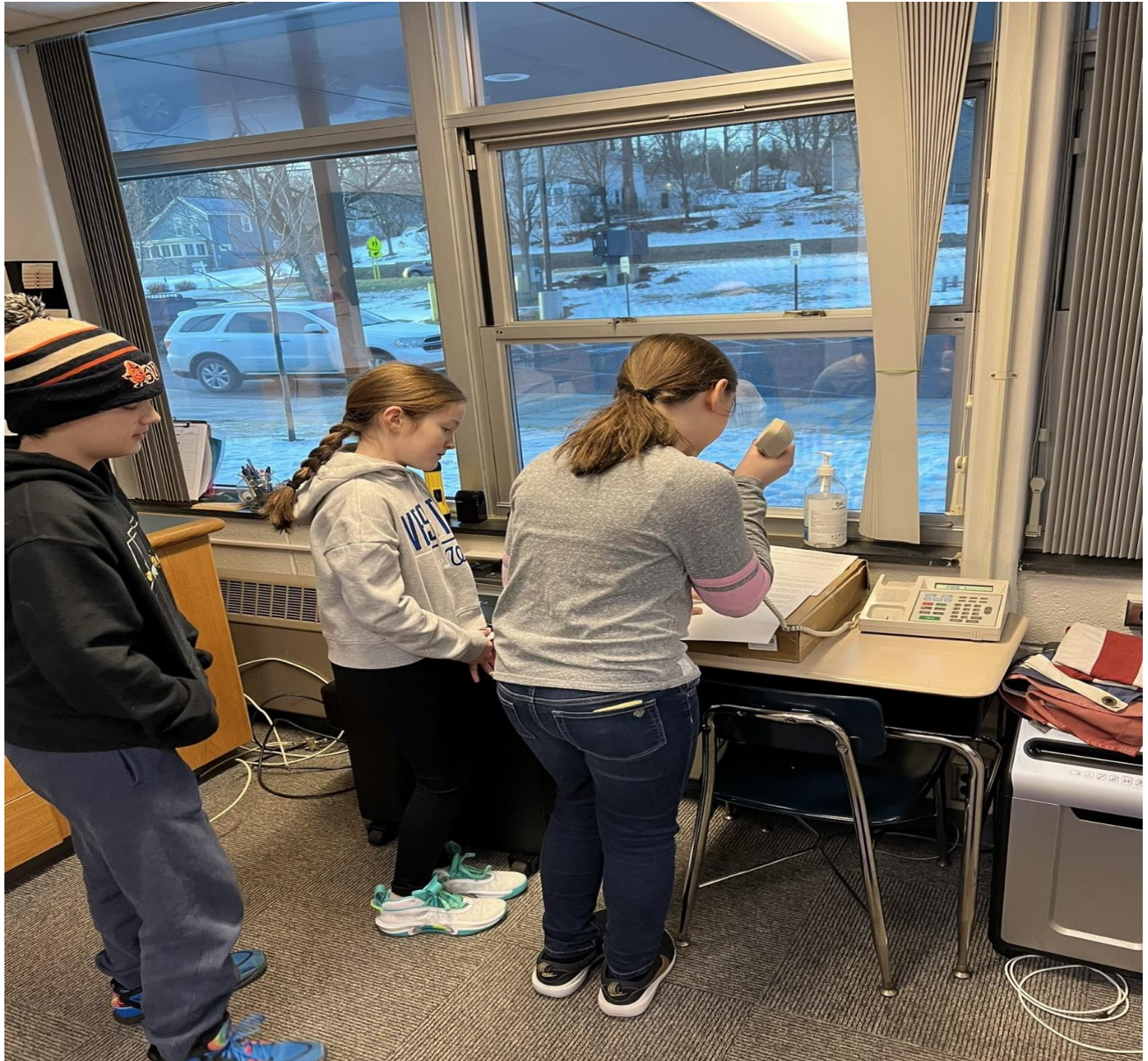
~ Cultural diversity is important in the classroom because you can learn more about your friends. If you know about your friends, you can talk to them about it. Also, **learning about cultural diversity will help you know if saying or doing something is not nice.**

~ Cultural diversity is important in the classroom because there are many different cultures in school. **BLACK LIVES MATTER**

~ You should not make fun of Black people just because they're a different color than us. People need to be **treated equally.** We are all people.

~ It is important because no one should be treated differently because of their skin. It is unfair. No one should be discriminated against for being black, there is no reason they should be. **They did not do anything to you.**





*~ It's important because it's not fair for anyone to go through that kind of stuff, no matter **WHAT!***

*.~ I believe cultural diversity is important because if someone isn't treated correctly or not the same as someone they wouldn't do as good.*

*~ Cultural diversity is important in a classroom because it **helps people get to know other people better.** Sometimes knowing someone's culture can help you in life, sometimes a lot*

~ Cultural diversity is important in the classroom because some people might not have the same culture as you. They might be upset if you talk about other cultures.

~ Cultural diversity in a classroom is important because you can learn about different cultures. **Sometimes knowing someone's background can make you think differently about them.**

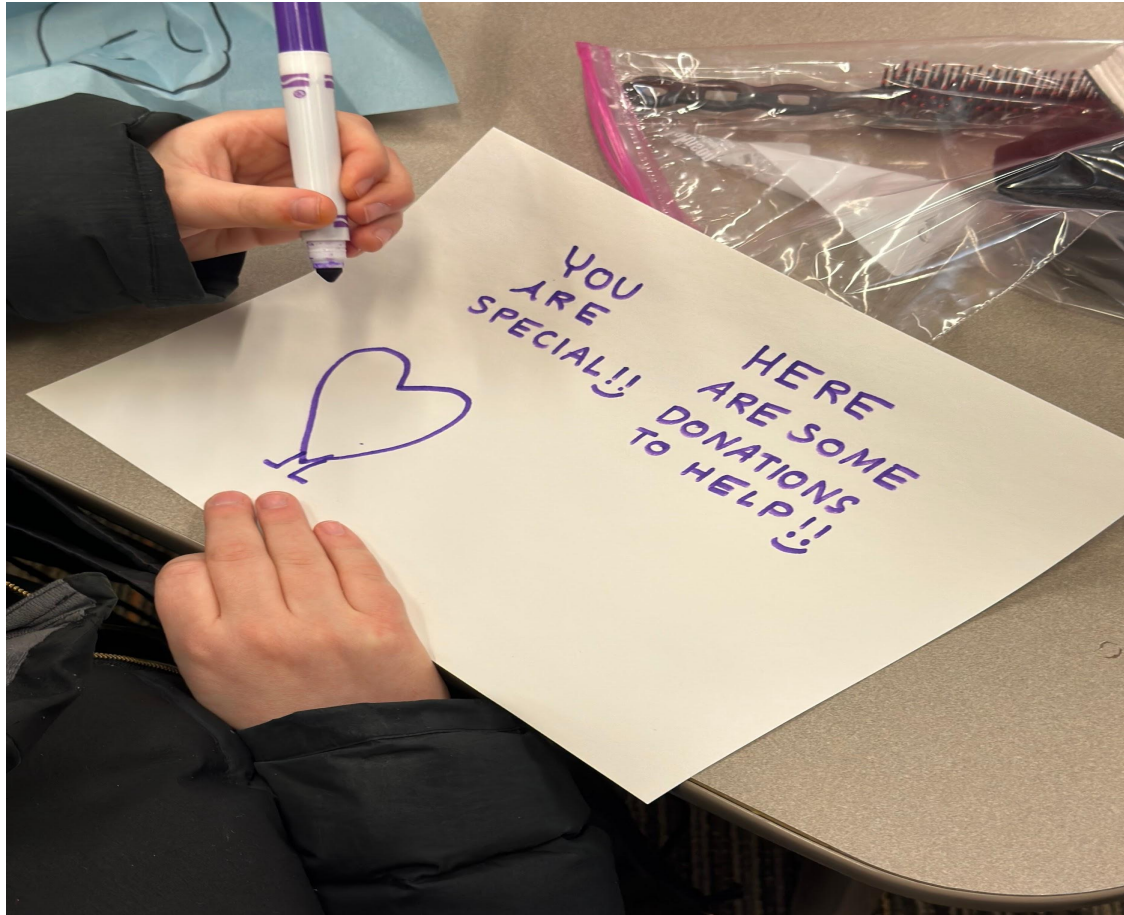
~ I think one reason it is important is because you can learn about different cultures. You can **learn about the traditions they take part in** and stuff like that. You can also **bond with those cultures**. So, when you're out in the world with them, you're not weirded out or racist to them.

