

STAND UP!

75 Young Activists Who Rock the World

Discussion Guide

And How You Can, Too!

By

John Schlimm

Stand Up! Discussion Guide

By John Schlimm

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PO Box 607
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Introduction

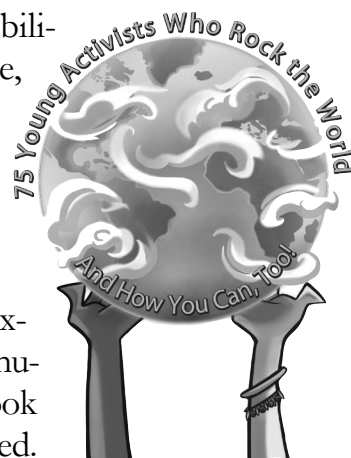
Every story in *Stand Up!* is a launching pad for lessons and discussions on many topics—bullying, the arts, equality, disabilities, empowerment, family, environment, peer pressure, community service, education, friendship, leadership, race relations, faith, diseases and other medical issues, poverty, cultural understanding, healthy eating and living, animal welfare, drugs, military issues, social entrepreneurship, and so much more.

This discussion guide is meant to be a starting point for exploring these issues and causes in the classroom, in the community, at home and anywhere else teachers, students, parents, book clubs, advocates, activists and the simply curious may be gathered. Like the stories themselves, the goal of this guide is for you to use the following questions as gateways to debate and exchanges that will encourage participants to further expand their knowledge, share experiences, open minds, take action, inspire change and bring people closer together.

In addition to the discussion questions that follow for each story, there are also lists of vocabulary words relating to the stories. These words represent various concepts or are challenging words in each story, as well as the geographic locations mentioned and the names of historical or influential individuals woven into each story. These lists are to be used and edited at your discretion and according to your needs. Each vocabulary word can tie back into its respective story or soar off in its own direction.

While each story can lead down many different roads of study and contemplation, for quick reference, there is a Subject Index at the end of this discussion guide. These lists contain main topics followed by suggested stories that can be used for lessons or discussions about those themes. While this index is substantial, it would be impossible to list every topic or categorize every story, so please feel free to shape and mold the *Stand Up!* stories and this guide into the lessons and activities most beneficial to your needs.

Think of this discussion guide as your tool and opportunity for empowering even more voices to join the resounding call to action that is embodied in *Stand Up!* And know that in doing so, you have already moved the world ahead in a positive direction.



~~ John Schlimm

STAND UP, AGAIN!

Publishing Syndicate and John Schlimm are now accepting stories by young activists, age 25 and under, for the sequel to *Stand Up!*—*Stand Up, Again!*

As you've seen on these pages, young people, including YOU, have the unique power to change the world like no one else.

Stand Up, Again! will continue to celebrate young people as activists and advocates who have let their voices and actions ROCK the causes and issues most important to them in their schools, their communities and around the world.



Chapters will include topics and issues such as:

- The environment
- Human rights
- Animals
- Education
- LGBTQ
- Homelessness
- Fitness/healthy lifestyles
- Diseases and health issues
- Disabilities
- The military
- The arts (dancing, acting, writing, visual arts)
- Gun rights/control
- Bullying
- Politics
- Freedom of speech
- International issues
- And more!

Royalties are paid to those whose stories are selected for publication. Stories should be 500–1,000 words long. For more information and to read the submission guidelines, please visit the website below.

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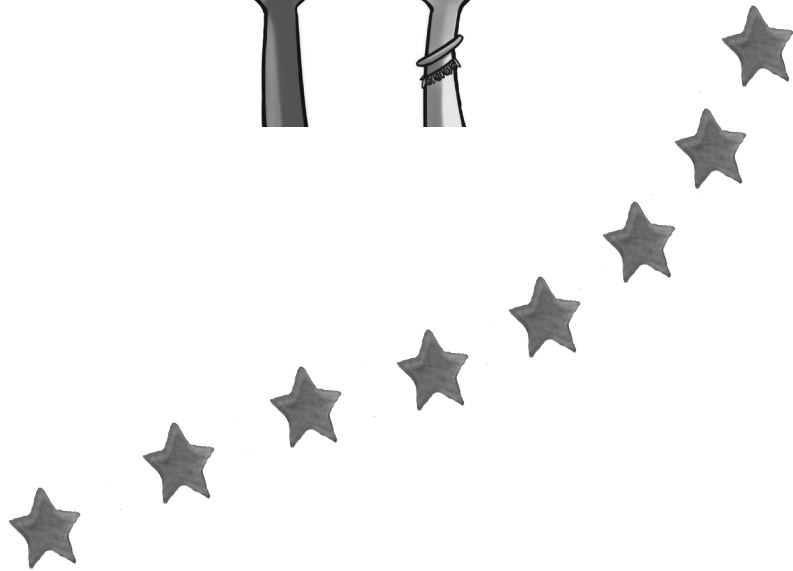
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CHAPTER ONE



Giving the Gift of Awesome

When we give the gifts of love,
respect and gratitude, our lives
and the lives of those we are
helping are taken to a whole
new level of WOW!

Mission: Help Our Troops Call Home

by

Brittany Bergquist

Co-founder of Cell Phones for Soldiers

Synopsis

With only the money in their piggy bank, eight-year-old Brittany and her brother, Robbie, founded Cell Phones for Soldiers, which helps get cell phones to soldiers so they can more easily stay connected with home. Cell Phones for Soldiers has sent more than 181 million minutes of talk time overseas and recycled more than 10.8 million cell phones. (www.CellPhonesForSoldiers.com)

Discussion Questions

1. Do you know any soldiers? If so, where are they stationed? How often do they get to call home?
2. Brittany refers to soldiers as “heroes in our society.” In what ways are soldiers heroes? Who are some other heroes in your school, community, country and in the world? What makes those individuals heroes?
3. How do you think you would feel if you were far away from home and couldn’t call your family?
4. Why is it so important for soldiers and their families to be able to communicate during deployment?
5. What are some things you can do for the men and women serving in the military?
6. What do you do with your old cell phones? How could you use your old cell phones to help others?
7. What does “give back” mean to you?

A Better World by the Bagful

by

Annie Wignall Foskett
Founder of The Care Bags Foundation

Synopsis

Founder of The Care Bags Foundation when she was 11 years old, Annie provides bags filled with new essential, helpful, fun, safe and age appropriate items for children and youth in need. More than 200 U.S. and international distributors hand-deliver Annie's Care Bags, which have benefited more than 20,000 displaced, abused and disadvantaged kids around the world. (www.CareBags4Kids.org)

Discussion Questions

1. Annie quotes Winston Churchill, who said, "We make a living by what we get, but we make a life by what we give." What does this quote mean to you?
2. What do you think Annie means when she writes, "No matter how many material things you have, your life will never be complete unless you give something back"?
3. What is one small thing you could do that would make a BIG difference in someone's life?
4. What are some examples of what Annie calls "simple acts of kindness"?
5. What sorts of things would you put in a Care Bag?
6. Annie concludes by writing, "Whatever your passion, whether it is kids or art or sports or reading or something else you love, find something you care about and STAND UP! and take action." What is a passion that you have which could be used to take action or help others or the planet? Explain.

My Friend Mischa

by

Jeffrey Shrensel, M.D.

Friend of Mischa Zimmerman—Founder of Kids Helping Kids

Synopsis

One of the first members of Kids Helping Kids in New Jersey, Jeffrey tells the story of how his late friend Mischa Zimmerman founded the organization as a young boy to raise money for kids suffering from catastrophic illness or injury. The charity provides mobility equipment, like wheelchairs, ramps and power scooters, as well as coordinates hospital visits between well teens and kids and young people who have been hospitalized for long-term illnesses and recovery from severe injury. (www.KidsHelping.org)

Discussion Questions

1. How have your friends inspired you?
2. What examples have you seen of kids helping other kids? How did that make you feel?
3. Have you ever visited anyone in your local hospital? How did your visit make that person feel? How did the visit make you feel?
4. How do you define a “role model”? Why do you think Mischa became such a role model to his friend Jeffrey? In what ways did Mischa inspire Jeffrey before and after his death? In what ways can Mischa and Jeffrey be role models for you?
5. How can you be a role model to your friends?
6. Jeffrey describes Mischa’s funeral as a “celebration.” What do you think he meant by that? How can a funeral be a celebration? Should a funeral be a celebration?
7. What do you think Jeffrey meant when he wrote, “Plenty of people go through life without making as big a difference in their 70 or 80 years as Mischa made in his 24 years”?

Toys to the Rescue!

by

Ashlee Smith

Founder of Ashlee's Toy Closet

Synopsis

After many families lost everything in The Angora Fire in South Lake Tahoe, California, Ashlee founded Ashlee's Toy Closet to collect and give the kids toys as a new start to their lives. To date, she has collected and distributed over 175,000 toys to children across the country after other disasters.

(www.AshleesToyCloset.org)

Discussion Questions

1. What are some examples of disasters where you have seen people helping others?
2. Like Ashlee, have you ever had an experience that “planted a seed” of an idea that you didn't even realize until later? If so, explain.
3. Ashlee writes, “. . . it was still hard for me to get adults to really listen to me because I was a kid.” Why do you think adults sometimes don't listen to kids, even when they have good ideas? How does that make you feel? What are some ways to make adults listen better to what you have to say?
4. Ashlee writes, “Seeing the smiles on faces of children, many of whom are near my age, and knowing that I am helping them to be happy again is so awesome.” Why do you think making people happy is so awesome? Have you experienced this feeling when helping someone else? How did helping someone else make you feel?
5. How did it make you feel when you read about the toys Ashlee had collected for flood victims in Fernley, Nevada that were then stolen? What did you think of the happy ending that followed?
6. Ashlee writes, “Life is not always easy, and sometimes it throws you curve balls. But you have to learn from those curves and move on.” What does she mean by “curve balls”? What are some “curve balls”

There is a Plan for Each of Us

by
Tanner Smith
Founder of Tanner's Totes

Synopsis

After watching his father bravely handle numerous health challenges and spending many hours in hospitals, Tanner founded Tanner's Totes, which delivers tote bags full of items to pre-teens and teens undergoing long-term treatment in the hospital.

(www.TannersTotes.com)

Discussion Questions

1. What does the title of Tanner's story mean to you? ("There is a Plan for Each of Us")
2. Just like Tanner had to write his three life wishes for a class assignment, what are your three life wishes? Explain why you picked what you did. Which of the three is most important to you? Explain.
3. Tanner writes, "... there is a silver lining in every dark cloud." What does this saying mean to you? Can you give an example of a silver lining in a dark cloud from your life?
4. Tanner describes the lessons he learned from his dad in this way: "The lessons my father has taught me are priceless, and they weren't long, drawn-out, sit-down speeches he gave, but rather lessons by example through the way he has lived his life." Which kind of lessons do you think are most valuable: A.) Lessons explained through speeches and talks, B.) Lessons taught through example in the way someone lives their life, or C.) A combination of the two? Explain.
5. Tanner writes, "I also think about how so many of us spend countless hours dwelling on things in our lives we have no control over, rather than focusing our attention on what we can do in the future to turn a negative into a positive." What are some things you dwell on in your life that you really have no control over? Is this a productive thing to do? Can you think of something negative in your life right now (or from the past) that you can (or did) turn into a positive? What steps can you take to make that happen?

Making Spirits Bright

by

Raymond Mohler

Founder of Little Saint Nick Foundation

Synopsis

Inspired by his stay in the hospital, Raymond founded the Little Saint Nick Foundation to help make other kids' stays in the hospital a little more fun and less frightening. He has done this by delivering toys, creating mobile entertainment centers, granting special requests and facilitating a partnership with a NHL powerhouse. (www.LittleStNick.org)

Discussion Questions

1. When you're sick, what makes you feel better? Whatever your answer, is that something you could use to help other sick people feel better, too? Explain.
2. What are some ways you can lift people's spirits every day?
3. Raymond writes, "The work I do today on behalf of the Little Saint Nick Foundation is truly a gift I give to myself every time I have the chance to help another kid or family." What do you think he means by "a gift I give to myself"? How is helping others a gift you give to yourself? Do you have any specific examples of doing this from your life?
4. How can you turn every day into a holiday?

Soldier On!

by

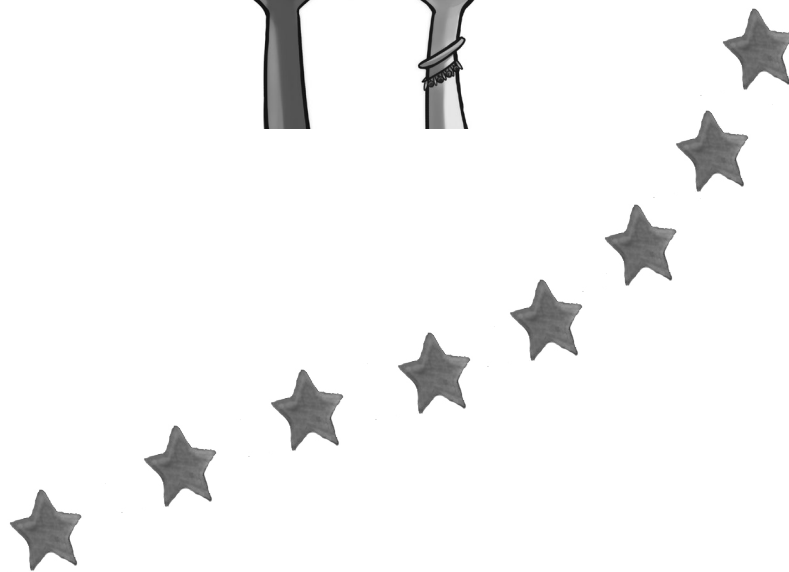
Kameron “Pace” Tyson
Founder of Soldier On

Synopsis

After learning that many veterans are left with little money and resources when they return from service, Kameron founded Soldier On. Kameron’s nonprofit collects monetary and household donations and then allows veterans to choose what they need. (www.VeteransOpportunity.org)

Discussion Questions

1. Do you know, or have you ever met, a veteran? If so, describe the experience or relationship.
2. When you read about the veteran who only had a blanket on the floor in his house for furnishings, how did that make you feel?
3. What do you think Kameron means when he writes, “It is a shame for any American to be homeless and in need, but it is a disgrace for a veteran to be in that predicament”?
4. What do you think Kameron means when he concludes his story by writing, “To my fellow youth I say: If not us, who? If not now, when?” How can you apply this to your life?



CHAPTER TWO



Superpowers Activate!

What some people call
a disability is really
a very special power
and opportunity to
help others to be the
best they can be.

How I Found My Voice

by

Susie Doyens

Sargent Shriver Global Messenger for Special Olympics

Synopsis

As a Sargent Shriver Global Messenger for Special Olympics, Susie, who has Down syndrome, delivers speeches around the country and has starred in a commercial to bring attention to the work Special Olympics is doing to support people with intellectual and developmental disabilities through sports.

