

Word Up'

The El Centro Student Advocacy Project is an after school program that includes help with homework, guest speakers and educational field trips for students at John Muir High School and Washington Middle School. The goal of our project is to promote peace, and to reduce violence in our schools. This program is possible through a generous grant from the California Endowment

Gangs

If you want to be in a gang you better think twice about it. Gangs can really



change and screw up your life. You will want a good future not one with a record under your name. Like if you are walking down the street you want to walk down the street without any problems running into the wrong people. So you might think again how you dress because that might make you look like you're in a gang. You might

think that people are going to think that you are tough but you are not. Some consequences that happen to you being caught in a gang is juvenile hall. If you think that going to juvenile hall is going to make you a tougher person it's not, it was just a wrong decision to be in the gang. If you do something illegal and you are tried as an adult you get 15 years in prison and if you have a gun under age, you will get 5 years in jail, if you shoot the gun you will get 5 additional years to every bullet that was shot. In a documentary of Juvies there was a story about a high school student that was tried as an adult. He was driving a car and a gun was shot from the back of his car. That person that shot the gun got away with it and the person driving the

car got all the consequences because he was just driving the



car. So think about how you want to live your life and future you still can change your life. You can be the better person without being in gang or making stupid decisions.

Teachers

Teachers are helpful but there are some things that they need to know:

- They need to be patient with their students. They have to stop blaming the whole class and just the person who did it.
- Many teachers listen to their students. Many find something special that the student didn't know they had. For example, a talent or skill that they had. A class would be interesting if they brought outside things into the classroom.
- Teachers have to respect kids more and not send them to detention that fast. I think that teachers can improve by helping us more and explaining more.
- Teachers can give prizes or rewards for being good.
- Teachers shouldn't take out their anger out on their students. I think that teachers that are younger might be easier for students to talk to about certain issues, and teachers that are much older are wiser and can easily find out what is wrong with us.
- Teachers should try to focus on more events then just the ones in the books.

Inside this issue:

Our message to you

Gangs

*How to say no to Fights
"I Messages"*

Rhymes on Drugs

Fun Survey

CONFLICT RESOLUTION



Last year I witnessed a fight between two girls who had a conflict with each other. The day was going alright until it got to P.E. At that time I was with my friends but as soon as we got to finish our mile, I saw a crowd of people and I immediately thought that there was going to be a fight. My friends were all excited that there was going to be a fight just because they hated her and because their friend was going to be in the fight to. There were happy but I was truly scared. The fight started but at the moment I didn't know what to do. The girl was getting beat up pretty badly and I thought she might end up have to go to the hospital. After I notice that another girl jump in and I then felt that I was in a nightmare. The teachers then came running to stop the

fight and I felt relieved that they stopped the fight. This fight was only because the girl was talking about her and other people . I think that things would have been different by going up to her with a good attitude and ask her what she had done for her to talk trash about her. Then no one would end up come out hurt and they would have fixed the problem between each other without have to fight.

HOW TO PREVENT FIGHTS



How would you stop a fight? Would you stop a fight? If you were to be in a fight would you be willing to suffer all the

consequences?

Theses are some steps to stop a fight:

Ask what's going on, straighten out the facts (in a good attitude)

Be the bigger person and try to avoid fighting

Consequences

What happens if you bring a pocket knife to school?

A student's reply –
“You would be taken to court, it will be recorded, and there will be different PUSD officials and the principal of your school to ask you questions.”

“Then you wait until you get a letter by mail with the court's decision. The decision could be for you to attend Rose City or LACOE.

“there will be some chances of going to Juvenile Hall!”

Although, there will be some chances of going to Juvenile Hall! So think about it.

"I MESSAGES"



"I Messages" let you express your feelings towards the situation without making the other person feel sad or insulted in any way. For example, instead of saying "You betrayed me" you can say "I feel betrayed" Once you have used "I Message" you can then let the other person speak, this can prevent a fight. When you find yourself in an argument use the "I Messages" you might be surprised on how they work!

Rhymes and Reasons on Drugs

You think drugs are cool and it'll make you fit in but you won't think that when you end up in the hospital.

You're friends are smoking they give you the pipe and tell you to try it, and if you don't they'll tell the whole school you back down easily. You do it so your reputation won't die, but do you really think it'll help you in the future??

Marijuana, cocaine & methamphetamine might make you fit in but it really doesn't. Yeah, it might make you feel good but that's not the point. Imagine how many people

get affected by you doing those things. ((Do you know that after a while the drugs start eating up your face)) then, you'll



look ugly and no one will like you.

Drugs are just dumb... it's not worth it and you might get caught, and the consequences for that aren't that pretty. You might be saying "wow she don't know nothing about drugs". Well guess what? I do, I have friends who do drugs and they got so addicted they can't stop!!! Sometimes you might even get jumped or other bad things can happen to you.

You can fit in, in a different way, not by using drugs. OHH!!! AND DON'T BE SCARED TO SAY NOOOOO TO DRUGS. IT TAKES COURAGE TO SAY NO.

>>>So stay SOBER!!!!

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- 1.What's your favorite sport?
- 2.What's your favorite team?
- 3.Who's your favorite player?



SURVEY BY: Raymond Jackson