~ Cultural diversity is important because you can learn different things from other people with different cultures and backgrounds.

~ It is important because you can learn more about someone else's culture. Also you can tell them a little bit about yours.







## *Chapter 12: How can living in Poverty affect your education?*

*~If you are in Poverty, you probably don't have enough money for school. Even if you did have enough, you would probably want to buy food and water. **It affects me because we learn about it and how to help them.***

*~ Living in poverty can affect you in many ways, but the **worst way it could affect you is in your education.** People who are born into poverty have it horrible. Since they cannot get into school. People who live in poverty hopefully got to learn something. It's horrible, people can't even learn to read and write while living in poverty.*

*~ Being poor affects your education because you can't learn how to read or write. So, you wouldn't be able to have money because of this.*

*~ Poverty can affect your education by not being able to pay the fees for school or being able to even go to school. In Zimbabwe, you have to pay for school, you have to share a*

room with another family. In Zimbabwe, \$1 U.S. dollar is \$20 Zimbabwe dollar. That shows you how rich we are.

~ Living in **poverty can affect your learning skills** and a lot of other stuff.

~ Living in poverty could affect your education. Like sometimes you may not have enough money to have a college education. Or **you will always be thinking if you will have a meal that night.**

~ When you live in poverty it is hard to buy food, and when you do not have enough food in you, you are most likely to faint or get sick. Then when you are in school, you will probably fall asleep during class. When you live in poverty, it might be **hard to sleep at night, that is why you will fall asleep in class.** I would be worried if I did not have food for the night or if I did not have a roof to sleep under.

~ Living in poverty can affect your education. You would have a lower amount of money to spend on lunches and school supplies. You **would probably be ridiculed too.** Also you might not be able to afford an education.

~ Well I think that living in poverty **can create stress for kids.** That stress for kids. That stress will continue into their social lives and their education. I think that stress will be hard to cope with in the classroom.

~ It can affect your education because you may not have enough money to go to school and get books to learn.

~ You can get **bullied** a lot for your clothes, because you would be wearing dirty clothes. People will find out about your **lack of money** and start making fun of you.

~ If you were poor, then you probably won't have good materials. You can't write as well with bad materials. If you can't afford good clothes then people will make fun of you. If you need glasses, but can not afford glasses, you might not see the front of the room.

~ Not being able to afford school, books, or even calculators. So they really can't learn. Also, they **might not even have a house**, so it would be harder for them to pay attention with all the background noise.

~ I think living in poverty can affect education because if you have a thing going on in your family you can be sad all day. **Your parents can make you get a job.**

~ Poverty can affect your education because of schools, you have to pay for education. If you don't have enough money for school, you can't learn. Then, you can't spell or do math. So if you have a chance to get a job you can not do it. This is how poverty can



*affect your education.*

*~ You may not be able to even go to school. **You may not be able to get lunch,** because I think you have to pay for it. You would not have the things you need. Everyone should be treated the same!!!!*

*~ Living in poverty can affect your education because you may not have the money.*

*~ Living in poverty may affect your education. One reason living in poverty may affect your education is because you may not have enough money for school. Another reason is that **your parents might not think that education is important.** That is only a couple of reasons why poverty may affect your education.*

*~ It affects other people's education because they can't learn as well if they're thinking about if they will eat tonight. **It affects my education thinking about them.***

*~**It can affect kids, they might not be healthy.** They might be tired and their brain won't work well. It's never ok if somebody isn't treated like other people. EVERYBODY should be treated the same.*

*~ **Poverty is everywhere in the world.** Poverty can affect people's education in a big way. You may not have enough money to get the right supplies. You also may not be able to even go to school!*

## ***Chapter 13 - If someone was to describe your personality to me, what would they say? Would they say you are a good person?***

*~I think they would say, I am crazy but in a good way and sweet. I think they would describe me as not that confident, but fun. I am silly, but smart. I think they would say **I'm a good person and getting better every day.***

*~ If someone were to describe me for the first time **they would say that I am kind.** they would also say that I give and make them feel good. to tell you the truth I cannot speak for them and I am not all that good.*

*~ If someone was to describe me they would say that I am a good person. I think **I don't really know I am a good person** but what do others think? I think they would describe me as funny, artsy, and smart. but you never know how anyone thinks you are. You can't think someone thinks you are a good person but you never know what they think.*

~ They would say that I am smart. they would also say **I am a leader or Brave or athletic. but of all of that doesn't matter how it's how you think of yourself.** Yes, I do think I'm a good person. because there's no bad people, there's something called different people.

~ I do think that people would say good things about me. **I think people would say that I am kind, smart, and a leader.** I hope that people will say that I am a good person because I try my best to be the best of myself. If I were to describe myself I would say that I am great.

~People say that I'm silly, artistic, loving, and kind. **I'm a good person because I am kind.**

~**Depends on who it is.** if it were one of my friends they would say that I am a nice, kind, and enthusiastic friend. Someone who did not like me said “you are a stupid little rat and a liar and your mom, dad, and life is a lie. No one likes you so you need to stop being a brat”. Other people call me weird and I do not take that as rude. Something my dad says is to “just say okay” it helps you not to worry about it.

~I think most people would call me a nice, kind person.

~I honestly have no idea because I trust all of my friends. **I think that people would think I'm funny and call me a good kid.** One trait that I think my friends will call me is that they might call me kind or funny.

~I think people would say that I'm definitely funny, but sometimes I can get competitive or talk a lot. **I do a lot of kind things and like to include everyone.** I think a random person will call me a good person.

~I really don't know what a person would say, but I hope they don't think something bad but I don't know. **I just want them to be nice to other people.** I don't really care what they say about me, I'm going to come back like a **boomerang.**

~I asked a friend what my personality was and **she said “a good friend, funny, awesome, and nice friend”.** I think that I am all these things. I also think that she would say that I'm a good person.