(www.SpecialOlympics.org and www.R-word.org [R-word: Spread the Word to End the Word])

Discussion Questions

1. Do you know, or have you ever met, someone with an intellectual or developmental disability? If so, describe the experience or relationship.
2. How can participating in sports build confidence? Have you experienced this in your life?
3. How did Susie go from being shy to having the confidence to give speeches in front of thousands of people? How can you apply what she did to your own life?
4. If you could make a commercial, like Susie did, about an issue important to you, what would the commercial be about? How would you create the commercial? What would the commercial look like?
5. What do you think Susie means when she writes, “I am finally happy because I found my voice. And now everyone else is speechless”? Have you ever left someone speechless in a good way? Has anyone ever left you speechless in a good way?

Being Cool is Overrated

by

Arielle Schacter

Founder of bf4life-hearing

Synopsis

With progressive hearing loss, Arielle founded bf4life-hearing, a mission and web site that fuses both the mainstream and the deaf worlds by breaking down some of the misunderstandings and by encouraging t(w)eens to pursue their dreams, no matter how crazy or far-fetched they may seem. (www.bf4life-hearing.weebly.com)

Discussion Questions

1. What does “being cool” mean to you? Does your definition of “cool” involve peer pressure in any way? Explain.
2. Do you think “being cool is overrated,” as Arielle writes? Why or why not?
3. Did your idea of what’s “cool” change after reading Arielle’s story? Why or why not?
4. Do you know, or have you ever met, someone who is deaf or hard of hearing? If so, describe the experience or relationship.
5. Like Arielle, have you ever felt like you didn’t fit in somewhere? If so, explain. What did you do about it?
6. What does the term “mainstream society” mean to you? Why do you think it is harder for someone with a disability to feel like they fit into mainstream society? Are there steps we can take to help them to fit in better? If so, what are they?
7. Arielle ends her story by writing, “I see it now as part of who I am, and though I realize I am not defined by my loss, I recognize that I wouldn’t be myself without it.” What do you think she means that she wouldn’t be herself without her hearing loss? What challenges do you have that make you unique and different from everyone else?

From Counted Out to Counted On

by

Hiawatha Clemons III

U.S. Marine Corps veteran

Fellow at The Mission Continues

Synopsis

A Marine Corps veteran and former special education student, Hiawatha joined forces with The Mission Continues as a fellow working with students at his former middle school. The Mission Continues is a nonprofit organization that helps post 9/11 veterans transition back into society by securing them fellowships in fields they're interested in, with the ultimate goal of full-time employment. It was in this role that Hiawatha's lifelong goal of working with special education students was further inspired and realized. (www.MissionContinues.org)

Discussion Questions

1. What role did Hiawatha's teachers play in helping him to gain confidence and become a better student? How do your teachers inspire you?
2. How did Hiawatha take a challenging situation in his life and turn it into a lifelong mission? How can you do this in your life? Are there any challenges you face or have faced that could be turned into a lifelong mission or career?
3. Hiawatha chose to take the high road when dealing with others, facing challenges and in pursuing his dreams. What does taking the high road mean to you? How can (or did) you take the high road in your life?
4. Hiawatha describes going to boot camp to become a Marine as a "life-changing transition" for him. Have you ever had a life-changing transition in your life? If so, explain.
5. At the end of his story, Hiawatha invites us to repeat a line his mother always told him, to help him stay encouraged. How important is it that we remind ourselves about the points in that line? How do you stay encouraged to pursue your dreams?

Adversity = Opportunity

by

Claire Wineland

Founder of Claire's Place Foundation

Synopsis

After years of suffering with cystic fibrosis, Claire founded Claire's Place Foundation to share her optimistic outlook on life and the lessons she has learned. Now 16, her goal is to help other young people who are suffering from cystic fibrosis find joy in their lives. (www.ClairesPlaceFoundation.org)

Discussion Questions

1. Do you know, or have you ever met, someone with cystic fibrosis? If so, describe the experience or relationship.
2. What are some ways that Claire has turned adversity into opportunity?
3. How have you turned adversity into opportunity in your life? Or, how could you do this?
4. What was it about Claire's stay in the hospital that made other people "jealous"? What lesson(s) did you learn from that anecdote? How can you apply that lesson(s) to your own life?
5. Claire writes, "... I can see things more clearly because of CF [cystic fibrosis]." What do you think she means by that? How can a disease or other life challenges help you to better understand life and what is happening around you?
6. What does Claire mean when she writes that much of life's best moments depend on how "you find joy in the mundane, how you find passion in a hopeless situation"?

Braille the Universe!

by

Josh Goldenberg

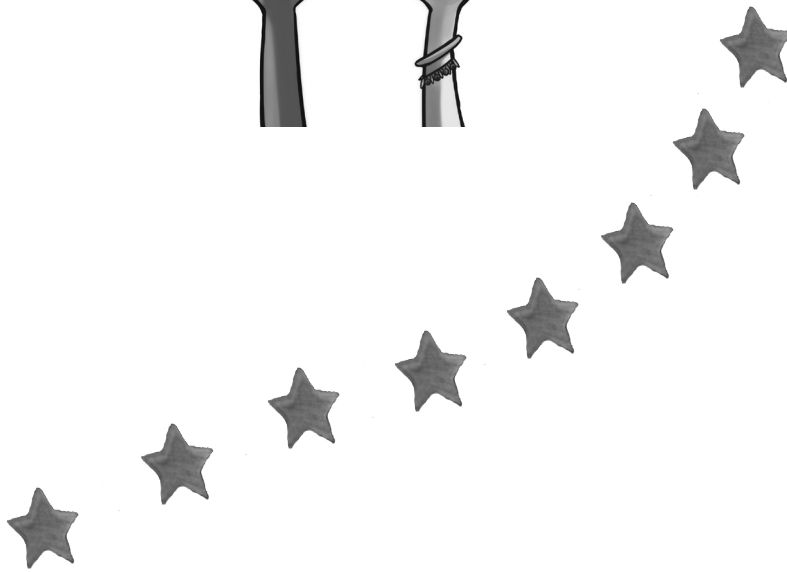
Founder of The Joshua Project Foundation

Synopsis

An eight-year-old blind boy who founded The Joshua Project, Josh advocates for blind individuals and encourages stores, such as Whole Foods, to include Braille labels on their products. (www.TheJoshuaProjectFoundation.org)

Discussion Questions

1. Do you know, or have you ever met, someone who is blind? If so, describe the experience or relationship.
2. In what ways has Josh not let being blind get in the way of being a normal kid? What lesson(s) can we learn from this?
3. Josh found a need to be filled in his everyday life when he discovered that stores did not have Braille labels on their products. And he started a foundation to help fulfill that need. What needs can you identify in your everyday life that you can help fill with your talents, skills and interests?
4. At the end of his story when Josh declares, “I’m going to Braille the whole entire universe and Target, too!” what does that tell you about Josh?



CHAPTER THREE



Winning Teams

When two or more of us join together to create positive change in the world, the collective energy and hard work of a team is always victorious.

The Gift of a True Friend

by

Lindsey Eaton

Ambassador for Best Buddies International
and advocate for the Spread the Word to End the Word Campaign

Synopsis

This young woman with autism is working to change the public's perception of individuals with intellectual and developmental disabilities (IDD) through her advocacy work with Best Buddies International, an organization founded by Anthony Kennedy Shriver. The mission of Best Buddies is to promote friendships between people with IDD and people without disabilities. (www.BestBuddies.org and www.R-word.org [R-word: Spread the Word to End the Word])

Discussion Questions

1. Do you know, or have you ever met, someone who has autism? If so, describe the experience or relationship.
2. How does it make you feel when you hear others using the R-word (retard or retarded)? Why do you think some people use the R-word to be funny? Why do you think some people use the R-word to be hurtful? Is it ever appropriate to use the R-word? Why or why not?
3. In addition to the R-word, are there any other words that people use incorrectly and/or offensively when they are either trying to be funny or purposely trying to hurt someone's feelings?
4. In what ways are Lindsey and Elaine an example of true friendship? In what ways are Lindsey and Elaine a prime example of what Best Buddies International is all about?
5. Lindsey writes, "It is important to me that people with disabilities are seen for their ABILITIES!" Why is this so important for everyone to understand?
6. After reading the excerpt from one of Lindsey's speeches in the story, how did your opinions about the R-word change? How did her speech make you feel?

Shifting the World, Little by Little

by

Lexi Kelley

Founder of Kids Helping Kids Connecticut

Synopsis

Inspired by the kindness she was shown by her fellow-youth following a bad car accident at age 12, Lexi founded Kids Helping Kids CT (Connecticut) to bring together young people to impact various causes. The nonprofit's fundraising efforts have included such projects as Remembering One Race, Thanksgiving Bread Bake, Share Your Shoes, Energizing Education, Workout for Wells and more. (www.KidsHelpingKidsCT.org)

Discussion Questions

1. Lexi turned her accident into a positive situation by founding Kids Helping Kids CT. Have you ever turned a bad situation into something positive? If so, explain. Or, can you name examples of how other people have turned accidents and tragedies into positive situations?
2. Which of the events that Lexi and her fellow Kids Helping Kids CT members have done was your favorite, and why?
3. How can you use some of Lexi's ideas in your school and/or community to help others?
4. What does Lexi mean when she writes about turning "passion into action"? What is a passion you have that you can turn into an action? Explain.
5. How is Lexi an example of the power and potential young people have to make a difference in their community?
6. At the end of her story, Lexi writes, "We can shift the world, little by little, and we can do it NOW!" How has she done this in her work? How have you done this in your life so far? In what ways can you shift the world, little by little?

Advocating Through Friendship

by

Danielle Liebl and Kaitlyn Smith
Special Olympics Youth Leaders

Synopsis

Youth leaders for Special Olympics, Danielle and Kaitlyn, tell the story of their unique friendship and how they are using that strong bond to spread the inspiring message of Special Olympics. (www.SpecialOlympics.org and www.R-word.org [R-word: Spread the Word to End the Word])

Discussion Questions

1. Do you know, or have you ever met, anyone with cerebral palsy? If so, describe the experience or relationship.
2. In what ways does Danielle and Kaitlyn's friendship remind you of the friendships you have? What message(s) does your friendships send out to the world?
3. Why is it important to respect and cherish your friends? Why is it important that your friends respect and cherish you?
4. In Danielle's letter, she writes to Kaitlyn, "I was always told of the things I 'can't' do instead of the things I 'can' do." Have you ever been told this in your life? If so, how did you deal with the situation?
5. In Danielle's letter, she writes to Kaitlyn, "In your eyes, I'm not disabled. I am a human being whom you call a friend." What does that statement express about true friendship?
6. If you were to write a letter to your best friend about what they mean to you and how they have inspired you to be a better person, what would you write?
7. How has meeting and becoming friends with Danielle changed Kaitlyn? How have your friendships changed you?
8. In what ways has Danielle and Kaitlyn's friendship helped them to become inspiring advocates for Special Olympics?
9. In what ways can Danielle and Kaitlyn's friendship serve as a model for the friendships you have?
10. How can you use friendship as a tool to help others in your school feel accepted?

OMG!

by

Carter Ries and Olivia Ries

Founders of One More Generation

Synopsis

When this brother and sister duo learned about the plight of endangered species, they created the nonprofit One More Generation (OMG). The goal of OMG is to insure that these animals are around to be enjoyed by at least one more generation. Carter and Olivia have since helped save animals during the Deepwater Horizon oil spill in the Gulf of Mexico and expanded their efforts to other issues, including battling plastic pollution, which kills 100,000 marine mammals and over 1 million sea birds every year.

(www.OneMoreGeneration.org)

Discussion Questions

1. Is there a cause or issue about animals, people or the planet that has made you sad and/or angry, like Carter and Olivia when they heard about the plight of cheetahs? If so, explain. What did (or can) you do about it?
2. Have you ever heard of plastic pollution before? How did that make you feel when you read about it in the story?
3. In what ways can you help to prevent plastic pollution?
4. Why is it important to save endangered animals/species?
5. What kind of world do you envision someday when you are older?

Legislating Change

by

Carrie Sandstrom
SADD National Student of the Year

Synopsis

A Students Against Destructive Decisions (SADD) National Student of the Year, Carrie found her voice as an advocate and successfully lobbied the North Dakota State Legislature to pass the Graduated Driver's License bill and a texting and driving ban. (www.SADD.org)

Discussion Questions

1. What do you think is meant by the term “destructive decisions”? What are some destructive decisions that young people make? And, what are some outcomes of those decisions? How can those destructive decisions be prevented?
2. How is the work that Carrie has done an example of youth empowerment?
3. Carrie writes, “I quickly learned that adults respected the youth voice and perspective.” Can you think of an example from your life when you realized this as well? Why is it important for adults to respect and listen to the youth voice? What can adults learn from youth like you? Likewise, what can you learn from people who are older than you?
4. Towards the end of her story, Carrie concludes, “I also learned that change can only happen if people are willing to open their minds and their hearts to the possibility of a different reality.” Do you agree with her? Why or why not? Can you think of an issue that's important to you and how open minds and the possibility of a different reality could (or did) help make it better?
5. What does Carrie mean when she writes about the “status quo”? What are some examples of the status quo in your life? Are these good or bad? Explain.
6. How can you help to make the rules in your school or the laws in your community, state and country?

The Journey to Equality

by

Giovanna Guarnieri

Co-president of School Girls Unite Chapter

Synopsis

As co-president of a School Girls Unite chapter at her school, Giovanna has worked to support girls' rights around the world, including creating a game called Global Equality Now that asked basic gender equality questions and then gave explanations when the answers were given. Also, her chapter lobbied to have Howard County, Maryland become the first county in the United States to proclaim the Day of the Girl. (www.SchoolGirlsUnite.org, www.YouthActivismProject.org and www.DayOfTheGirl.org)

Discussion Questions

1. What are some stereotypes about men and women? In what ways are these stereotypes hurtful? How do you think stereotypes get started? What can be done to help end stereotypes?
2. Do you think females and males are treated equally in your community and in your country? Why or why not?
3. What rights do you think all human beings should have, no matter where they live? Explain why for each right?
4. Do you feel like an equal member of society? Why or why not?
5. What are some things that you take for granted in your life?
6. Giovanna tells the story of 12-year-old Miriam from Mali, Africa. How did this anecdote make you feel?
7. What steps have Giovanna and her fellow School Girls Unite members taken to help people better understand the plight of girls around the world? What steps can you take to help promote this issue (equal rights) in your own community?

