Part 1: first few days sharing

Helping Hands Code of Conduct

- Build trust in one another
- Value the thoughts and ideas of others.
- Motivate others, and include them.
- Find a good listener; then, speak.
- Eye contact can make the conversation more comfortable and confident.
- Communication: If someone is confused in the group on a topic we are discussing, then we should be able to communicate to them what is going on so that they’re able to understand the discussion more.
- Decision making: If everyone has different ideas each member’s idea should be taken into consideration and no one should be left out.
- Participate and share your own ideas.
- Treat others the way you want to be treated.
- Constructive comments: If anyone disagrees with someone else’s thoughts, give their point of view in a respectful and polite way. The discussion can still be open to any kind of ideas.
- Calming others: Recognize and remember that we have different backgrounds, time-defined points of view to share with the group.
- Share key insights: If something is bothering anyone, perhaps in an emotional way share it with the group.
- No offensive language.

Qualities of a leader

Good
- Commitment
- Passion
- Own opinions and ideas
- Respect others
- Active listener
- Courage
- Honesty
- Empathy
- Strong and clear vision
- Build trust in a community
- Willing to take risks

Bad
- For recognition, not to help purpose
- For power
- Rushing into discussions
- Doesn’t listen to group
- Selfishness, prioritizing self
- Arrogance
- Anger
- Racist, prejudice
Part 1: objects of cultural significance
Music share out!

Below is a play list of songs everyone shared as part of the group discussion “music can inspire emotion”, so you can listen to these songs from around the world whenever you want!

https://www.youtube.com/playlist?list=PLZmX2hZrz1_MPAtu2b3czNkVQWu8Fsvnc
Part 1: Holidays!
Part 2: first HH zoom meeting!

Social justice issues in your community

**SHARED ISSUES**
- Feminism
- Racism
- Poverty
- LGBTQ+ issues
- Disability services
- Ageism
- Religious conflict
- Child labour & profit from exploitation

**UNIQUE ISSUES**
- **USA**
  - Black lives matters
  - Abolish ICE
  - Prison system + judicial system
  - Healthcare
  - Education: wealthy bribing into college
- **Turkey**
  - Syrian war
  - Freedom of press
- **Egypt**
  - Overcrowding in cities
  - Child brides and early marriages
  - Unqualified leaders
  - Differences in cultures, north and south Egypt and oppression caused by this
Part 2: Danielle Ricks

Common methods used for social activism include:

- Community building
- Media activism
- Non-violent resistance
- Petition
- Political campaigning
- Propaganda
- Guerrilla communication
- Protest
- Boycott
- Demonstration
Part 2: Components of your identity
Part 2: practise social campaign: Environment

Cleaning up beaches
Call to action: lobby government, encourage people to pick up litter

#savethebeach

Deforestation
Call to action: plant a tree in honour of the birth of a new baby

#onesoulonesoil
WE NEED MORE PEOPLE OF COLOR WORKING IN THE OFFICE

EQUAL AND FAIR DECISIONS

Congress needs more people of color to work at the office, so choices can be made more fairly without any discrimination. That way people of color would get more equality.

#equalityintheoffice
Part 2: Service hours - Places Helped!

- Norton Healthcare
- Ministry of Youth and Sports
- UChicago medicine
- National Nurses United
- Youth Lead Youth
- Community clean up project
- Youth Scope
- St Jude children and research hospital
- Etijah: Youth Development
- American Collegiate Institute and Elderly House
- Algeria PFP Alumni media project

- Food collection for vulnerable families.
- El Paso Children’s Hospital
- Our health California
- Child care at local day centre
- Homework club every day.
- Cleaning of different specific community areas
- IDAM
- Community gardening program
- Juniper Village Senior Living
- Amideast NGO