~Hmmm...I would say some may call me kind, caring, artistic, funny, and more. But if I'd be honest from my view I would say I am a tad clumsy, semi a bit of a bookworm and I don't like crowded areas. I am unsure about that. I hope you see me positively, **I'll be willing to help you, there's that. I may be unsure for now but my journey is still far, so I'll be on my way.**

~I think people would say that I am a kind and nice person, but **it depends who is telling you.** If it's someone who doesn't like me they might say I'm a mean person. but if it is someone that likes me as a friend they might say that I'm a good person.

~I would probably be a good person because **I'm never a mean person.** I always help people if they need help. There's also some people who do not like me because they are my siblings. They will probably say I'm annoying or I talk too much but **overall I'm generally kind and make people laugh.**

~Yes, because all of my friends think I'm funny, nice, and caring. **I'm also smart, crazy and a lot of my friends think I'm crazy..... which I appreciate.** I work hard, and weird in a good way.

~**I am brave.** I am kind, smart, strong, and also nice.

~If someone described me they would describe my personality as good. Most people, but not all, would describe me as **smart, a good friend, kind, and nice.**

~If they are my friends they would say I'm very enthusiastic, positive, funny, etc. **If they were mean to me they would say that I'm short, weird, I have a big forehead, etc.**

~I think my friends would describe me as kind or sweet, **people always call me sweet or kind and I get it.** They also say that I am a very nice person and also a good friend.

~I think people would say that I'm **kind and loving.**

~ **I don't know because I can be in a bad mood. I also can be in a good mood.** I can be in a sleeping mood because I have to wake up at 6:00 in the morning.

## **Chapter 14 -What are some of the challenges that people with disabilities face?**

~Some challenges people with disabilities can have are physical or mental. people may not have a leg or arm. Others may have trouble learning, and learn differently than others. **People may also have a disability that you can't see from just looking at them.**

~Some of the challenges that people with disabilities face are discrimination. discrimination like “you're so gross”, **but they were born or ended up disabled later in life.** Another challenge is sports because some people with disabilities can't walk or talk so how can they do any sports?

~Some people can't walk, talk, or grab stuff. **They could be bullied and not be accepted.**

~Challenges that people with disabilities face are that they can't do many things that the non disabled can, but that doesn't stop them. **They don't get the same treatment that non-disabled people do.**

~Some people with disabilities face stuff like bullying. People might not be able to understand stuff. or people might not be able to say stuff. **Imagine having so much stuff that you want to say, but are not able to say.** It must be very hard with disabilities.

~**People with disabilities face being made fun of and they also don't get all of the opportunities people without get.** You can't go up and down stairs easily, you also cannot see everything or you might not be able to speak right. People might not understand them. You should always think of other people.

~It will be hard to walk around to places.

~Some challenges are, **it could be really hard to do everyday things like writing and picking stuff up, if you have some challenges in your arms.** If you have a disability in your legs it can be really hard to walk and move.

~There are many challenges that disabled people face. You could be bullied, You could have trouble doing classwork, or it may be hard for you to get around quickly. **I think the most challenging of it all is to make friends. friends other people who build you up and give you extra support.**

~**One of the challenges I think people with disabilities face is having to get to places. What if you're in a wheelchair?** Or you have a disability where you can't talk? It must be very hard for anyone who has disabilities.

~They can face not being able to do the things that they want to do. like getting to places they need to. they maybe can't reach things they need to get at the store. **BUT I know they can do anything.**

~Some people don't have limbs so they can't do the same things that we can do. Other people **can do anything like the girl from “Out of my mind”.** A lot of people have



disabilities so they cannot do a lot of things.

~People with disabilities “suffer” In two ways, mental and physical. Reason why I put quotes around suffer is because they are only labeled suffering and retarded, when in reality, they are stronger than us. People with disabilities can still live normal, even better lives. Many famous athletes have disabilities, **whether it's mental or physical they still lead a life of hope. They are strong!**

~Challenges that people face with disabilities can be going upstairs, sitting, or maybe even eating. but **people with disabilities still fight and stay strong.**

~People can't really travel to different places easily. The same **people get bullied. and it's not okay.**

~They face lots of hard things like some people have and to amputate their arm, but their favorite sport is let's say football. It would be really hard to play football without an arm. **Another example is in the book “Out of my mind” where there's a girl named Melody who can't walk, talk, and can't hold stuff.**







## *Chapter 15 - What are some of your cultural traditions?*

### *Does your family participate in them?*

*~Some of my cultural traditions consist of celebrating **Christmas and Thanksgiving**. I celebrate these holidays because of my religious practices and my family and Country I was born in. My whole family gathers together to celebrate these holidays. On Christmas we eat the seven fish dinner.*

*~My family celebrates **National submarine sandwich day and St Patrick's day**. We eat subs and my parents leave my home and go to a parade and drink green beer.*

*~My family has many traditions. One of my favorites is singing **Happy Birthday in Polish**. Another birthday tradition is the birthday person puts the knife into the cake and the person with the next birthday pulls the knife out to keep a chain going.*

*~I celebrate the **4th of July**. I go to my cousin's camp out town and watch the fireworks and stay up past midnight, swimming and playing games.*

*~I am Muslim and my **family traditions are fasting**. We fast because we want to learn how to be grateful. We pray to God and connect to him. If you think about it, **some less fortunate people can't eat every hour and that's why we fast to be grateful**. We do this in **Ramadan**. After Ramadan comes **Eid** and it is a fun **big party**.*

*~One of my family traditions is on **Christmas Eve**. We have a lot of seafood because we are Italian. Another tradition we have is for **Thanksgiving** we go to my uncle's house and have a lot of food there too.*

*~I celebrate the **4th of July**. My family sometimes goes to see fireworks. Another thing I celebrate is Christmas. Every Christmas Eve I open gifts with my aunt and grandma. Every **Christmas** morning we open gifts with my family.*

*~I'm Jewish and I celebrate **Hanukkah, Passover, and Rosh Hashanah**. Hanukkah is a celebration of Lights and Passover is where the angel of death puts protection over the Jewish humans and you put Lamb's blood on your door, so they don't kill your newborn. Rosh Hashanah is a Jewish New Year.*

*~My family likes to celebrate **Christmas**. Christmas is when we have a feast and baked cookies for Santa and carrots for the reindeer. We also give out presents to our loved ones.*

*~My family celebrates **Christmas** because we celebrate Jesus and spending time with*



our family.

~Every year my family tries to go to **Ash Wednesday**. Ash Wednesday, is a Wednesday when you get ash with the sign of the cross on your forehead.

~I celebrate Ash Wednesday. On New Year's Eve we open all the doors leading outside because I'm Irish. Also, I celebrate St Patrick's Day by going to the parade.

~A tradition that my family celebrates is St Patrick's Day because my dad's side are all Irish. On **St Patrick's Day** we eat a lot of potatoes and have tea cakes and corned beef.