The Power of “We”

by

Mariah Smiley

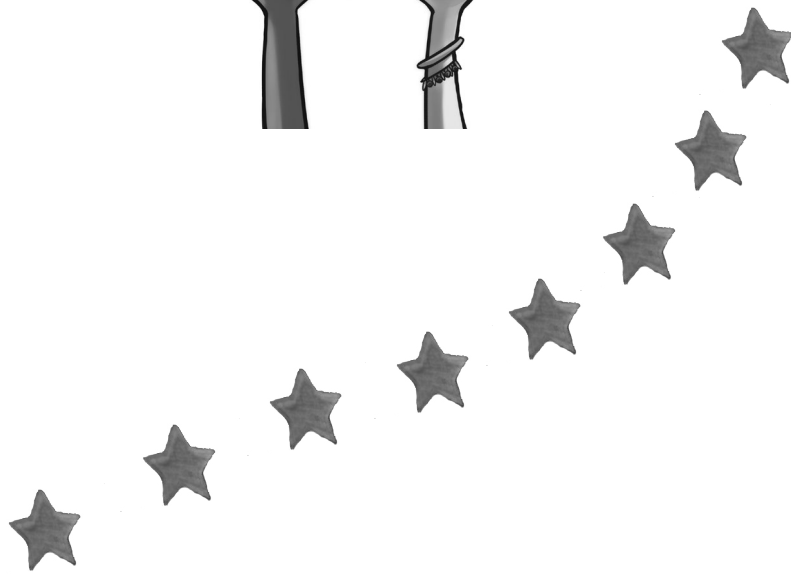
Founder of Drops of Love

Synopsis

At age 14, Mariah learned that one child dies every 15 seconds from a lack of clean water. Outraged, she founded Drops of Love, which now raises thousands of dollars to build fresh water wells in countries like El Salvador. (www.DropsOfLove.org)

Discussion Questions

1. When you read the statistic, “one child dies every 15 seconds from a lack of clean water,” how did that make you feel?
2. Mariah writes, “I learned a lot about people and their willingness to go the extra mile to help others reach their dreams.” What does she mean by “go the extra mile to help others”? Can you think of some examples of people going the extra mile to help others in need? Has anyone ever gone the extra mile to help you, or have you ever gone the extra mile to help someone? If so, explain. What are some ways you or others could go the extra mile to help people in need?
3. What do you think it would be like to live without clean water?
4. At the end of her story, Mariah writes, “We—the teenagers of the world—are the future and must learn from the selfless adults who are paving the way.” Who are some “selfless adults” you know? What have you learned from them?
5. After reading Mariah’s story, what does the “power of we” mean to you?



CHAPTER FOUR



The Adventure Seekers

From Africa's tallest mountain
to the high seas, from faraway
exotic jungles to exciting
journeys close to home,
there are no limits for those
who seek to change the world
for the better.

Kilimanjaro for a Cause!

by

Tyler Armstrong

Mountain climber and advocate for CureDuchenne

Synopsis

At eight years old, Tyler climbed to the top of Mount Kilimanjaro to raise money and attention for Duchenne, a muscular disease affecting boys. (www.TopWithTyler.com and www.CureDuchenne.org)

Discussion Questions

1. Do you know, or have you ever met, someone with Duchenne (or some other muscular disease)? If so, describe the experience or relationship.
2. Eight-year-old Tyler's generous, courageous and challenging climb of one of the highest mountains in the world can also be seen as a metaphor for facing challenges of all kinds in life. He expresses this sentiment at the end when he writes, "I also learned that when climbing gets really hard in really high altitudes, just like in other aspects of life, I have to keep going and must not give up." What are some "mountains" you have had to climb in your life? How did facing those challenges change you as a person?
3. There was a point in Tyler's climb when he physically related to what young boys with Duchenne must feel like (Tyler does not have Duchenne). When did this happen? How do you think that moment further inspired and informed Tyler about the importance of his efforts?
4. What did you think of Tyler's accomplishment? What was your favorite part of Tyler's adventure? Would you ever want to climb Mount Kilimanjaro? Why or why not?
5. If you had the chance to climb a mountain to raise money for a good cause, what would the cause be, and why?

Living on the Wild Side

by

Janine Licare

Co-founder of Kids Saving the Rainforest

Synopsis

The co-founder of Kids Saving the Rainforest, Janine works to preserve the land and animals of the rainforest while also educating children about the environment.

(www.KidsSavingTheRainforest.org)

Discussion Questions

1. Have you ever dreamed of living in a jungle/rainforest? Do you think you would like living in a jungle/rainforest? What do you think life in the jungle/rainforest would be like?
2. According to Janine's story, or from what you may have read elsewhere or seen on the news, what are some of the biggest challenges threatening the rainforest? What can you do to help save the world's rainforests? Why is it so important to save the rainforests of the world?
3. Janine writes about an organization to which she and a friend originally donated their money. Why did that experience leave Janine feeling "cheated"? How did that anecdote make you feel? What lessons did you learn from that anecdote? Have you ever felt cheated? If so, what did you learn from that experience?
4. Janine turned her life and mission in the jungle/rainforest into a fun adventure. How can you take an issue or cause you are interested in and turn it into a fun adventure?

The Big Sleep Out

by

Peter Larson

Advocate for Interfaith Outreach
and Community Partners' The Sleep Out

Synopsis

For 12 years, Peter raised money and attention for the homeless in Minnesota by joining The Sleep Out campaign of Interfaith Outreach and Community Partners. He did this by sleeping in a cardboard box in his backyard every night from mid-November through the end of December. (www.IOCP.org/sleep-out)

Discussion Questions

1. Have you ever seen or met someone who was homeless? If so, describe the experience. Are there homeless people in your community? What is being done to help them? How can you help them?
2. What do you think about homeless people? How do you think they may have become homeless?
3. What are some stereotypes about homeless people? Why might these stereotypes be wrong?
4. To raise money and awareness regarding homeless people, Peter would sleep in a cardboard box in his backyard in the middle of winter. What do you think of this action? In what ways was it effective in achieving the goals Peter had set?
5. Do you think you would be able to sleep outside in a box during winter, even for a good cause? Why or why not?
6. Peter writes about how a second grade class named him as one of their heroes. In what ways is Peter a hero?
7. How was Peter affected when he finally got to meet one of the families who was helped by his efforts? How should doing charity work make you feel? Explain. How did you feel after helping a good cause?
8. Peter took a fun activity—camping out—and turned it into a charitable mission to help the homeless. What are some other fun activities that you can think of

The Sea Olympics

by

Nate Neff

Co-founder of Charity@Sea

Synopsis

While studying abroad as part of the Semester at Sea program, college student Nate Neff started a one-time project called Charity@Sea. Part of a larger onboard “Sea Olympics” effort, the mission was to gather donations of items from fellow shipmates that could then be distributed at the various stops along the semester-long voyage.

(www.SemesterAtSea.org)

Discussion Questions

1. At the very beginning of his Semester at Sea voyage, Nate set six goals he wanted to achieve. How did he achieve each of these goals throughout the trip?
2. Why is it important to have goals in life?
3. What goals do you have during the next six months, year and beyond? Do those goals involve helping others or the planet in some way? If so, explain. If not, how can you adjust your goals in order to also help others or the planet?
4. Nate explains that he and his friends didn't have a lot of money to fulfill their charitable goals, but they didn't let that stop them. How did they still achieve their charitable goals on a low budget? Why is this an important part to understand about charity work and goals in general?
5. How can you take the general idea of Nate's Charity@Sea and the Sea Olympics and turn it into a charity project and event at your school or in your community?
6. At the end of his story, Nate says that he now lives by the everyday saying, “Do what is more awesome.” He further writes, “When I ask myself, ‘What will I do to make the most out of today?’ the answer needs to always be, ‘I'm going to do whatever is more awesome!’” What does this mean to you? How can you “do what is more awesome” everyday? What are some examples when you have done what is more awesome in your life?

You Can Be Greater Than You Know How to Be

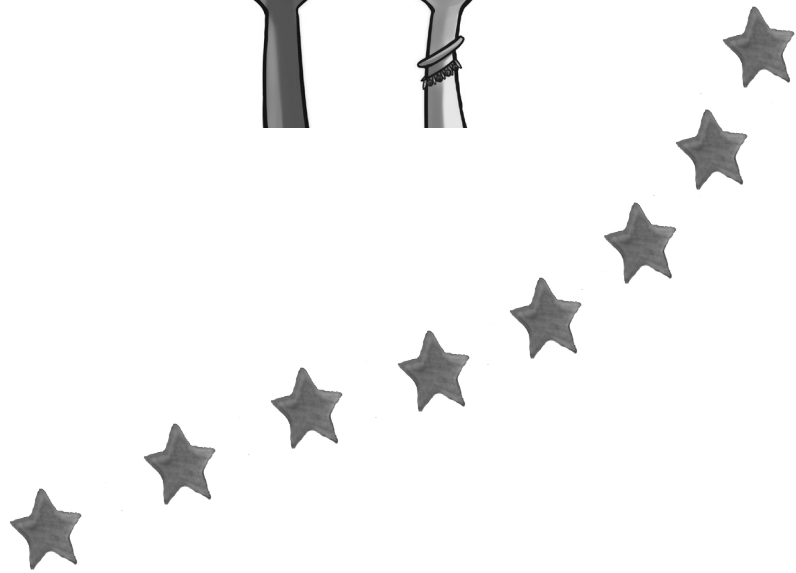
by
Talia Y. Leman
Founder of RandomKid

Synopsis

The founder of RandomKid, Talia leverages the power of youth to solve real problems in the world. Today, RandomKid has unified the efforts of 12 million kids from 20 countries. For every dollar RandomKid invests in a youth's idea, the youth turns it around into a 150 percent to 1,000 percent return for his or her cause. (www.RandomKid.org)

Discussion Questions

1. An important part of Talia's story and her overall message is to expect the unexpected. What role did this concept play in Talia's success? Why is it important to expect the unexpected in life? What are the benefits of this, according to Talia?
2. How did Talia's life change once she included her little brother in her mission? Can you think of an experience when you included someone in something you were doing, and that decision changed the entire outcome of your mission (for better or for worse)? If so, explain what happened.
3. In what parts of your life do you think you could include others in order to better insure positive results or to help you reach your goals?
4. Talia writes, "... when we believe in the power we each have, we have the greatest power of all." What do you think she means by this?
5. Talia poses the question, "How can we do something greater than we know how to do and become something greater than we know how to be"? What answer did she eventually discover to this question? How would you answer that question?
6. Talia writes, "Greatness happens by making room for passions that don't make sense, for playfulness that has no purpose, for ideas that are not your own, for people who are not like you, for a path you didn't define, for a dream you were afraid to dream, for a future you didn't imagine." What are some examples of



CHAPTER FIVE



Tasty Activism

By harnessing the power of
healthy foods and lifestyles,
we nourish ourselves,
each other and the planet
—one bite at a time.

The Rainbow Salad

by
Kirsten Gerbatsch
FoodCorps service member

Synopsis

A FoodCorps service member, Kirsten taught elementary school students the importance of growing and eating delicious and healthy food through building a school garden and using those vegetables to create a very tasty Rainbow Salad.

(www.FoodCorps.org)

Discussion Questions

1. Name some vegetables. Do you like eating vegetables? Why or why not? Which vegetables do you like best and which do you like least? Did Kirsten's story change your mind about eating vegetables in any way? Why is it important for you to eat vegetables?
2. Does your school or community have a garden? If so, do you help maintain the garden? If not, what steps can you take to help your school or community create a garden? Or, how can you inspire more people in your school or community to eat more vegetables?
3. Why do you think some of Kirsten's students went from being afraid to even get their hands dirty in the garden to enjoying their Rainbow Salad? What about that experience transformed the students' opinions?
4. Why do you think the people who work in your school cafeteria have such an important job? Have you ever asked them about their job in the cafeteria? If so, explain. If you could ask them anything, what would it be?
5. How can you create your own Rainbow Salad?
6. What do you think Kirsten means by "tasty activism"?

Birke on the Farm

by

Birke Baehr

Advocate for local/organic food
and regenerative farming

Synopsis:

When Birke was eight years old, he began to learn some alarming facts about the food we eat, specifically regarding high fructose corn syrup and genetically modified foods, which launched his mission to promote local and organic farming and healthy eating. Today, Birke travels the country speaking about the benefits of organic and sustainable farming. (www.BirkeOnTheFarm.com, www.TEDxNextGenerationAsheville.com and www.Ted.com)

Discussion Questions:

1. Do you read the ingredient labels on the food you eat? If so, what sorts of things have you seen on the labels? If not, what sorts of things do you think might be on those labels? Do you think it's important for you to read those labels? Why or why not?
2. When Birke wrote about "GM foods" and "GMOs," which are short for genetically-modified foods and genetically-modified organisms such as the "fish to-mato," what did you think?
3. In what ways can you help and support local farmers in their efforts to produce healthy food? Do you know any farmers? Have you ever been to a farm? If so, describe your experience(s) there.
4. Just as Birke delivered his TEDx speech about a cause important to him, if you had the opportunity to deliver a speech about a cause important to you, what would the cause be and what would the main points of your speech be?
5. Birke ends his story by referring to an "ideal food system." What do you think an "ideal food system" would be? What steps can you take to make that a reality?

Ryan's Well

by

Ryan Hreljac

Founder of Ryan's Well Foundation

Synopsis

Founder of the Canadian-based Ryan's Well Foundation, which was inspired by a Grade 1 project that Ryan and his class did, Ryan works to deliver access to safe drinking water to improve the lives of people in the developing world. (www.RyansWell.ca)

Discussion Questions

1. How many steps do you take to drink clean water?
2. Do you think you take having clean water for granted? Why or why not?
3. How did you feel when you read Ryan's anecdote about his Grade 1 pen pal, Jimmy Akana, and what he told Ryan about the dirty water his family had to use for "cooking and washing"?
4. If you could have a pen pal from anywhere in the world, where would it be? What would you tell your pen pal about your life? What questions would you ask your pen pal about his or her life?
5. Why is clean water so important in your daily life, and throughout the world?
6. What steps can you take to better appreciate and conserve the clean water you have access to?
7. How can you help bring attention to those people and places in the world that do not have access to clean water?

Destiny's Peanuts

by

Abigail Phillips

FoodCorps fellow and service member

Synopsis

A Mississippi state FoodCorps fellow and service member for two years, Abigail worked with school children, including one very special student named Destiny, to educate them on issues such as healthy eating and school/community gardening.

(www.FoodCorps.org)

Discussion Questions

1. Have you ever grown anything in a garden, at home, at school or in your community? If so, describe the experience.
2. How did Abigail use the real-life character of her student Destiny to express the importance of growing fresh food? How did Destiny change because of her experience in the school garden?
3. What did you learn from Abigail's story?
4. Were you surprised to learn where peanuts come from?
5. Did Abigail's story inspire you to grow something? If so, explain.

