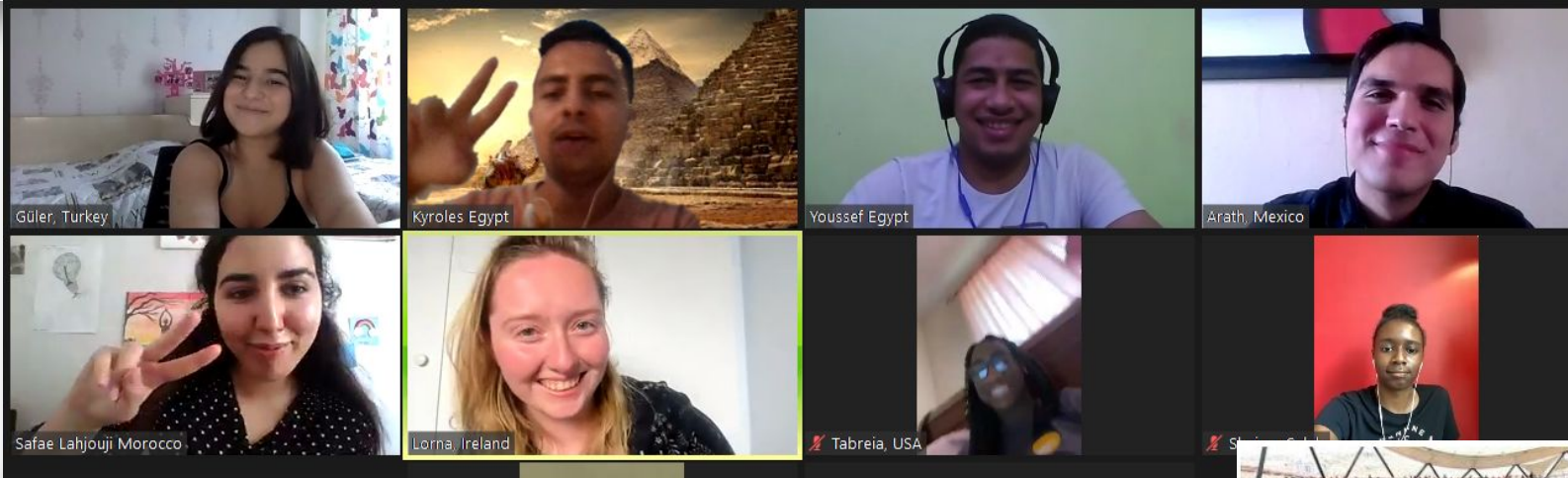


Part 1: first few days sharing



Helping Hands Code of Conduct

- Build trust in one another.
- Value the thoughts and ideas of others.
- Motivate others, and include them
- First, be 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 members idea should be taking into consideration and no one should be left out.
- Participate and share your own ideas
- Treat others the way you want to be treated
- Contrasting Comments: If anyone does not agree with someone else's thoughts, give their point of view in a respectful and polite way so the discussion can be open to any kind of ideas.
- Cultural Differences: Recognize and/or remember that we have different backgrounds, thus distinct points of view to share with the rest.
- Share Any Discomfort: 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

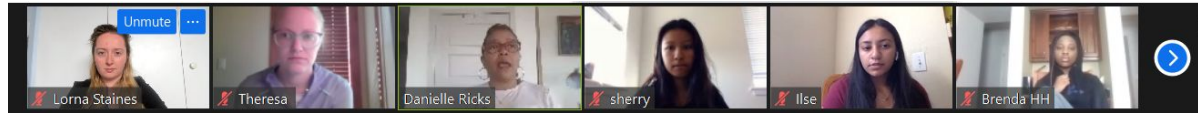
Turkey

- 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



Recording

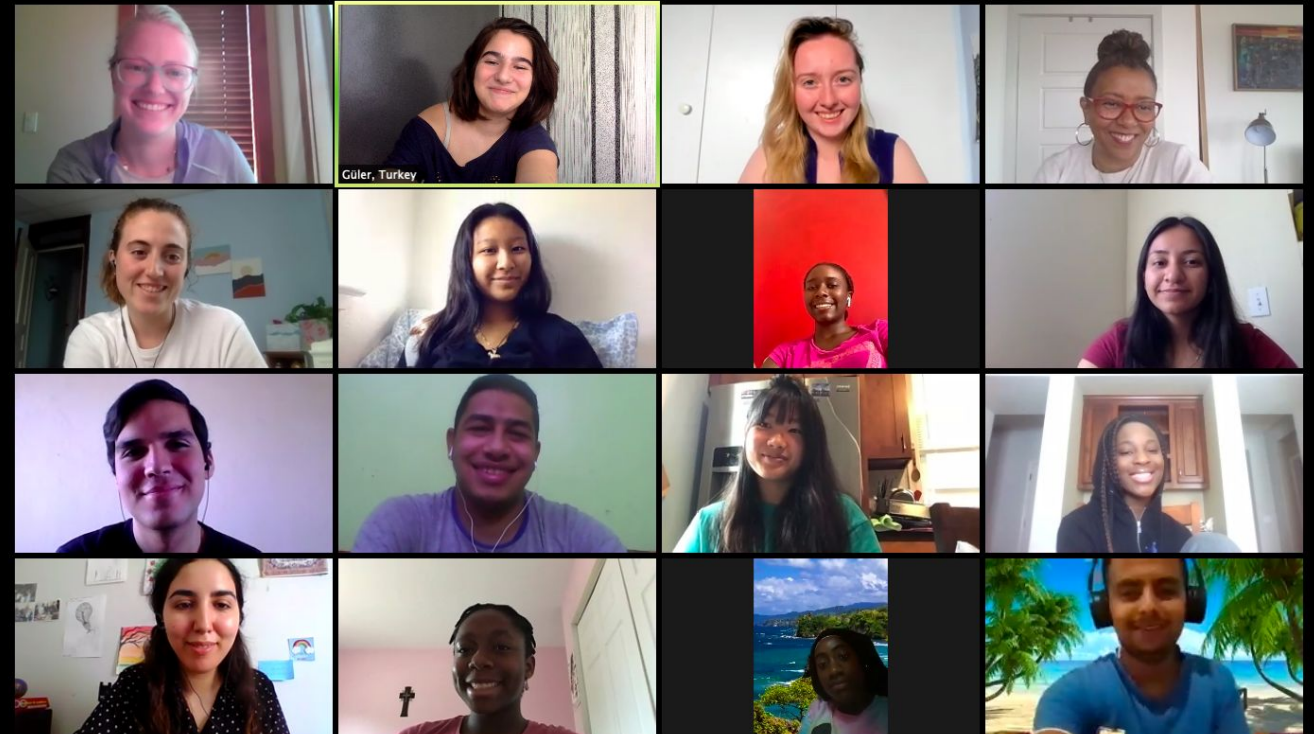
COMMON METHODS USED FOR SOCIAL ACTIVISM INCLUDE:

- Community building
- Media activism
- Non-violent resistance
- Petition
- Political campaigning
- Propaganda
- Guerrilla communication
- Protest
- Boycott
- Demonstration



Recording

Total non-video participants: 4



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