~I celebrate some of the traditions my ancestors did. Something I do is on **Thanksgiving**, I go to my grandma's house and she makes a lot of food. Also for **Halloween** we make homemade Halloween costumes. I love it. Another thing I do is keep my **Christmas** tree up all year, and give my sister wrapping paper for Christmas.

~Every **Christmas** all the girls are on my mom and dad's side and go bake cookies. We do it at our house on my grandma's house on my dad's side.

~I am American, so our family doesn't have many traditions. but every year we do have a **Kentucky Derby party**. A ton of my family and friends come over to watch the race.

~We sometimes travel for the holidays. I sometimes go to the **St Patrick's Day Festival** because I'm Irish.

~I celebrate **Christmas**. We hang out with family and we listen to Christmas music. We get a lot of presents.

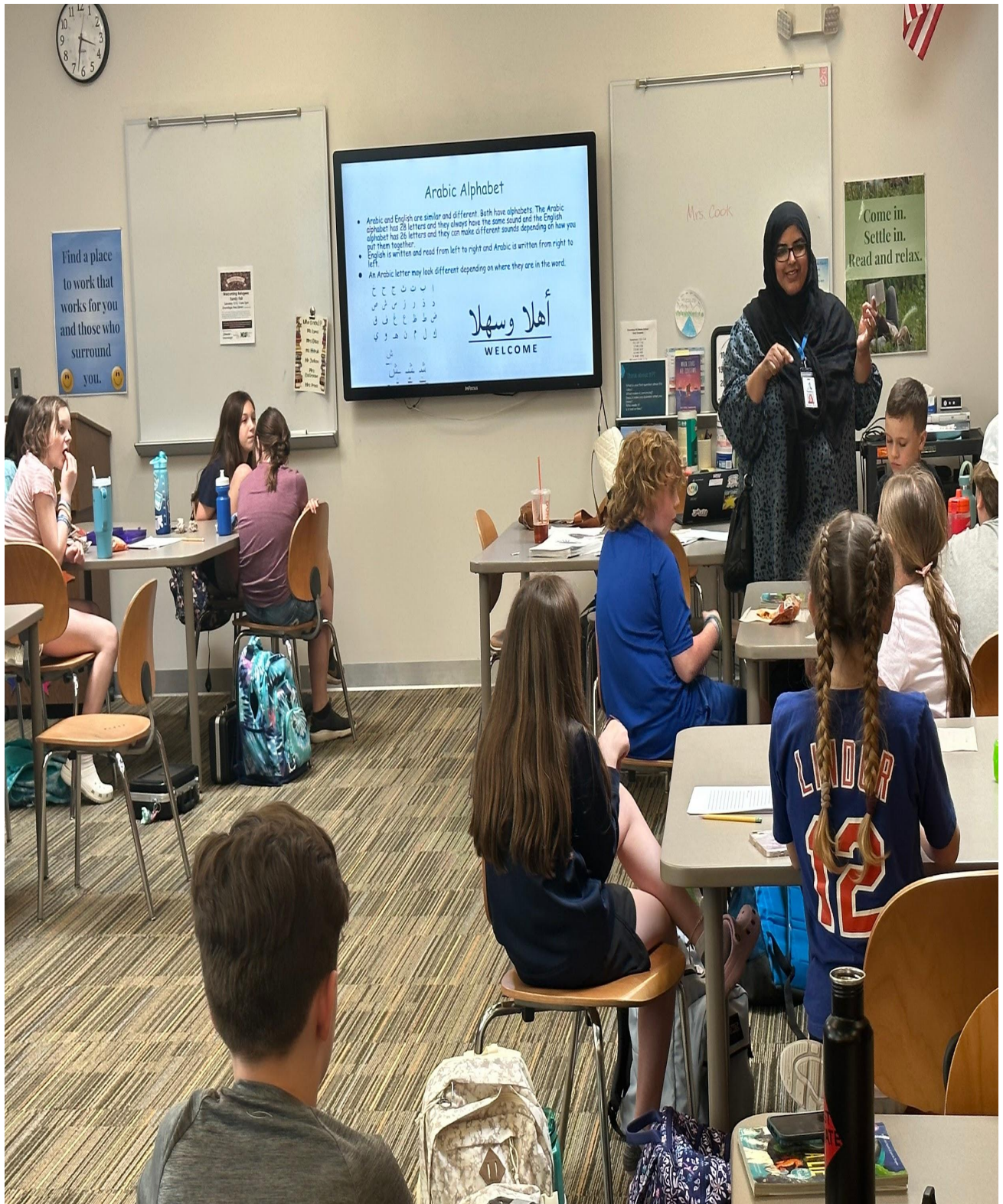
~Some of my traditions are having **Christmas** dinners at my cousin's house. On **St Patrick's day**, we always get **Shamrock shakes**. We go **trick or treating** on **Halloween**, that's it.

~When I celebrate **Christmas**, I open gifts in age order. I also gather with my family.

~One of my family traditions is every year me and my family and some of my friends go to **Old Forge** for a costume contest.

~I hardly have any knowledge of my cultures, but two things I do know about my culture. I'm pretty sure you have already guessed it, holidays! My first is the **4th of July**. It's an **American holiday when the 13 colonies broke free from Britain**. Another is **Christmas** since not everybody celebrates it like we may celebrate other holidays. For now that's all I really know about my culture. I'm not sure if my Nationality counts so

*that's it for now!*



## Chapter 16 – Do you think our school celebrates diverse ideas and people? Please explain.

*~ I think our schools celebrate different diversities. We go on the announcements and do a lot of stuff to celebrate and **honor their traditions**.*

*~There are some diversities that we celebrate and some diversities we don't. **I think we are getting better though**. I hope we can start doing more.*

*~I think that this school celebrates diverse people and ideas. The school is getting better at it every day. It is important to celebrate diversity, because there are diverse people in the school.*

*~I think some schools don't celebrate diverse ideas. Like at our school, most of the time, we celebrate diverse ideas at **IDEAS**.*

*~Yes and no. Mrs Ta is a big part of that. She always lets us in **IDEAS** go on the announcements to talk about all the different cultures. Sometimes she will even put posters up. I do not think that we celebrate all the cultures, but we cover some of them.*

*~We as a country need a lot of improvement because we didn't start recognizing Ramadan until about 2017, and the school really doesn't.*

*~Yes and no. Yes, because we have themed months and sometimes we read articles and make posters. No, **because the people from IDEAS, that is one of the only ways a lot of people will find out**.*

## Chapter 17 – “Hard things are put in our way, not to stop us, but to call out our courage and strength.”

*~ The quote, “hard things are put in our way, not to stop us, but to call out on courage and our strength” means to me that **we must stay strong despite every challenge that gets thrown in our face**. That very thing has a reason, whether it be a dog licking you, tripping on a rock, or anything that has a specific reason.*

~I think this quote means that **even in the darkest times you can get through anything if you persevere**. So never give up, because if you try and persevere and use courage, **BOOM! Anything is Possible**.

~ I think it means you have to persevere. This quote means that **you should never give up no matter what you're going through and that you always got this**.