Turning Green

by

Sabine Teyssier

Co-founder of Teens Turning Green Chapter
and co-founder of Project Lunch Club Chapter

Synopsis

As a high school student, Sabine co-founded her school's Teens Turning Green chapter and Project Lunch Club to improve the quality and lessen the environmental impact of the food served at her school. (www.TeensTurningGreen.org)

Discussion Questions

1. Do you know where your food comes from, literally? For example, is it grown or made locally, or is it shipped from another city or state (and how far away is that)?
2. Do you know what the nutritional value is of the food you eat at school and at home? If not, how can you find that information?
3. What kind of food do you eat the most of at school and at home, or when you are out with friends?
4. What does "going green" mean to you?
5. What role can eco-friendly cleaning products and recycled paper products have in changing the world?
6. Sabine writes, "I hope to continue helping more and more people better understand how their lifestyle choices impact the planet, and how simple changes they can make will have a huge impact." What are some simple changes you can make that will have a huge impact?
7. What information and/or lessons can you take from Sabine's story to help you to become a more informed and conscientious person?

My Sister Alex and Her Lemonade Stand

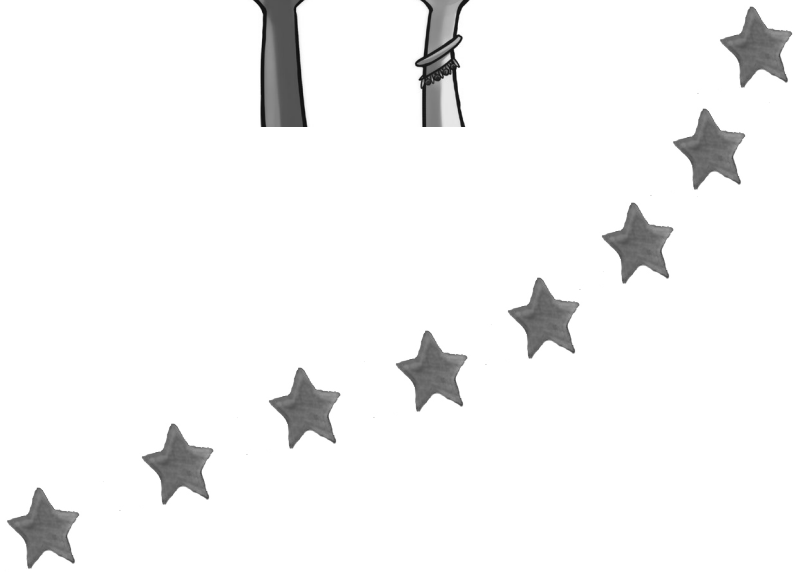
by
Patrick Scott
Brother of Alex Scott—
Alex's Lemonade Stand Foundation

Synopsis

Brother of the late Alex Scott, Patrick recounts how his young sister's battle with pediatric cancer and her idea to start a lemonade stand to raise money to find a cure turned into the iconic Alex's Lemonade Stand Foundation. (www.AlexsLemonade.org)

Discussion Questions

1. How did Alex change her brother Patrick's outlook on life?
2. Have you ever known anyone who had cancer, or another life-threatening disease? If so, how did that make you feel? How did that change your life?
3. For you, what is the most inspiring part of Patrick's story about his little sister?
4. Patrick writes, "Coming to terms with the bittersweet consolation that I can feel both grief for my sister's death and joy for the extraordinary impact of her life has defined my entire outlook on life." What are some other examples (from your life or in general) when someone might feel both grief/sadness and joy at the same time? What lesson(s) can be learned from such experiences? What other opposite emotions (such as love and hate) might you feel at the same time, and what lesson(s) can be learned from those experiences?
5. Patrick concludes by writing, "In her final months, my sister said, 'I'm happy for what I have, not unhappy for what I don't have.' Now, all these years later, I finally understand what she meant." What do you think Alex meant when she said that? Why is it important to focus on what we have instead of what we don't have?



CHAPTER SIX

Open Your Mind, Change the World



When we open our minds to
different opinions, cultures
and opportunities, we have
already moved the world
ahead in a positive
direction.

How Soccer Will Save the World

by

Kyle Weiss

Co-founder of FUNDaFIELD

Synopsis

Along with his brother, at age 13, Kyle founded FUNDaFIELD, a nonprofit run by students and dedicated to enriching the lives of less fortunate kids in the developing world through sports. FUNDaFIELD utilizes the therapeutic power of sports to support the rehabilitation and recovery process in post-conflict and post-trauma regions around the world. (www.FundAField.org and www.ThinkImpact.com)

Discussion Questions

1. At a pivotal point in the creation of FUNDaFIELD, Kyle writes, “It seems like a lot of movements to do good begin with a single question.” How did a single question change the direction of FUNDaFIELD? What are some other examples of when a single question has started a movement to do good? Was there a time when a single question changed your life? If so, explain.
2. Why has soccer proven to be an especially effective tool in helping people around the world? What other sports have been used to change the world for the better?
3. What lessons have you learned from sports that will benefit you throughout your life?
4. How can you use your interest in a sport or other activity to benefit your school or local community?

One Thing Leads to Another

by

Cortez Alexander

Advocate for Dreams For Kids

Synopsis

An advocate for improving relations between Arab-Americans and other citizens, Cortez’s work through Dreams for Kids, the School for International Training, World-Chicago and other organizations has helped to bring these communities closer together, to foster peace and to better inform the public. (www.DreamsForKids.org, www.SIT.edu [School for International Training] and www.WorldChicago.org)

Discussion Questions

1. When Cortez attended the Iraqi Young Leaders Exchange Program and met his young Iraqi roommates, he writes, “What I found most fascinating was that we had many more similarities than differences.” How did this discovery inspire and/or better inform Cortez about the world? Can you think of an experience when this happened in your life—when you thought you would have differences with someone you met, only to discover you actually had a lot in common? How did that experience change your opinion of that person or your understanding of the world?
2. What are some examples of other cultures that exist in your school and/or community? What have you learned from those people who represent different cultures?
3. Why is it important that we take the time to better understand other cultures? What steps can you take to better understand other cultures?
4. When Cortez organized his first Arab-American Youth Leadership Conference, no one showed up. However, he writes, “While I felt disappointed because this was something I really wanted to have happen, that didn’t necessarily mean it was a failure.” Why didn’t he consider it a failure? What lessons did he learn from the experience? How did he use this experience as a stepping stone for future successes? What are some examples of things that didn’t work out in your life from which you learned valuable lessons? How did you later use that experience to achieve a success?

Start Early and Learn for a Lifetime

by

Karen, Daniela and Stephanie Carvajalino
Motivational speakers and entrepreneurs

Synopsis

Young entrepreneurs and motivational speakers, Karen, Daniela and Stephanie were encouraged by their parents to start their own business, called Chococar, when they were eight, seven and six years old, respectively. The goal of the experience was to “learn for a lifetime.” They have since taken this theme around the world, encouraging others to follow their passions and to engage in activities that will give them lifelong skills and lessons. (www.PadresyCoaches.com)

Discussion Questions

1. What does “learn for a lifetime” mean to you?
2. What lessons did the Carvajalino sisters learn for a lifetime through their experience with their business Chococar? How will these lessons help them for the rest of their lives?
3. Which of the life lessons learned by the Carvajalino sisters do you think is the most important one? Explain. In what ways can that same lesson be applied to your life?
4. The Carvajalino sisters conclude by writing, “Having strong values, along with strong skills, will help shape the world and make it a better place for everyone.” Do you agree with them? Why or why not?
5. What lesson or value have you learned in life so far that you think will help you to make the world a better place for everyone? Explain.
6. If you could start a business of any kind right now, what would it be, and why?

When is Power Most Powerful?

by

Maher Alhaj

Activist, writer and artist

Synopsis

An activist for human rights as well as a former AmeriCorps fellow, Maher tells of his early experiences and coming out as a gay Muslim youth, and how he's working to find common ground between different viewpoints and cultures.

(www.homosexualityishalal.com, www.AmeriCorps.gov, www.ICIRR.org [Illinois Coalition for Immigrant and Refugee Rights] and www.lambdalegal.org)

Discussion Questions

1. When do you think power is most powerful? Explain. Does your answer differ from Maher's answer to this question, which he writes about at the very end of his story? If so, explain how.
2. How did Maher take a traumatic experience from his childhood and teen years and use it to help himself become a better person, and also help others?
3. How is Maher building bridges between different cultures? Why is this important to do?
4. Do you believe it is important to respect other cultures, even if you don't agree with (or understand) all the beliefs and traditions of those cultures? Why or why not?
5. What can you learn from other cultures?
6. Is there anything within your culture (your school, community, ethnicity, family, race, religion, etc.) that you disagree with? Why or why not? If you think there is a practice or belief within your culture that is wrong or even harmful, what steps can you take to change it? How can that change begin with you?
7. Maher writes, "People have to act in order for them to change their predicaments—we cannot stay silent and invisible." Do you agree with him? What happens when people "stay silent and invisible" regarding an important issue or cause? Can you think of some examples from your life, your school, your community and/or history when someone has been proactive in changing a belief

Where Does Meat Come From?

by

Mariama Taifa-Seitu
Animal and agriculture activist

Synopsis

While in high school, Mariama emerged as an animal and agriculture activist after learning about the meat industry and specifically factory farms. As a college student and public speaker, she continues to educate the general public about the meat industry and factory farms with the help of such organizations as Compassion Over Killing. (www.COK.net [Compassion Over Killing], www.DCVegFest.com and www.TheSeedFestival.com).

Discussion Questions

1. Before reading Mariama's story, where did you think meat came from?
2. When you first learned about factory farms, what thoughts and/or feelings did you have? What do you think of factory farms?
3. Do you know, or have you ever met, someone who is a vegetarian? If so, describe the experience or relationship.
4. Are you a vegetarian? If so, why? If not, do you think it's something you might try one day? Why or why not?
5. How often do you eat fast food? Do you think fast food is bad for you or the environment? Why or why not?
6. What actions did Mariama take to better inform people about where meat comes from? Which of Mariama's actions had the greatest impact on you, and why?
7. What is the main argument Mariama is making to show that "consumption of factory farm animals is wrong"? Is this a convincing argument? Why or why not? Has this argument changed your opinions about eating meat? Why or why not?

Jumping Over Obstacles

by

Natasha A. Abdin

Founder of The Abdin's Center for Empowerment

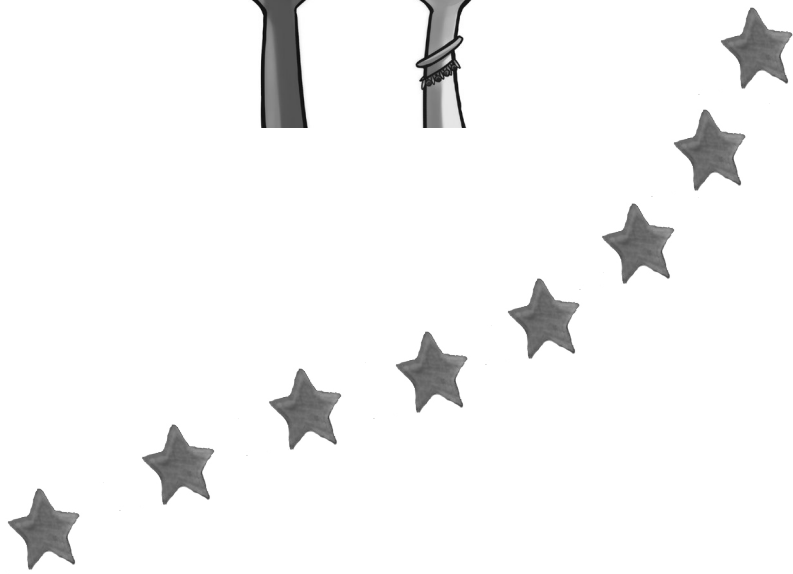
Synopsis

Throughout high school, Natasha found her voice and emerged as an activist for human rights across various areas, including her efforts to bring author Alex Sanchez to her high school and to start a Gay Straight Alliance club. She has gone on to found her own nonprofit, The Abdin's Center for Empowerment.

(www.TheAbdinsCenter.org, www.AlexSanchez.com and www.GayStraightAlliance.org)

Discussion Questions

1. Were there any ways in which you related your school experiences to Natasha's? If so, explain. How did you handle those situations? Did you learn any lessons from Natasha about handling those situations? If so, explain.
2. Natasha became very involved in her school—by joining various clubs, writing informative letters to the principal, bringing a famous author (Alex Sanchez) to her school. How did these activities help her to become more comfortable at school? How did these activities help her to become a valuable member of her school community?
3. Do you feel like you are a valuable member of your school and/or community? Why or why not? If not, how can you become a valuable member of your school and/or community?
4. How did Natasha turn obstacles into opportunities? Are there any times in your life when you have turned an obstacle into an opportunity to better yourself and your school or community? If so, explain.
5. If you were to write a letter to your school principal, like Natasha did, about problems or issues that you have witnessed within your school, what would you write about? Also, what solutions would you suggest to those problems?
6. In the end, even though Natasha's high school years started out with various struggles and challenges, she concludes that if she had it to do all over again, she wouldn't change a thing. Why do you think she feels that way? If you could start your life all over again, is there anything you would change? Why or why not?



CHAPTER SEVEN



Power to the People

Inside each one of us is the ability to change the world by empowering people from every walk of life to lead happier, healthier and more awesome lives.

The Million Girl Revolution

by
Dallas Jessup
Founder of Just Yell Fire

Synopsis

In an effort to empower girls and young women to take care of themselves, physically and emotionally, Dallas created two free online movies titled, *Just Yell Fire* and *Just Yell Fire: Campus Life*, and a nonprofit organization called Just Yell Fire. Now known as The Million Girl Revolution, these efforts have reached millions of girls and young women around the world, and have included Dallas travelling more than 200,000 miles delivering speeches and workshops on the topic. (www.JustYellFire.com)

Discussion Questions

1. Why did Dallas choose the phrase “Just Yell Fire” as the name of her organization? Do you think this is a good name? Why or why not?
2. Would you know what to do if someone tried to attack or hurt you? Did you learn any valuable techniques in Dallas’s story for protecting yourself? If so, what are they?
3. Dallas writes about the “power of a simple idea.” How did a simple idea help her turn her passion into a Million Girl Revolution? Can you think of other simple ideas that people turned into great causes to help others?
4. When asked for her best advice about getting involved with a cause, Dallas writes, “It’s simple: Do what you love to do.” What is something you love to do that could be turned into a cause, or that could lead you to get involved with a cause or nonprofit organization that already exists?
5. Dallas writes, “Find what makes you angry and change it.” Is there an injustice or something at your school, in your community or in the world that makes you angry? If so, what is it? How can you work to change it for the better?
6. Why does Dallas believe that when you’re young is one of the best times to get involved and active in social issues?

Vocabulary Words

- Anthropologist (cultural)
- Black belt
- Bystanders
- Founded
- Funding
- Injustice
- Margaret Mead
- Narrative
- Nonprofit organization
- Predator
- Revolution
- Scriptwriter
- Sequel



NOTES

We Are Today's Leaders

by
Daniel Kent
Founder of Net Literacy

Synopsis

When it was brought to Daniel's attention that senior citizens were severely lacking in computer literacy, the teenager founded Net Literacy, which today provides \$1.2 million in services annually and 3,500 student volunteers who have increased computer access to over 225,000 individuals while donating 24,000 computers. (www.NetLiteracy.org)

Discussion Questions

1. Why does Daniel say of his generation, "We are today's leaders"? In what way(s) does he demonstrate this? What are some examples of young people demonstrating this in your school, community, across the country and throughout the world?
2. Are you one of today's leaders? If so, explain. If not, how can you become a leader in your school, community, across the country or throughout the world?
3. What is your definition of a senior citizen? Do you ever interact with senior citizens? If so, in what way? Do you learn anything from those interactions? What valuable lessons can young people learn from senior citizens, and vice versa?
4. What steps did Daniel take to help senior citizens to become more comfortable with using computers? What is the significance of each step?
5. How does Daniel make sure that Net Literacy is student-empowered? Why is this important?
6. Daniel used computer literacy as a way to build a bridge across the digital and generational divides? What are some other divides that exist between young people and senior citizens? And, what sorts of bridges could be built or actions taken to bring the two groups together concerning those particular divides or issues?
7. Daniel concludes by writing, "When I founded Net Literacy, I thought that it was an act of giving back to others. But I have learned more than anyone as these experiences have crystallized my priorities and aspirations." What do you think he means when he writes that he learned more than anyone from this

experience? Have you experienced a situation where you were teaching someone something, yet you felt as though you came away learning the most?

Vocabulary Words

- Aspiration
- Best practices
- Board of directors (including honorary board)
- City hall
- Denmark
- Digital inclusion
- Empowered
- Hong Kong, China
- Independent living facility
- Intergenerational divide
- Jargon
- Literacy (Net)
- Mayor
- Moscow, Russia
- Mountain View, California
- Priority
- Scholarship
- Senior citizen
- Social entrepreneurship
- Socially-minded (corporations)
- STEM skills (Science, Technology, Engineering and Math)



NOTES

The Luck of the Draw

by

Isabella Gelfand

President of Girls Learn International Chapter

Synopsis

A chapter president for Girls Learn International at her school, Isabella is helping to lead the grassroots effort to help embattled young women around the world get the education and equal rights they deserve. (www.GirlsLearn.org)

Discussion Questions

1. What is the significance of Isabella's story title, "The Luck of the Draw"? What does she mean by that? Have you ever been the winner or the victim of a luck of the draw in your life?
2. Have you ever been in a situation and asked yourself, "How did I get here?" If so, explain.
3. How would you feel if you were forbidden to go to school, just because of your gender? How would you feel if others hurt you, just because of your gender?
4. Have you ever witnessed someone being hurt, made fun of or discriminated against in some other way because of their gender? If so, explain.
5. What was the most disturbing thing you learned by reading Isabella's story? Why did you find that part the most disturbing?
6. Do you think you take for granted the rights and freedoms you have? Explain. What is one right or freedom that you could not live without? Can you think of another country where that particular right or freedom is currently denied to a portion or all of its citizens?
7. Isabella concludes by writing, "The equalization of the sexes cannot be labeled as a women's issue. It requires the involvement of every nation and every individual." What does she mean by this? Why is it also important for boys and men to be aware of and active against prejudices and violence targeting girls and women in their schools, communities, throughout the country and around the world?

Vocabulary Words

- Afghanistan
- C-SPAN
- Chapter (of an organization)
- Commission
- Empowered
- Feminist
- Forum
- Gender
- Human rights
- Human trafficking
- Oppression
- Polygamy
- Taliban
- Washington, D.C.
- Workshop
- Zulu tribe (South Africa)



NOTES

Empower Orphans

by

Neha Gupta

Founder of Empower Orphans

Synopsis

At age nine, Neha founded Empower Orphans, an organization dedicated to elevating the well-being of orphaned children and empowering them to succeed by helping them help themselves. Neha's focus is to help create self-sufficiency within the children by supplying them with the tools to gain a basic education and technical skills to enable a sustainable livelihood, leading to productive and positive contributions to society.

(www.EmpowerOrphans.org)

Discussion Questions

1. How would you answer Neha when she asks, "What if you did not have adequate money to support yourself, leaving you to beg or steal food and search for shelters? Unimaginable, isn't it?" Did you know that there were places in the world, including in your own country, and likely in your own city or town, where people have to do these things?
2. What do you think are some "stigmas faced by those less fortunate" as Neha calls them? Or, what are some stereotypes about the poor and less fortunate? How accurate are these perceptions? Explain.
3. Of all the ways Neha has helped people around the world, which one action or accomplishment was your favorite, and why? How can you adapt this action or accomplishment to help people in your school or community?
4. After reading Neha's story, do you feel more empowered? If so, in what way? If not, why?

Vocabulary Words

- Amenity
- Bucks County, Pennsylvania
- Electrician
- Empathy/Empathetic
- Empower
- Gratitude
- Human nature
- India
- Orphan
- Polio
- Seamstress
- Sponsored (including corporate sponsorship)
- Stigma
- Underprivileged



NOTES

Blossom Power!

by

Abi Whitmore, Alicia Nikifarava, Aspen Bellefeuille,
Joanie Ellis, Jordan Pittman and Marissa Shevins, with Roweena Naidoo

Synopsis

The Blossom Project is the flagship program of Fempowered. It is a learning, leadership, advocacy and philanthropy program for high school girls. Not yet of voting age, the young women comprising the 2012 Blossom Project chose to create a powerful Vote For Me video to encourage voters to consider the issues most important to them.

(www.BlossomProject.org and www.Fempowered.org)

Discussion Questions

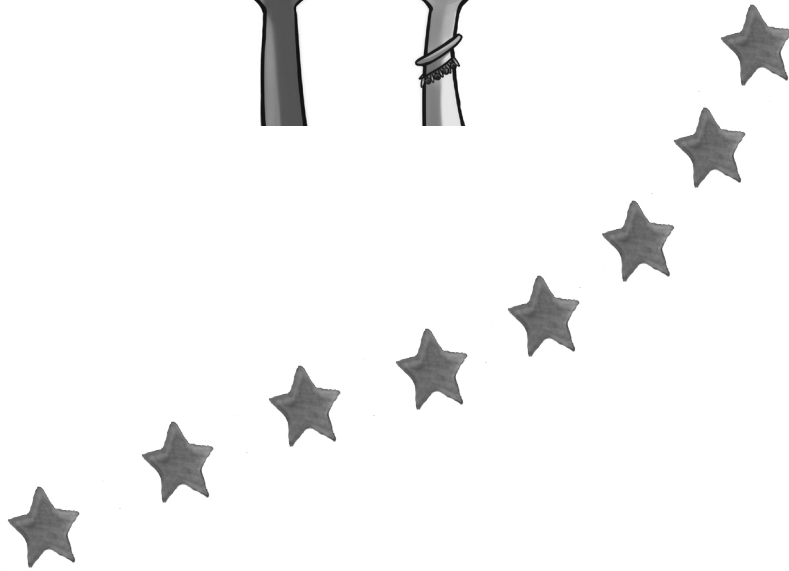
1. What is the biggest thing you learned from reading this story? Why is that the most important thing you learned?
2. The Blossoms write, “. . . history is often written by the Victors . . . not the Victorias!” What does this mean? Why do they believe this? What evidence do they present to support this statement? Were you surprised by this information? Why or why not?
3. Of all the historical figures mentioned in The Blossoms’s story, who was your favorite, and why? How can you use the example of that person to improve your own life and the life of others?
4. The Blossoms took their name from a quote by Nelson Mandela, which states, “Sometimes it falls on a generation to be great. You can be that great generation. Let your greatness blossom.” Do you believe that your generation can be a great generation? Why or why not? What can you do (or what are you currently doing) to help your generation to be great?
5. What does the term “informed citizen” mean to you? Why is it important for people to be informed citizens of their schools, communities, countries and the world?
6. If The Blossoms had asked you to create a poster for their Vote for Me video, what would you have written (and/or drawn) on the poster? Explain.
7. The Blossoms conclude their story by writing, “. . . if we don’t create the future, someone else will.” What do you think they mean by that?

Vocabulary Words

- Advocacy
- Brainstorm
- Chastise
- Comprehend
- Democracy
- Denver, Colorado
- Discriminatory
- Diversity
- Enfranchise
- Feminism
- Fixated
- Flagship (program)
- Funding (application)
- Global view
- Groundbreaking
- Jimmy Carter
- July 4, 1776
- Liberty
- Motivation
- National perspective
- Nelson Mandela
- Paul Revere
- Philanthropy
- Ronald Reagan
- Shirley Chisholm
- Sybil Luddington
- Touchstone
- Violence Against Women Act (1994)
- Vote
- Women’s movement
- Wrought



NOTES



CHAPTER EIGHT



ROCK Your Passion!

Each one of us has been given
unique gifts in this life—
talents, interests and
opportunities—
and it is up to us
to use them to
rock the world.

Standing Up for Animals

by

Paul Shapiro

Founder of Compassion Over Killing
and vice president of Farm Animal Protection
for The Humane Society of the United States

Synopsis

In high school, Paul founded Compassion Over Killing, which has become one of the country's foremost animal advocacy organizations focusing on cruelty to animals in agriculture. This work led to his current high profile role as vice president of Farm Animal Protection at The Humane Society of the United States. (www.COK.net [Compassion Over Killing] and www.HumaneSociety.org)

Discussion Questions

1. Before reading Paul's story, did you know what a factory farm was? How would you describe a factory farm? How do you feel about factory farms?
2. What do you think Paul means when he writes about "... our society turning a blind eye to animal cruelty when the victims don't happen to be the kind of animals we deem worthy of our attention"? Why are some animals valued over others? Is this right? Why or why not?
3. What does Paul mean when he writes, "I saw myself as more problematic for these animals than the people who were the immediate cause of their agony"? Do you see yourself as problematic when you eat meat or dairy products? Why or why not?
4. Do you know, or have you ever met, someone who was a vegetarian or vegan? If so, describe the experience or relationship.
5. Aside from becoming vegetarian or vegan like Paul did, what other actions can you take to help animals on factory farms, and in general?
6. What does the word "compassion" mean to you?
7. Paul writes, "The truth that these animals share the same spark of life that we do, that they suffer as we do, that they, too, want to live their lives, cannot be denied." Do you agree with him? Why or why not?

8. What does Paul mean when he writes, “Inaction is the greatest opponent of social change”? Can you think of any examples of this in your school, community, country or the world?
9. Paul very powerfully writes about the importance of one word when it comes to helping animals or getting involved in any cause that is important to you: “Start.” What are some simple first steps you can take right now to start your involvement in a good cause?

Vocabulary Words

- Appalling
- Ban
- Compassion
- Confined
- Cruelty
- Curative effect
- Dairy industry
- Exposé
- Factory farms
- Humane
- Inaction
- Livestock
- Maya Angelou
- Plight
- Problematic
- Revelation
- Sadist
- Scam
- Shine a spotlight
- Social change
- Staffer
- Turning a blind eye
- Vegan
- Vegetarian



NOTES

YOU Can Make a Difference

by

Ashlee Kephart

Founder of Kids For A Better World

Synopsis

As the founder of Kids For A Better World, a nonprofit organization that encourages the empowerment of youth, Ashlee firmly believes that when youth like her are encouraged to use their skills and talents in ways that serve others, they learn how to look beyond themselves and see the possibilities for affecting change.

(www.KidsForABetterWorld.com)

Discussion Questions

1. Ashlee writes, “For when we young people are encouraged to use our skills and talents in ways that serve others, we learn how to look beyond ourselves, to see the possibilities and to affect change.” What does she mean by “look beyond ourselves”? Why is that such an important statement (To look beyond yourself)? Is that an easy or hard thing to do? Explain. In what ways can you “look beyond” yourself?
2. Why, as Ashlee writes, is volunteering “an important step in developing character”? How does volunteering develop character? What are some specific examples of this (from your own life)?
3. Ashlee outlines many ways that she volunteers, as well as many other ideas for volunteering. Which of these ways of volunteering was your favorite, and why? Are you currently doing any of the volunteer activities she suggests? If so, describe your experience(s). Or, in what ways are you currently volunteering? Describe the experience(s).
4. Does volunteering make you feel empowered? If so, how?

Vocabulary Words

- CEO
- Character
- Domino effect
- Empower
- Encouragement
- Humanity
- Initiative
- Motivation
- Nonprofit organization
- Opportunity
- Possibilities
- Underprivileged
- Unify



NOTES

Be a Boss—For Real!

by

Jack Kim

Founder and CEO of Benelab

Synopsis

In high school, Jack formed a team of his peers to start a business called Benelab, which is a popular search engine where all the ad revenue is donated to charity. Also, any nonprofit organization can use Benelab to rebrand and launch its own crowd-sourced fundraising campaigns. (www.Benelab.org)

Discussion Questions

1. Do you think being your own boss would be, as Jack puts it, the “greatest thing ever”? Why or why not?
2. In what ways is Jack’s web startup Benelab an example of social entrepreneurship?
3. Jack writes, “There’s nothing that will better provide you with experience and knowledge than going out and actually doing it.” How did he do this? Do you have any examples from your life of doing this?
4. If you could be your own boss and start a business that would be considered social entrepreneurship, what would it be, and why?
5. When can a young age be “used as a huge advantage,” as Jack says?
6. Like Jack, do you believe that “. . . it’s never too early to start something big, at any age”? Why or why not?
7. How can you use your current age (young or old) to your advantage to help others in need or the planet?

One Word at a Time

by

Kasey Dallman

Reporter for *Amazing Kids!*

Synopsis

A reporter for *Amazing Kids! Magazine*, Kasey uses her talents as a writer and the royalties from her young adult novel to impact various charities that she feels most passionate about, and to highlight the work young people are doing all over the world.

(www.Amazing-Kids.org)

Discussion Questions

1. Kasey is using one of her talents—as a writer—to help others. As she writes in her story, “Every kid out there has something that he or she excels in, something that they can use to inspire or help others.” What talents or skills do you have that could be used to inspire or help others? Explain how you can use these talents or skills to help others?
2. If you could write a book about anything you wanted, what would the book be about? How could you then use that book (no matter the topic of the book) to inspire or help others, or the planet, in some way?
3. How does Kasey exemplify generosity? Who are some other examples of generous people in your school, community or the world?