~This means to me that you should never give up if it's hard. Also, you are going to need to use your strength and courage. **This will help you learn how to go through hard things. keep trying, don't ever give up. When it is hard you're really going to need it in life.**

~ **This quote means to me that things are going to get in your way to try to stop you. but you need to always persevere and get through it.**

~ This quote means that **hard things aren't supposed to stop us, they're supposed to lift you**. It's supposed to strengthen your courage. **This quote is supposed to call out our strength.**

~ I think this quote means if hard things come along in our life **we have to push through it, and don't give up**. We should have courage and trust. Don't give up on something that is hard in our life.

~**The universe will never give you anything you cannot handle. it will only give you things that build you up and make you stronger.** That is what this quote means.

~**This quote means a lot to me because it's important to take the hard things that come in life as lessons for growth, and to cherish the things that you learn from them. Bad things happen to everyone, but it takes a certain type of person to turn those hardships into something good and use them as a time for learning.**

~ This quote means to me like **if something stands in our way you can push through and get through it. Never give up !**

~ **This quote makes me feel better to try new things and get myself out there. It reminds me to keep moving forward and never stop.**

~**This means that there are challenges that we go through. do not stop, keep plowing through, you can do it.** Sometimes it is hard, you can do it, just try harder and you will do it. Never give up.

~This quote means that even if something hard is thrown at us, you can get through it. **If you were stopped by every hard thing, you would not have anything.**

~ **This quote means to me that if we don't get past the struggles in life, we**



**wouldn't be able to get past the negative people in life. They will just tear us down, but if we get past the struggles, then we will be able to surpass the negative people.**

*~ This quote means to me, **don't let anything get in your way.** Keep going. Don't stop, you got this! No one can stop you.*

*~ **This means that you shouldn't give up and you persevere.** Perseverance means that you don't stop and don't give up. This shows that you are a good person. don't give up!*

*~ This quote **means to me that there will be hard times in life and you will want to give up, don't! If you really want to, use all of your strength to not.***

*~This quote means to me that there are some hard things in our life, but if we persevere we can do it. **I think it also means that anything in life is possible if we use courage and strength.***

*~ **I think it means that hard things are not supposed to stop us, they're supposed to push us further, make us better.** It will not make us weaker, it will make us stronger.*

*~ I think **hard things are meant to push us forward.** It is telling us a message to try harder and be stronger. It's telling us to never give up.*







## Chapter 18 – What is one issue that is really important to you? Why?

~ I think the issue that is important is **racism**. It's still a big issue that still happens. I've heard people use racist words and terms and it's not okay! **It's not okay to put labels on people cuz they're black.**

~An issue that is important to me is **homelessness**. People should not be living without a home, food, and other stuff like that. **Everyone should have a home no matter what and more people should help them.**

~One issue that is important to me is **homelessness**. Homelessness is important to me because nobody should have to be homeless. **Everybody should have a roof over their head, food to eat, and clean water to drink.**

~One issue that is important to me is **cancer**. It is important to me because **I know people.**

~One issue that is really important to me is that “Christopher Columbus discovered America” is being taught. **I don't believe that he did, the Native Americans did and Christopher Columbus took them as slaves and I don't think that's right.** He also ripped them off and kicked them out of their own land.

~There is **racism**. There are many problems wrong with racism, people are judging people of their skin color. It's so stupid. Like **there are so many important successful black people.**

~ I think **gun violence and racism** I don't like. I also don't like robberies. It is so bad. **I really don't like cancer**, it's so sad seeing someone having it.

~ One issue that is important to me is that **women and men are not treated equally.**

~Two issues that are important to me are **racism and disabilities**. I think it's an issue because **people that are different shades often get treated differently, and people with disabilities also get treated differently.**

~One issue that is really important to me is **pollution**. The pollution is terrible because **I want to breathe in the clean air.**

~ **EVERYONE OF THEM!!! But if I had to choose one I would choose gun violence.** Gun violence is extremely important to me because **I don't want anyone to get hurt because of some crazy person who wants to hurt innocent people.**

~ One issue that is really important to me is **homelessness**. It's important to me because everybody should have a home and a roof to live under. A safe place from danger.

~ One issue that is very important to me as a woman is **unequal treatment**. In our country, men have more privileges than women and it's very wrong. Women get paid less, treated like objects, and seen as weaker than men in our society. Me and many other women I know experience this treatment. It is very wrong and hurtful. I want to make a change and positively impact women's lives.

~ One issue that is important to me is **assault**. 97% of women have experienced assault or harassment in their lifetime. This is not okay. No one should be scared to go somewhere with the fear that they are going to be harmed in any way. That is one issue that is very important to me.

~ One issue that is important to me is **if someone is sad** I really have to help them. I hate to see when someone is sad. I want everyone to be happy and not sad one little bit.

~ One issue that is really important to me is **racism**! Why? Sometimes I would witness racism in the moment. It is horrible. **This issue has been happening for hundreds of years. It is still happening today, racism has to stop.**

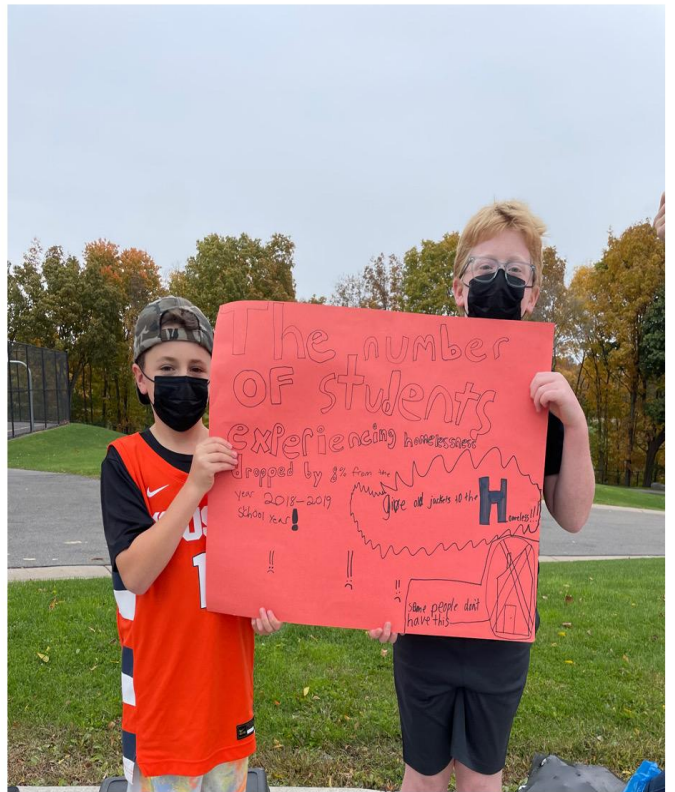
~ One issue that is really important to me is **people being homeless**. I get that living in homes costs a lot of money, but people are sitting in the middle of a busy street starving, shivering, and more. Think about it, when it rains, you're in your house right? Not the homeless people. We need to help them.

~ One issue that is really important to me is **people who are homeless**. Why this is really important is what I learned this week is that **Syracuse has so many homeless people** that they have them in hotels that only have microwaves. So, **I want to donate to that**. There are many issues but this one is what I think about this week.