Social Justice for All!

by

Samantha Huffman

Unified Partner for Special Olympics

and former member of the National Youth Activation Committee
for Special Olympics Project UNIFY

Synopsis

As a Unified Partner for Special Olympics and a former member of the National Youth Activation Committee for Special Olympics Project UNIFY, Samantha learned that her mission in life is to advocate for social justice for others, including her peers with intellectual and developmental disabilities.

(www.SpecialOlympics.org and www.R-word.org [R-word: Spread the Word to End the Word])

Discussion Questions

1. What does the term “social justice” mean to you?
2. How did Samantha discover that her passion was social justice?
3. Do you know, or have you ever met, someone with a disability, especially an intellectual or developmental disability? If so, describe the experience or relationship.
4. What does “inclusion in schools and communities through both sports and education” mean in the context of Samantha’s story? And, why is it so important?
5. Have you had any experiences in your life so far that you believe could possibly inspire your future career? Explain.
6. Like Samantha, how could you develop a more positive and inclusive school environment where all students, including those with intellectual and development disabilities, are respected and accepted?

Vocabulary Words

- Acceptance
- Chair (for a committee or board)
- Collaboration
- Committee
- First Amendment
- Inclusion
- Intellectual disability
- Motivate
- Movement (as it pertains to a cause)
- Passion
- Platform (for a cause)
- Respect
- Social justice
- Social work
- Special education
- Specialty
- Summit
- Unify



NOTES

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My SWT Life

by

Syreeta Gates

Founder of The SWT Life and Just BE Cause

Synopsis

On a quest to find her purpose in life, Syreeta founded The SWT Life to not only fulfill her own passion for helping others, but to inspire and help other young people discover their “superpowers” and missions to impact important causes.

(www.TheSWTLife.com, www.SyreetaGates.com and www.JustBECauseBook.com)

Discussion Questions

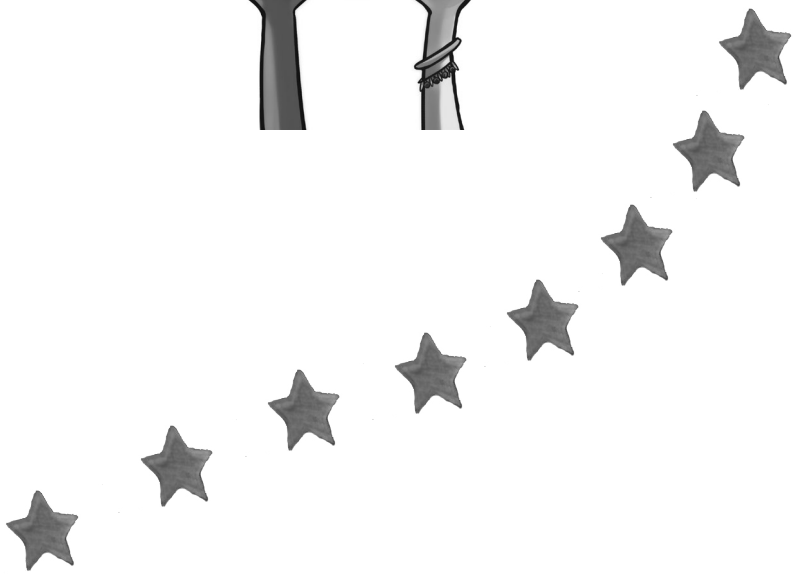
1. In what ways did Syreeta demonstrate courage? In what ways did Syreeta take risks?
2. Syreeta writes about her “tipping point.” Have you had a tipping point in your life? If so, explain.
3. Syreeta writes about why she felt the concept of “service” had a bad connotation among young people. What points does she make? Do you agree with her?
4. What role has trial and error played in your life, just as it has in Syreeta’s life?
5. Syreeta believes there is a clear difference between “giving back” and “giving more.” What distinction does she make between the two? Do you agree with her? Explain. Which is more important to you?
6. Syreeta describes her mission now as helping other young people discover their “superpower(s).” What superpower(s) do you have? How can you use that superpower(s) to make the world a better place?

Vocabulary Words

- Community service
- Documentary
- Implementation
- Jay Z
- Malcolm Gladwell
- Mural
- Passion (project)
- Principle(s)
- Ralph Lauren
- Resume
- Role model
- Social entrepreneur
- Tipping point
- Undertone
- Workshop



NOTES



CHAPTER NINE



Heal the World

The power to heal the world begins
with each one of us and is as
simple as picking up a paintbrush,
reaching out a helping hand,
kicking a soccer ball
or asking a question.

The Unity Mural

by

Nada Abdallah

Advocate for Arab American Family Services

Synopsis

An advocate and volunteer at Arab American Family Services in Chicago, Nada and her fellow teens are working on a large unity mural at the organization's headquarters. The purpose of the effort is to visually welcome visitors and to show the importance of different people and cultures coming together for a common purpose. (www.ArabAmericanFamilyServices.org)

Discussion Questions

1. How does each of the symbols Nada and her friends chose to be in their mural promote or inspire the concept of unity?
2. If you were asked to create a unity mural, like Nada and her friends are doing, what images and symbols would you choose to put on it? Explain why you chose the particular images and symbols—What is the meaning behind each image and symbol as it pertains to the concept of unity?
3. How did Nada's understanding of the importance of the unity mural change over the course of her story?
4. Why do you think unity is such an important thing to promote in your school, community, country and the world?
5. Can you think of others, either locally or high profile, who are promoting unity in some way? Who are they and how are they specifically promoting unity?
6. Besides a mural, what are some other ways that you can promote unity in your school, community, country and the world?

Vocabulary Words

- Assalamu alaikum (peace be upon you)
- Chicago, Illinois
- Community
- Community service hours
- Eiffel Tower (Paris, France)
- Headquarters
- Lady Liberty (Statue of Liberty, Ellis Island, New York, New York)
- Leaning Tower of Pisa (Pisa, Italy)
- Lotus Temple (New Delhi, India)
- Mural
- Pyramids (Egypt)
- Taj Mahal (Agra, Uttar Pradesh, India)
- Theme
- Unity



NOTES

Changing the World, Heart to Heart

by

Ana Dodson

Founder of Peruvian Hearts

Synopsis

Inspired by her own adoption and a visit to an orphanage in her native Peru, Ana founded Peruvian Hearts. Through her nonprofit, she provides essential services for the girls in the orphanage, including food, medical, dental and psychological services as well as the building of a new kitchen and dining room. Also, Peruvian Hearts provides lunch and a multi-vitamin to hundreds of other children daily. (www.PeruvianHearts.org)

Discussion Questions

1. Why is the young girl named Yenivel so important in Ana's story? Who is someone whom you've met that changed your life? Explain.
2. When you read Ana's description of the Hogar Mercedes de Jesus Molina before she started to help them, how did it make you feel? What was the most surprising part of the description, and why?
3. Why are the multi-vitamins that Ana's organization provides to hundreds of children in Peru so important?
4. How is Ana making sure each of the girls at the Hogar gets a good education? Why is education so important for those girls? Why is your own education so important?
5. What does the word "philanthropy" mean to you? Who are some examples of philanthropists in your community and throughout the world? Why are those people considered philanthropists?
6. At the end of her story, Ana writes that a guiding force behind her work is a quote by Mother Teresa, who said, "If you can't feed a hundred people, feed just one." What does this quote mean to you? How is it a metaphor and a call-to-action for helping others and the planet?

Vocabulary Words

- Anta, Peru
- Civil engineering
- Cosmetology
- Cusco, Peru
- Cycle
- Dignity
- Donor
- Empower
- Fruition
- Generous
- Hogar
- Mentor/Mentorship
- Mother Teresa (Missionaries of Charity, Calcutta, India)
- Multi-vitamin
- Nutrition
- Opportunity
- Orphanage
- Philanthropy
- Poverty
- Professional
- Resources
- Self-esteem
- Tourism
- Transform



NOTES

When Strangers Become Family

by

Hannah Katz

Advocate for Kids Helping Kids Connecticut

Synopsis

A member of Kids Helping Kids CT (Connecticut), Hannah tells of one charity mission to Zimbabwe that she and her family took that changed her life forever. (www.KidsHelpingKidsCT.org and www.TheChildrensFellowship.org)

Discussion Questions

1. Do you and your family ever work on charity projects together? If so, what have you done? What was it like working as a family on something that improves the lives of others or the planet? If you haven't worked on any charity projects as a family, what are some charity activities you could do as a family?
2. In what ways are the lives of the Zimbabwean people the same and different from your life?
3. What was the most surprising thing you learned about the everyday lives of the Zimbabwean people?
4. What is something you (and your family) could do to help the Zimbabwean people, or other people in developing countries?
5. Why did Hannah "envy" the lifestyles of the Zimbabwean people? Do you envy their lifestyles in any way? If so, explain.
6. Describe the Zimbabwean people's idea of family? How is this the same and/or different from your idea of family?

Vocabulary Words

- Hospitable
- Misfortune
- Nonprofit organization
- Outhouse
- Sanitation
- Scotch cart
- Selfless
- Swazi District
- Thatched roof
- Ventilation
- Village
- Zimbabwe, Africa



NOTES

What's in Your Water?

by

Jordyn Schara

Founder of Wisconsin Prescription Pill and Drug Disposal Program,
Foundation for HOPE, Project READ and Comics for Change

Synopsis

When she became aware that our waterways were becoming increasingly more polluted through the improper disposal of medications, Jordyn founded the Wisconsin Prescription Pill and Drug Disposal Program (WI P2D2). To date, this program is the largest teen-run, self-sustainable drug collection program in the world and has helped keep over 900,000 pounds of drugs out of our groundwater, among other important services. (www.HelpingOurPeersExcel.com)

Discussion Questions

1. Were you surprised by what you read in Jordyn's story? Why or why not? What surprised or shocked you the most?
2. What is a drug? Can you name some examples of drugs (illegal drugs, prescription drugs and over-the-counter drugs)?
3. Why is it a bad idea to flush drugs down the toilet?
4. What is the proper way to dispose of drugs?
5. What is a grant? How did Jordyn get a grant for her program? Why are grants so important for nonprofit organizations and other charity work/projects? Are you working on any projects for which you could apply for a grant? Explain.
6. To help promote her efforts, Jordyn created a mascot named "Phil the Pill Bottle." What are some other mascots you can name? If you had to create a mascot for a cause or issue you're interested in, what would the mascot be named and what would it look like (Choose a cause or nonprofit organization and then create a mascot based on that)?

Vocabulary Words

- Acknowledge
- Antibiotic
- Campaign (marketing)
- City council
- Consumption
- Contaminated
- Database
- Deformity
- Department of Justice
- Department of Natural Resources
- Detrimental
- Disposal
- Drugs (cocaine, heroine, methamphetamine)
- Drug Enforcement Agency
- Environmental Protection Agency
- Federal government
- Filtration system
- Grant
- Groundwater
- Groundwork
- Illegal (drugs)
- Incinerator
- Inflammation
- Insidious
- Investigation
- Irreversible
- Life span
- Mascot
- Medication
- Mentor
- Monumental
- Over-the-counter drugs
- Pharmaceuticals
- Pharmacist
- Prescription drugs
- Self-sustainable
- Sewage treatment
- Toxic
- Water



NOTES

Alive and Kicking

by

David Kapata

Program coordinator for Grassroot Soccer Zambia

Synopsis

David is the program director and a former coach for Grassroot Soccer Zambia. In this role, he works to help fulfill the nonprofit's mission to educate young people in his African community about HIV and AIDS prevention and how to live a healthy life using soccer-based activities. (www.GrassrootSoccer.org)

Discussion Questions

1. How did David take a tragic situation and transform it into a positive effort that is impacting thousands of people? Can you think of any other tragic situations that have been transformed into a good cause, maybe even in your own life?
2. How has David's work with Grassroot Soccer helped him to transform his own life and overcome obstacles? How can you apply the lessons David learned to your own life?
3. How is David a role model for his community? How can David be a role model for you?
4. How can you use a favorite sport or other interest to help people in your school or community?
5. What is the meaning of "grassroot(s)"? In what ways is "grassroot(s)" the perfect description for the work David does in his community? Can you think of an effort in your school or community that could be described as grassroot(s)? Explain.
6. How is *Stand Up!* (the book) an example of the concept of "grassroots"?

Fixing Broken Hearts

by

Sarah Kladar

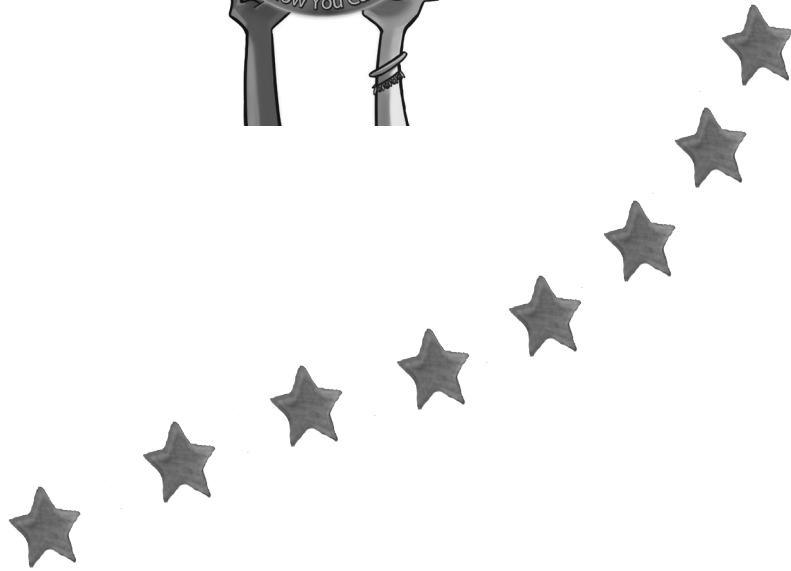
Co-founder of Kids Helping Kids Fix Broken Hearts

Synopsis

Along with her siblings, Sarah founded Kids Helping Kids Fix Broken Hearts to help young people undergoing heart surgery and other issues. To aid in this mission, they have sold over 6,200 specially designed dishtowels and raised almost \$80,000. They have at least one dishtowel in all 50 states and in 36 countries. (www.KidsFixingHearts.org)

Discussion Questions

1. What does the saying, “It’s better to give than to receive,” mean to you? Do you have an example of this concept being put into action from your life? Explain. How is the Kladar family a prime example of this concept?
2. How is the Kladar family a great example of using a simple idea to achieve amazing and inspiring results?
3. Have you ever worked on a joint charity project with your family? If so, describe the experience. If not, is there a charity project you can think of that your entire family could do together? Explain.
4. The Kladars use a special dishtowel to help spread their important message and to help raise money for charity. What is a simple product that you could use to help raise awareness and money for a good cause? Describe how you would use that product.