~ **Racist people. People have been racist to me my whole life.**

~ One issue that is **important to not just me but the whole world is gun violence**. **Gun violence is a problem that leaves people scared** if they live in bad neighborhoods. **It isn't fair that people get hurt or killed by a bad person with a gun.**





*~ An issue that really is important to me is global warming because animals are dying, people grow up. You don't need to drive cars, you can walk instead.*

## **Chapter 19 - Give me an example of a time when you were faced with a stressful situation that demonstrated your coping skills.**

*~ A time when I was stressed was when I was up at bat in baseball. I was so nervous that I would strike out and I had to use my coping skills with it when I said to myself it was just like a regular up to bat. The first pitch I hit the ball into the center and got a double.*

*~ A time that I feel stressed is when I have a lot on my plate and I don't know what to do. I am stressed very easily and sometimes it's hard.*

*~An example of when I faced a stressful time was when I lost my baby cousin. I handled it by taking a deep breath.*

*~ I think ways to cope with some stress are using fidgets and I love using them. I also love eating mints during the school day to focus.*

*~ One time and quarantine I had to write a book report and it was really stressful. One coping skill I used was to take deep breaths. Another coping skill I used was to take a nap.*

*~ One time I was in a stressful situation when I did not want to go to the doctor, but my mom made me. I'm scared of needles so I was very scared of going.*

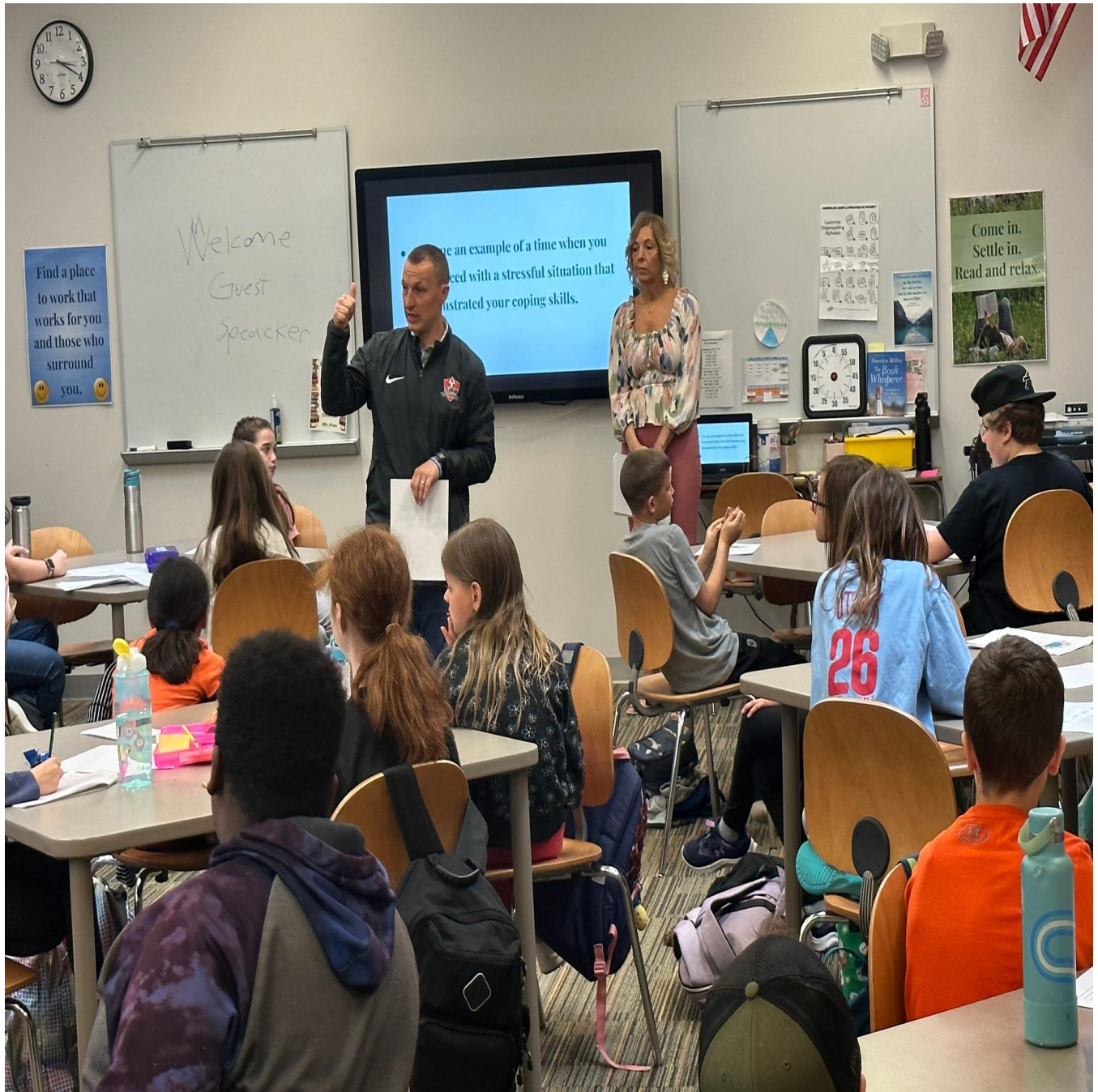
*~ Sometimes, I do stuff that is very frustrating and I get mad. To calm down, I just leave the area. I calm down, then go and try again.*

*~ A time I was stressed in a situation was when my dad almost drowned. so I went over behind the truck at the beach and I played with sand.*

*~ Well there are a lot of stressful situations that I have faced, but if I think about it the one that stands out is when my dad has low blood sugar or a seizure and my mom is not home. I'm scared of what is going to happen to him but I do call my*



***mom and she comes home right away.***



***~One time I was stressed was actually today. I had two things that were due today, I was really stressed and if I didn't finish it I would have to stay IA and I was already staying for something. I took a deep breath and I did it in time.***

***~ My grandpa Moved to Nicaragua. I did not get to say a real goodbye. He has been there for 4 months now and I miss him so much. This happened when I least expected it. I have not been myself really since it happened.***

***~A time I was stressed was when I was waiting for a test. I was stressed because I didn't know what I was going to get on it. but I got a really really really really really good score.***

***~When I lose a hockey game I get really stressed out. Also, when I got a second place title game and the Math State test stressed me out also.***