CHAPTER TEN



Putting the Cool in School

When we share our knowledge
and good works with others,
we turn the world into our
classroom where we learn
the most important
lessons about life.

The Scholar

by

Chelsea Kirk

Teacher at Maya Angelou Academy's
New Beginnings Youth Development Center
and former Teach for America corps member

Synopsis

A young, new teacher at Maya Angelou Academy's New Beginnings Youth Development Center, Chelsea is inspiring her students to think far beyond their current situations and preconceived notions to grasp the power of education and to discover where it can lead them. (www.SeeForever.org [click on Forever Foundation/Maya Angelou Schools] and www.TeachForAmerica.org)

Discussion Questions

1. Should education make you feel powerful? Explain.
2. In what ways do you believe education is powerful?
3. Does your education make you feel powerful? Why or why not?
4. What do you think is the most powerful part of your education? Which part(s) of your education do you believe you'll be able to use throughout your life?
5. Do you relate in any way to the scholar in Chelsea's story? Explain.
6. Which of the scholar's points do you agree with or relate to? Explain.
7. Chelsea writes about the scholar "transforming his mindset." Have you ever transformed your mindset about a situation? Explain.
8. For the young men in the juvenile detention center, as well as young women in other detention centers, how can a good education be a new beginning for them?
9. How can a good education be a (new) beginning for you?

Because She is a Girl

by

Sarah Musa

Co-founder of Girls Learn International Chapter

Synopsis

From Afghanistan to India, Sarah was alarmed to discover that millions of girls are denied an education simply because they are girls. To help combat this, she founded a chapter of Girls Learn International at her high school. Her chapter partnered with a school in India and raised money so that the girls there could continue their studies. (www.GirlsLearn.org)

Discussion Questions

1. Have you ever been denied doing something because of your gender? If so, describe the experience.
2. Why do you think gender discrimination exists in the world? Does gender discrimination exist in your school, community or country? If so, explain.
3. Why do you think girls are denied an education in some developing countries?
4. What steps can you take to make sure everyone is treated equally in your school, community, country and around the world?

From Our Field to Yours

by

Olivia Wong

Founder of Inspire a Child

Synopsis

Olivia founded Inspire a Child with the goal of combating soccer-induced trafficking in post-conflict and developing regions of the world. She does this by building environmentally sustainable soccer fields and conjoining classrooms as a local solution to increase the quality of education and attendance rates. (www.InspireAChildSoccer.com)

Discussion Questions

1. At the beginning of her story, Olivia tells an anecdote about a homeless man she met and attempted to help. In what ways was this experience a turning point in her life and valuable to her in the work she now does with Inspire a Child? Have you ever had a similar, life-changing experience? If so, explain.
2. Why is it so important to know and understand the people you are trying to help?
3. Why is futbol (soccer) so important to keeping young people in school in other parts of the world? What lifelong lessons do the young people learn from playing soccer? If you play a sport or are involved in some other activity, what lifelong lessons have you learned from that experience?
4. How important are sports, clubs and other extracurricular activities to you and your involvement in your school? How are they a part of your overall education? How do those activities help you in becoming a better student?
5. How important is teamwork in your everyday life? What are some examples of teamwork in your life? What have you learned from teamwork?

Vocabulary Words

- Afghanistan
- Assume/Assumption
- Banned
- Brazil
- Coincidentally
- Compulsory
- Consume
- Courage
- Crisis
- Dearth
- Fruitless
- Futbol
- Gratitude
- Human trafficking
- Humanitarian
- Intention
- Ivory Coast, Africa
- Lagoa Santa, Brazil
- Leadership skills
- Litany
- Mediterranean
- Monetary success
- Mundane
- Necessities
- Perplexed
- Perspective
- Refugee
- Regret
- San Francisco, California
- Santa Barbara, California
- Teamwork
- Underlying factor
- Unforeseen



NOTES

Together We are Stronger

by
Ashley Shuyler
Founder of AfricAid

Synopsis

After a childhood trip to Tanzania with her family, Ashley founded AfricAid with the mission of supporting girls' education in East Africa. Since that time, her nonprofit has raised over \$1 million and supported over 40,000 students in their educational goals and dreams. (www.AfricAid.com)

Discussion Questions

1. When you think of Africa, what images come to mind? How are those images similar to and/or different from what Ashley describes in her story?
2. Is your education something you take for granted? Why or why not?
3. How has your opinion of going to school changed since reading Ashley's story?
4. What did you learn from Ashley's anecdote about Theresia? How would you describe Theresia—What qualities does she have? How is Theresia a role model for her community? How can Theresia and Ashley both be role models for you?
5. Toward the end of her story, Ashley reveals her favorite Swahili word: tupo. Tupo means "together we are stronger." How does that line make you feel? What images come to mind when you read or hear it? How can you put that phrase into practice in your everyday life?

FO(u)R Fragile Hearts

by

Charles Maceo

Teacher at City Hearts:
Kids Say “Yes” to the Arts

Synopsis

A young teacher at the progressive City Hearts: Kids Say “Yes” to the Arts in Los Angeles, Charles strives to give at-risk students in some of the most economically distressed neighborhoods in Southern California experiences that cultivate artistic ability, self-esteem, social and academic skills and creativity while strengthening the health and vitality of the community. (www.CityHearts.org)

Discussion Questions

1. Charles tells the story of four of his young students. Did you relate to any of these students in any way? If so, explain.
2. How did the students change over the course of the story? Why do you think they changed?
3. What lessons about handling conflicts did you learn from Charles’s story?
4. In what ways are the conflicts experienced between these girls similar to the play, *Romeo & Juliet*, which the class was studying and rehearsing in the story?
5. What do you think of the approach Charles took in handling the conflict between the four girls? Was there one particular part that really moved or inspired you? Explain. How can you use that particular approach in your own life?
6. At one point, Charles tells one of the girls, “Hurt people like to hurt people.” What does he mean by this? Have you ever witnessed this happening? If so, explain.
7. What are some subjects or areas of study that fall under the heading “arts”? How can studying the arts help in other areas of your life, such as resolving conflicts, making you happier, building self-esteem, encouraging tolerance, opening your mind, etc.?
8. Are you involved in the arts in some way? If so, explain. How does that activity make you feel? What lifelong lessons have you learned from that activity?

The World Lies in the Hands of a Girl

by
Sophia and Nadia Tareen
Co-founders of Girls Learn International Chapter

Synopsis

These two young sisters are working with Girls Learn International (GLI) to help their counterparts in the developing world attend school. As co-founders of their school's GLI chapter, Sophia and Nadia helped to develop a partnership between their school near Philadelphia and the Khanott girls' school in the rural Sindh region of Pakistan. (www.GirlsLearn.org)

Discussion Questions

1. How are Sophia and Nadia serving as role models for other young people in their school and community, and around the world?
2. What is Sophia and Nadia's personal connection to Pakistan? How important a role do you think this personal connection is in their work there, and why? What personal connections do you have to a place that could be used to help others in need, especially others in need in that place?
3. What was your favorite activity or project that Sophia and Nadia, along with their Girls Learn International chapter, did to either raise awareness or money (or to create cultural exchange gifts) for the students at their partner school in Pakistan? How can you adapt that activity or project to help a cause in your school or community?
4. Sophia and Nadia write about several girls they met at the Khanott School. Did any one of their stories particularly move you? If so, explain why. What lessons can you learn from those young women about whom Sophia and Nadia wrote? How are those young women similar and different from you?
5. What does the term "global progress" mean to you?

Vocabulary Words

- Archaic
- Assalamu alaikum (peace be upon you)
- Azadi
- Barrier
- Bolster
- Chapter (of an organization)
- Charisma
- Circumstances
- Commanding
- Cross-cultural communication
- Customs
- Determination
- Eagerness
- Ecstatic
- Empower
- Envision
- Epidemic (of poverty)
- Feminism
- Fundamental
- Gender discrimination
- Gender equality
- Grimace
- Inequality
- Ingrain
- Karachi, Pakistan
- Los Angeles, California
- Malala Yousafzai
- Mission
- Motivation
- Mutual feeling
- Mystifying
- Partnership
- Philadelphia, Pennsylvania (Bryn Mawr)
- Preference
- Priority
- Resolution
- Responsibility
- Role model
- Simultaneous
- Sindh, Pakistan
- Stagnate
- Taliban
- Umeed
- Universal Declaration of Human Rights by the United Nations
- Village
- Yakeen



NOTES



CHAPTER ELEVEN



Live Out Loud!

Through our words and actions,
each one of us can give
a voice and inspiration
to the voiceless,
creating a loud
and positive
impact on
the world.

Speak Up and Step Out!

by

Delaitre Hollinger

“Little Brother” to 2012 Big Brothers Big Sisters of America
“Big Brother of the Year”

Synopsis

A success story of the Big Brothers Big Sisters program, including being the “Little Brother” to 2012 Big Brothers Big Sisters of America “Big Brother of the Year,” Delaitre has gone on to become a social and political activist as a student and community leader for many issues at his community college as well as a candidate for local office.

(www.BBBS.org [Big Brothers Big Sisters] and www.BigBendMentoring.org [Big Brothers Big Sisters of the Big Bend])

Discussion Questions

1. In what ways is Delaitre giving back to his school and community?
2. Do you believe it is important to give back to your community? Why or why not?
3. How do you give back to your school and/or community? Or, in what ways could you give back to your school and/or community?
4. Delaitre writes about how as a child his mother wouldn't read traditional bedtime stories to him, but instead would read stories about great leaders like Martin Luther King, Jr., Mary McLeod Bethune and John F. Kennedy. She would then tell him how they all grew up to change the world around them. In what ways did the stories of these leaders impact and inspire Delaitre's life?
5. Who is your favorite leader? How has that person inspired you?
6. Why is Delaitre an example of a leader? What leadership qualities does he exemplify in his story? What are other qualities or traits of a great leader, and is there a particular leader(s) (local or famous) who demonstrates those qualities or traits?
7. Do you think you are a leader? Why or why not?
8. Do you think you will ever run for office someday like Delaitre? Why or why not? If so, what office would you like to run for, and why?

Stopping Hate in Its Tracks

by
Emily-Anne Rigal
Founder of WeStopHate

Synopsis

A victim of bullying, Emily-Anne took a stand and founded WeStopHate. Her organization changes the way teens view themselves by collectively helping each of them to accept, embrace and love who they are. As more than just an anti-bullying program and having impacted tens of thousands of teens, WeStopHate reminds teens that stopping hate isn't something to do once, but it's a practice and approach to live by each day. (www.WeStopHate.org and www.EmilyAnneRigal.com)

Discussion Questions

1. What are some examples of bullying?
2. Have you ever been bullied? If so, describe the experience.
3. Have you ever seen someone being bullied? If so, describe the experience.
4. How would you define "peer pressure"?
5. How have Emily-Anne and her WeStopHate program turned peer pressure into a good thing?
6. What are the different types of hate that Emily-Anne mentions in her story? Have you experienced or witnessed any of these in your life? If so, describe the experience. Can you think of other types of hate in the world?
7. What are some steps you can take to help yourself and/or others turn self-hatred into self-love?
8. What does the term "self-esteem" mean to you? How can you build self-esteem? How can you help encourage others to build their own self-esteem?
9. How can you be a part of the solution to stop bullying (and hate)?

A Life Worth Living

by

Frank Stephens

Sargent Shriver Global Messenger for Special Olympics
and advocate for the
Spread the Word to End the Word Campaign

Synopsis

When one of the world's most famous political commentators referred to President Barack Obama as the R-word (retard), Frank, a Sargent Shriver Global Messenger for Special Olympics and advocate for the Spread the Word to End the Word campaign, fired back with a public letter that was read by more than two and a half million people in just the first 24-hours after it was posted, and nearly four million in the first month. (www.SpecialOlympics.org and www.R-word.org [R-word: Spread the Word to End the Word])

Discussion Questions

1. Do you know, or have you ever met, someone with an intellectual or developmental disability? If so, describe the experience or relationship.
2. By reading Frank's story, what did you learn about Down syndrome and intellectual disabilities that you didn't know before?
3. Do you ever hear people use the R-word (retard or retarded)? If so, how are they using it? What do you think of their use of the R-word? When you hear people use it, what do you typically do?
4. What did you think of the letter Frank wrote to the political commentator? What was your favorite part of the letter, and why?
5. Do you believe it is important for people to speak-up (including in writing) when they disagree with something that someone else has done or said? Why or why not? Have you ever written a letter (or spoken-up in some other way) to someone with whom you disagreed about something? If so, explain.
6. What lessons can you learn from Frank's story and letter about the concepts of passion and self-advocacy?
7. Towards the end of his story, Frank writes, "... we have no idea how powerful we

Another World is Possible

by

Joseph Therrien

Co-founder of The People's Puppets of Occupy Wall Street

Synopsis

A social activist, Joseph is using his puppeteer skills to revolutionize how social issues and causes are presented to the public. He co-founded The People's Puppets of Occupy Wall Street and, with his fellow members, presents puppet shows, such as their most popular show that demonstrates how another world is possible.

(www.Facebook.com/OWSPuppetGuild)

Discussion Questions

1. Have you ever used a puppet? If so, describe the experience.
2. What did you think of Joseph's use of puppets to promote his cause?
3. How could puppets be used to promote or educate people about other issues and causes, especially an issue or cause that is important to you?
4. If you could create your own city, what would it look like and what would be in it?
5. At the end of his story, Joseph writes, "Together, we are unstoppable: Another world is possible." What does that mean to you?

Afterword

I Challenge You

by

Kate Dildy

Founder of Young Advocates for Change

Synopsis

Founder of the Young Advocates for Change club at her high school, Kate challenges her fellow teens to put their ideas for change into action by thinking globally and acting locally, to build partnerships and collaborate with each other and to believe that they are the change the world needs. (www.GDS.org [Georgetown Day School])

Discussion Questions

1. What gave Kate the idea to start the Young Advocates for Change club at her school?
2. Why is being young one of the best times to take action for a cause or issue that's important to you?
3. Kate writes about an African proverb, which states, "If you think you're too small to make a difference, you haven't spent a night with a mosquito." What do you think the message of this proverb is? In what ways does this proverb relate to Kate's story?
4. At the end of her story, Kate gives the reader a few challenges. Which of these challenges most inspires you to take action, and why? In what way can you take action to meet Kate's challenge(s)?
5. If you were asked to challenge your generation to take action to make the world a better place, what would you say to them?
6. Do you believe that YOU are the change the world needs? Why or why not?

NOW IT'S YOUR TURN TO STAND UP!