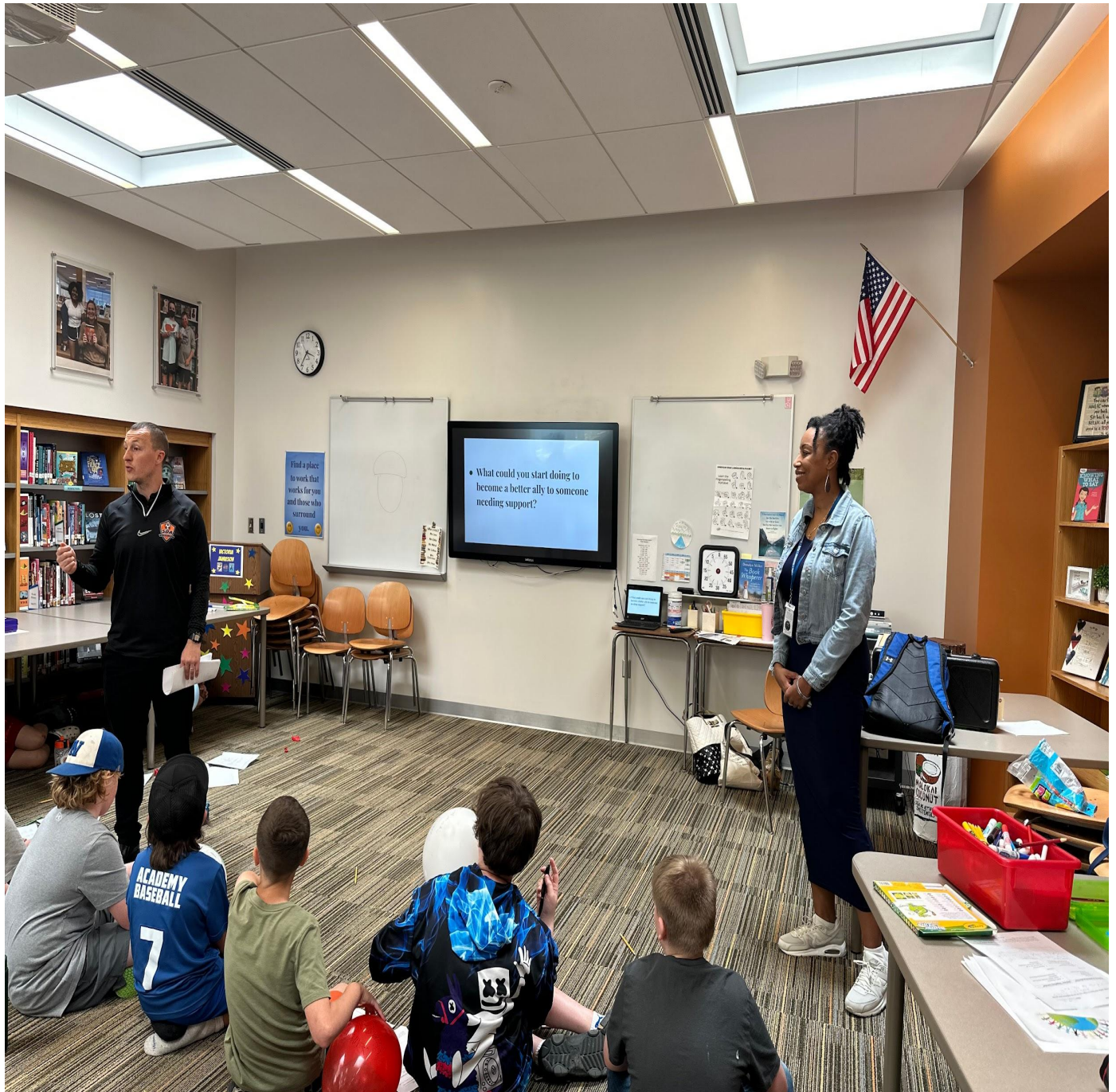
***~ In the summer my brother broke his arm and came to me right after. It was scary but I took a deep breath and got him help.***

***~ One thing that I get stressed about is the New York State test. I do not like taking it. I always get scared and wonder if I will do good enough. A way that I try to deal with it is by telling myself that I will do great on it, but it is still very stressful for me.***

***~ One situation that was stressful was when I was taking the state test (Which while i'm writing this was today). I found it very stressful because it's the biggest test this year. I had to take a few deep breaths and then I was ready to go.***

***~ One time I was playing with my sister and she started slapping me. So I went up to my room and I screamed into my pillow, but that didn't work so I decided to meditate, and that worked.***





## *Chapter 20 - What could you start doing to become a better ally to someone needing support?*

*~You could start **devoting more time**, that would further support your ally. **You can make some sacrifices.***

*~I can have a conversation with them or **give them steps on how to overcome depression.** I can give them a gift to help them feel better.*

*~I could **be a better friend to people needing help** by helping them at their hardest times. Also, by helping them when you see them struggling.*

*~To become a better Ally **I could support my friends a little more.** I could also be nicer even though I'm really nice.*

*~I could play with them, include them, and **always help them.***

*~I believe **we all can become better allies to all.** If they have a disorder, physical or mental, study about it to **be more understanding.** Try to treat them like a human being even if you disagree with something. **Respect any differences you still should be a friend to all no matter the disorder, personality, or looks.** You should be nice to everyone.*

*~Something I could do to become a better Ally is ask what I can do to help. I can also not be mean to them and **give them space when they need it.***

*~I can start by helping them through the rough time. I could also ask them if there is any way I can help. I would also leave them alone if they want to be left alone.*

*~To be a better Ally, I could comfort them when they need it. You can also celebrate their successes. Supporting them when things are hard for them could help too.*

*~When you are an ally to someone it means you **listen** and are kind to someone. It also means making someone's day or making them happy.*

*~To support an ally of yours there are a lot of things you can do but what **I would do is help my friends do my best.***

*~I will comfort them and **help them with what they need.** I would do everything I could for them. I will make them feel way better than ever.*

*~One thing I could do is to ask them if they want to be friends or if they need help with something.*

*~I think that to become an ally you can support your friends. You can also be respectful to others that have disabilities. and just overall be kind.*

## **Chapter 21 – Would your past self be proud of how inclusive you have become? Give an example.**

***~I think my past self will be proud of how inclusive I have become this year. From speeches to guest speakers, I have learned so much during 2023, within the IDEAS program. Throughout these few months that the 2023 IDEAS group was together I've learned so much about culture, disabilities, mental health, and have evolved as a person who will accept anybody around the world for who they are. So to answer the question, yes, I will be proud of myself. Thank you and goodbye IDEAS.***

***~Yes I will be proud of myself because I never shared anything. But now after IDEAS I thought about people and I started to share. I am grateful for what I have because some people have nothing.***

***~Yes, I've come so far and become more inclusive and nicer. I've come so far and I will share more. I'm nicer and more inclusive. Thank you IDEAS, goodbye.***

***~I think my past self would be proud of how inclusive I have become. I think my old self would be proud of me now because now I share my stuff and I think about what I am going to say and if it is or isn't kind I don't say it.***

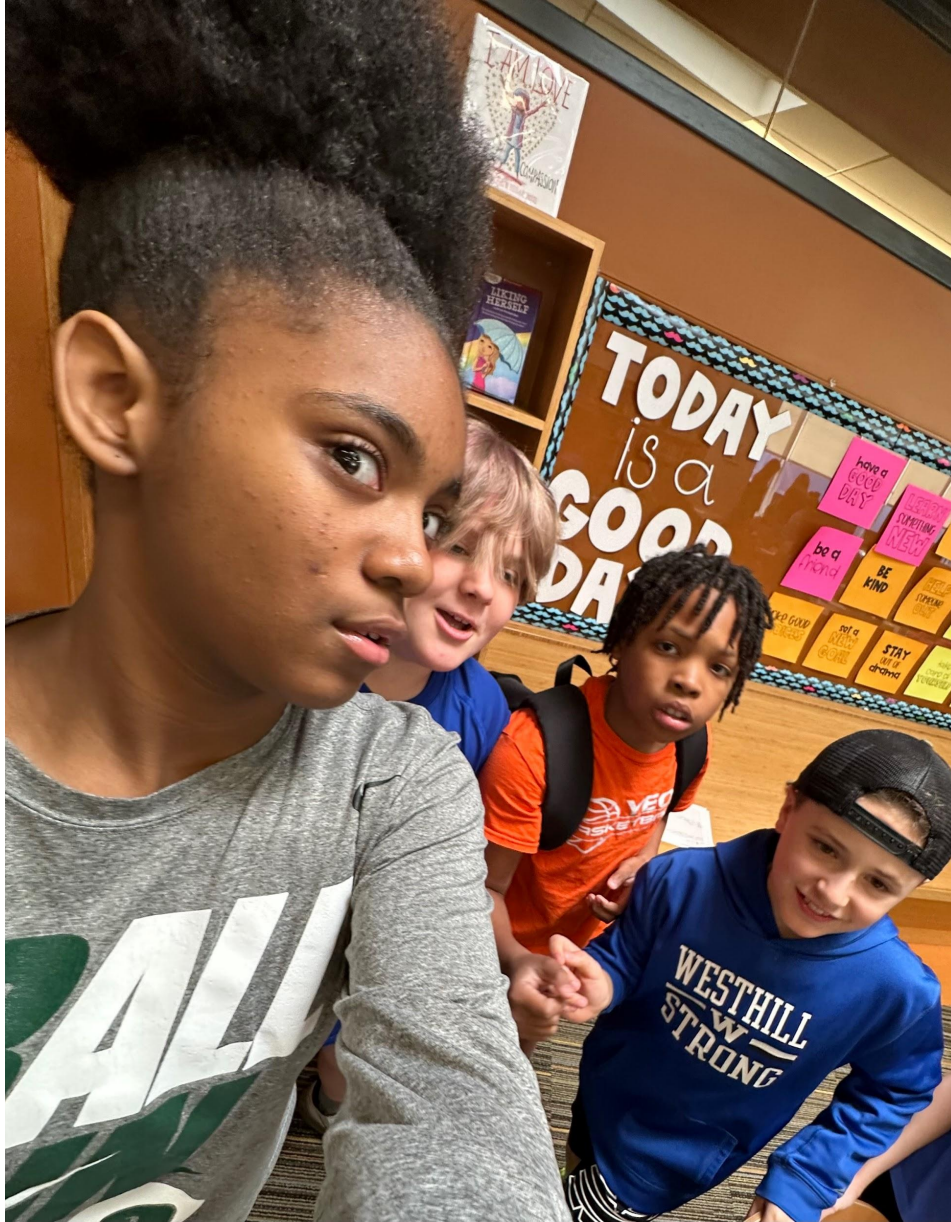
***~I think my old self wasn't as good at writing. My goals back then have changed a lot. For example, I was trying to get 70% or over and now it's 80% or higher. I think my past self will be proud of me.***

***~My past self will be proud. I feel like I have made it really far. And today I'm even prouder of how far I have come. And I hope to keep working hard and just do the right things. I want to be successful in life, so I'm going to work hard for the rest of my life. And I want to keep improving in life and fix my mistakes that I have made.***

***~Yes, because I have a friend now who has ADHD . He is the best friend ever. We play a game named head tap. I also helped a friend go up the stairs. I've been supporting a friend through some tough times.***

***~My past self would be proud of how inclusive I have become because I have been nicer to people and I asked people who I didn't really know to play with me and other friends. I also think my past self is proud of me because I have more IDEAS on how to help people with other cultures.***





***~Yes! My past self would be proud of me. Ever since I've joined the IDEAS club, I've gotten a lot more inclusive. For example, there was this activity in class where we had to choose our partner so like every other fifth grader, we chose to work with our friends. But there was this kid with only one partner, so I left my group to join them.***

***~I am very proud of how inclusive I have Become. I always include classmates. I have loved this year of IDEAS. We have learned so much, and have had so much fun. We have helped the homeless, raised awareness, and have become better people. I know not to bully or disclude I will miss IDEAS over the summer.***



***~My past self would be proud because when someone wasn't in a group I invited them to join our / my group. I could also be more inclusive if someone is feeling left out I could invite them to join a game we are playing or something we are doing.***

***~I feel like I have grown a lot ever since the beginning of the year, I have become stronger and I learned how to love myself. I also have more confidence. I am very proud of the person I've become. I have learned a lot about people that aren't like me and I've been more understanding to people that aren't like me. Everyone should be treated the same no matter what.***

***~Yes, because of how much better I got at basketball. And of how much I've improved on shooting and ball handling. And my teamwork with the communicating and my passing improvement. Having a good attitude in my games and focusing on what's important. Keeping myself in control is what I really approved on.***

***~I'm more inclusive and care about people's feelings. And I noticed that I'm not the only one that has feelings and other people have feelings too. I also learned that I need to be thankful for what I have because people have lost a lot more.***

***~I will be proud of myself. Ever since I have been in IDEAS (I was in IDEAS last year ) I have learned a lot about being kind, inclusive, and different cultures and heritages. I am very thankful that I joined IDEAS because not only did I learn a lot but I made new friends.***



***~I think that my past self would be super proud of how inclusive I've become. For example, when I was younger I didn't really think about how bad people were treated. So for the last few years I've been including everyone and being nice to a lot of people. I've also learned so much through everyone that's come in and talked to us and everyone in the group that shared and presented in IDEAS Club. I loved being in IDEAS and I hope to be in it next year.***

***~I think that my past self will be very proud of what I am doing today. I used to be playing on a swing set and now I am changing the world (And also playing on a swing set ). On the first day of IDEAS in fourth grade, my mom signed me up and I didn't really know what it was about. Now I am excited to come every single week. I have grown a lot since the beginning.***

***~My past self would be so proud of how my knowledge on cultures has grown. I can now confidently say that the cultures I've learned about have opened my eyes to new ideas and new experiences. Overall, I am grateful for IDEAS and the things I've learned.***

***~My past self will be very proud of how inclusive I've become. Even though I consider myself to be very inclusive already, I have certainly grown as a person and become more inclusive. Now, I go out of my way to include people and take other people's feelings into consideration and I think my past self will be proud of that.***







***~Yes, my past self would be proud of me because I think I have become a better leader. I also have become a lot more aware and also I have become a better person. I also improved on all of my P2. I am very proud of myself and I think I should be because I've done and I've had a lot of accomplishments and it is and it was very hard. I have become more aware of myself and other people's mental health. I also got to learn a lot more about my and other people's culture. I also got to meet new people and become friends with them. That's why I think I would be proud of myself.***

***~Yes, my past self would be proud of me being inclusive because I know about what other people go through. I will be proud because I'm nicer to people with different cultures or different skin colors. I will be proud of myself because I help people who are homeless and spread the word about people that are disabled. I would be proud of how far I came.***

***~My younger self would be stunned at how I've grown or think I'm just being boring. Either way, my younger self will be shocked at how I have found out how many cultures there are! Like muslim, Judaism, even the ancient cultures! Back then I didn't even know about these cultures! I'll know more someday! ( by the way I'm talking when I was 5)***