It's time to get started on your own mission to help make a difference in the world. In the blank spaces that follow, first write a talent, an interest and a skill you have. Everyone has them, including you! You can start by asking yourself, *What am I really good at doing? What do I like doing?* The answers can be about anything, such as excelling in a certain school subject or sport, playing a musical instrument, partaking in a favorite hobby, hanging out with friends, building things, drawing, painting, cooking, traveling or even having a special place in your heart for animals.

Second, under each answer, brainstorm how you can use that talent, interest and skill to help others, or even the planet, right now at your school, in your community or around the world. Ask yourself questions like, *Is there a need in my school or community that I can help with right now?* Or maybe, *If I could do anything in the world to help the planet or those in need, what would it be?* Let your imagination run wild with the possibilities.

Third, seal the deal by signing The Stand Up! Promise Pledge and gluing or drawing a fun picture of yourself at the end in the space provided. And, finally, join the team of young activists in this book by using your list as a starting point for turning your ideas into a reality!

1. Your Talent: _____

How can you use this talent to help others, or our world, right now?

2. Your Interest: _____

How can you use this interest to help others, or our world, right now?

3. Your Skill: _____

How can you use this skill to help others or our world, right now?

The STAND UP! Promise Pledge

I promise to ROCK THE WORLD by using my talents, interests and skills to make my dreams come true and to make a positive difference in my school, community and the world by standing up for our planet and those who are in need!

I PROMISE TO STAND UP FOR A BETTER WORLD!

Sign your name here: _____

Paste your picture
here!

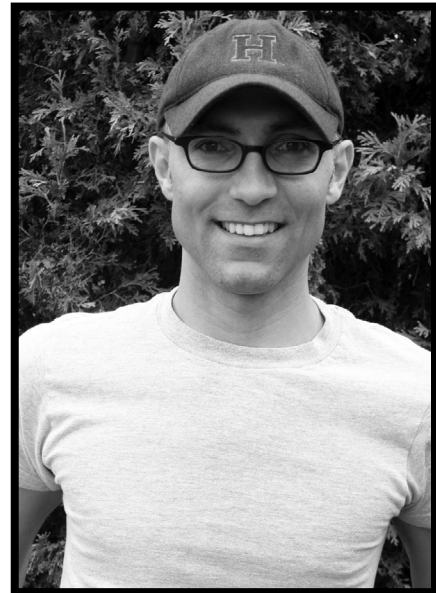
About John Schlimm

John Schlimm is an activist, artist, educator and the international award-winning author of several books on cooking and entertaining, history, how-to and fiction.

His ongoing community-based efforts include serving more than 20 years as an activist and advocate for healthy living, education and the arts through his work with such organizations as Citizens Against Physical, Sexual & Emotional Abuse, the American Cancer Society, the American Red Cross and The Humane Society.

He has traveled the country making appearances and speaking about inspirational and motivational topics, cooking and entertaining, and public relations to a wide variety of groups, including his commencement address at the University of Pittsburgh at Bradford where he has taught in the communication and the arts department.

John, who holds a master's degree in education from Harvard University, has appeared on *The Ellen DeGeneres Show*, *Martha Stewart Living's Everyday Food*, NPR's *The Splendid Table*, *QVC* and *Fox & Friends* and has been featured in *The New York Times*.



Connect with John

Facebook: www.Facebook.com/JohnSchlimm

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Pinterest: www.Pinterest.com/JohnSchlimm

Instagram: www.Instagram.com/JohnSchlimm

YouTube: www.YouTube.com/JohnSchlimm

More information: www.JohnSchlimm.com



Subject Index

The stories in *Stand Up!* open the door for discussions on various topics, causes and issues, and can also serve as supplemental material for a range of school subjects and lessons. To help teachers, students, book clubs and others meet their particular needs, the following index provides numerous topics of interest and suggested *Stand Up!* stories that can be considered for further exploring each respective topic.



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by Janine Licare, co-founder of Kids Saving the Rainforest	
<i>The Rainbow Salad</i>	68
by Kirsten Gerbatsch, FoodCorps service member	
<i>Birke on the Farm</i>	70
by Birke Baehr, advocate for local/organic food and regenerative farming	
<i>The Power of "We"</i>	54
by Mariah Smiley, founder of Drops of Love	
<i>Ryan's Well</i>	72
by Ryan Hreljac, founder of Ryan's Well Foundation	
<i>Destiny's Peanuts</i>	74
by Abigail Phillips, FoodCorps fellow and service member	
<i>Turning Green</i>	76
by Sabine Teyssier, co-founder of Teens Turning Green Chapter and co-founder of Project Lunch Club Chapter	

Where Does Meat Come From? 90
by Mariama Taifa-Seitu, animal and agriculture activist

Standing Up for Animals 108
by Paul Shapiro, founder of Compassion Over Killing and vice president of Farm Animal Protection for The Humane Society of the United States

What's in Your Water? 128
by Jordyn Schara, founder of Wisconsin Prescription Pill and Drug Disposal Program, Foundation for HOPE, Project READ and Comics for Change

Equality

The Journey to Equality 50
by Giovanna Guarnieri, co-president of School Girls Unite Chapter

One Thing Leads to Another 84
by Cortez Alexander, advocate for Dreams For Kids

When is Power Most Powerful? 88
by Maher Alhaj, activist, writer and artist

The Luck of the Draw 100
by Isabella Gelfand, member of Girls Learn International

Blossom Power! 104
by Abi Whitmore, Alicia Nikifarava, Aspen Bellefeuille, Joanie Ellis, Jordan Pittman and Marissa Shevins, with Roweena Naidoo

Social Justice for All! 116
by Samantha Huffman, Unified Partner for Special Olympics and former member of the National Youth Activation Committee for Special Olympics Project UNIFY

The Unity Mural 122
by Nada Abdallah, advocate for Arab American Family Services

Because She is a Girl 138
by Sarah Musa, co-founder of Girls Learn International Chapter

The World Lies in the Hands of a Girl 146
by Sophia and Nadia Tareen, co-founders of Girls Learn International Chapter

Family

Many of the stories provide a launching point for talking about the concept of family from various perspectives. The following stories, in particular, are examples.

There is a Plan for Each of Us 20
by Tanner Smith, founder of Tanner's Totes

Fixing Broken Hearts 132
by Sarah Kladar, co-founder of Kids Helping Kids Fix Broken Hearts

OMG! 46
by Carter Ries and Olivia Ries, founders of One More Generation

When Strangers Become Family 126
by Hannah Katz, advocate for Kids Helping Kids Connecticut

The World Lies in the Hands of a Girl 146
by Sophia and Nadia Tareen, co-founders of Girls Learn International Chapter

Food

What's in Your Water? 128
by Jordyn Schara, founder of Wisconsin Prescription Pill and Drug Disposal Program, Foundation for HOPE, Project READ and Comics for Change

The Rainbow Salad 68
by Kirsten Gerbatsch, FoodCorps service member

Birke on the Farm 70
by Birke Baehr, advocate for local/organic food and regenerative farming

Ryan's Well 72
by Ryan Hreljac, founder of Ryan's Well Foundation

Destiny's Peanuts 74
by Abigail Phillips, FoodCorps fellow and service member

Turning Green 76
by Sabine Teyssier, co-founder of Teens Turning Green Chapter and co-founder of Project Lunch Club Chapter

My Sister Alex and Her Lemonade Stand 78
by Patrick Scott, brother of Alex Scott—Alex's Lemonade Stand Foundation

Where Does Meat Come From? 90
by Mariama Taifa-Seitu, animal and agriculture activist

Standing Up for Animals 108
by Paul Shapiro, founder of Compassion Over Killing and vice president of Farm Animal Protection for The Humane Society of the United States

Friendship

My Friend Mischa 16
by Jeffrey Shrensel, M.D., friend of Mischa Zimmerman—
founder of Kids Helping Kids

The Gift of a True Friend 40
by Lindsey Eaton, ambassador for Best Buddies International and
advocate for the Spread the Word to End the Word Campaign

Advocating Through Friendship 44
by Danielle Liebl and Kaitlyn Smith, Special Olympics youth
leaders

Geography

*Most of the stories provide a launching point for
talking about a geographic location, such as a city,
state, country, region or other place. The following
stories, in particular, are examples.*

Kilimanjaro for a Cause! 56
by Tyler Armstrong, mountain climber and advocate for
CureDuchenne

Living on the Wild Side 58
by Janine Licare, co-founder of Kids Saving the Rainforest

The Sea Olympics 62
by Nate Neff, co-founder of Charity@Sea

The Unity Mural 122
by Nada Abdallah, advocate for Arab American Family Services

When Strangers Become Family 126
by Hannah Katz, advocate for Kids Helping Kids Connecticut

The World Lies in the Hands of a Girl 146
by Sophia and Nadia Tareen, co-founders of Girls Learn Inter-
national Chapter

Homelessness

The Big Sleep Out 60
by Peter Larson, advocate for Interfaith Outreach and Com-
munity Partners' The Sleep Out

From Our Field to Yours 140
by Olivia Wong, founder of Inspire a Child

Soldier On! 24
by Kameron "Pace" Tyson, founder of Soldier On

History/Social Studies

*Most of the stories provide a launching point for
talking about history and social studies from vari-
ous perspectives. The following stories, in particu-
lar, are examples.*

Blossom Power! 104
by Abi Whitmore, Alicia Nikifarava, Aspen Bellefeuille, Joanie
Ellis, Jordan Pittman and Marissa Shevins, with Roweena
Naidoo

The Unity Mural 122
by Nada Abdallah, advocate for Arab American Family Services

Another World is Possible 156
by Joseph Therrien, co-founder of The People's Puppets of
Occupy Wall Street

International

The Journey to Equality 50
by Giovanna Guarnieri, co-president of School Girls Unite
Chapter

The Power of "We" 54
by Mariah Smiley, founder of Drops of Love

Kilimanjaro for a Cause! 56
by Tyler Armstrong, mountain climber and advocate for
CureDuchenne

Living on the Wild Side 58
by Janine Licare, co-founder of Kids Saving the Rainforest

The Sea Olympics 62
by Nate Neff, co-founder of Charity@Sea

<i>You Can Be Greater Than You Know How to Be</i>	64
by Talia Y. Leman, founder of RandomKid	
<i>Ryan's Well</i>	72
by Ryan Hreljac, founder of Ryan's Well Foundation	
<i>How Soccer Will Save the World</i>	82
by Kyle Weiss, co-founder of FUNDaFIELD	
<i>Start Early and Learn for a Lifetime</i>	86
by Karen, Daniela and Stephanie Carvajalino, motivational speakers and entrepreneurs	
<i>When is Power Most Powerful?</i>	88
by Maher Alhaj, activist, writer and artist	
<i>The Luck of the Draw</i>	100
by Isabella Gelfand, president of Girls Learn International	
<i>Empower Orphans</i>	102
by Neha Gupta, founder of Empower Orphans	
<i>Changing the World, Heart to Heart</i>	124
by Ana Dodson, founder of Peruvian Hearts	
<i>When Strangers Become Family</i>	126
by Hannah Katz, advocate for Kids Helping Kids Connecticut	
<i>Alive and Kicking</i>	130
by David Kapata, program coordinator for Grassroot Soccer Zambia	
<i>From Our Field to Yours</i>	140
by Olivia Wong, founder of Inspire a Child	
<i>Together We are Stronger</i>	142
by Ashley Shuyler, founder of AfricAid	
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by Sophia and Nadia Tareen, co-founders of Girls Learn International Chapter	
<i>Because She is a Girl</i>	138
by Sarah Musa, co-founder of Girls Learn International Chapter	

Leadership

Every one of the stories, especially those where the writer founded an organization or movement, provides a launching point for talking about various aspects of leadership. The following stories, in particular, are examples.

<i>Speak Up and Step Out!</i>	150
by Delaitre Hollinger, "Little Brother" to 2012 Big Brothers Big Sisters of America "Big Brother of the Year"	
<i>Stopping Hate in Its Tracks</i>	152
by Emily-Anne Rigal, founder of WeStopHate	
<i>Standing Up for Animals</i>	108
by Paul Shapiro, founder of Compassion Over Killing and vice president of Farm Animal Protection for The Humane Society of the United States	
<i>The Million Girl Revolution</i>	96
by Dallas Jessup, founder of Just Yell Fire	
<i>My SWT Life</i>	118
by Syreeta Gates, founder of The SWT Life and Just BE Cause	
<i>We Are Today's Leaders</i>	98
by Daniel Kent, founder of Net Literacy	
<i>Be a Boss—For Real!</i>	112
by Jack Kim, founder and CEO of Benelab	
<i>You Can Be Greater Than You Know How to Be</i>	64
by Talia Y. Leman, founder of RandomKid	
<i>A Life Worth Living</i>	154
by Frank Stephens, Sargent Shriver Global Messenger for Special Olympics and advocate for the Spread the Word to End the Word Campaign	
<i>I Challenge You</i>	158
by Kate Dildy, founder of Young Advocates for Change	

LGBTQ

<i>When is Power Most Powerful?</i>	88
by Maher Alhaj, activist, writer and artist	
<i>Jumping Over Obstacles</i>	92
by Natasha A. Abdin, founder of The Abdin's Center for Empowerment	

Military

<i>Mission: Help Our Troops Call Home</i>	12
by Brittany Bergquist, co-founder of Cell Phones for Soldiers	

Soldier On! 24
by Kameron "Pace" Tyson, founder of Soldier On

From Counted Out to Counted On 32
by Hiawatha Clemons III, U.S. Marine Corps veteran and fellow at The Mission Continues

Peer Pressure

Being Cool is Overrated 30
by Arielle Schacter, founder of bf4life-hearing

Stopping Hate in Its Tracks 152
by Emily-Anne Rigal, founder of WeStopHate

Politics

Legislating Change 48
by Carrie Sandstrom, SADD National Student of the Year

Blossom Power! 104
by Abi Whitmore, Alicia Nikifarava, Aspen Bellefeuille, Joanie Ellis, Jordan Pittman and Marissa Shevins, with Roweena Naidoo

Speak Up and Step Out! 150
by Delaitre Hollinger, "Little Brother" to 2012 Big Brothers Big Sisters of America "Big Brother of the Year"

A Life Worth Living 154
by Frank Stephens, Sargent Shriver Global Messenger for Special Olympics and advocate for the Spread the Word to End the Word Campaign

Another World is Possible 156
by Joseph Therrien, co-founder of The People's Puppets of Occupy Wall Street

Poverty

Many of the stories provide a launching point for talking about poverty in some way. The following stories, in particular, are examples.

The Big Sleep Out 60
by Peter Larson, advocate for Interfaith Outreach and Community Partners' The Sleep Out

Soldier On! 24
by Kameron "Pace" Tyson, founder of Soldier On

When Strangers Become Family 126
by Hannah Katz, advocate for Kids Helping Kids Connecticut

Race/Race Relations

FO(u)R Fragile Hearts 144
by Charles Maceo, teacher at City Hearts: Kids Say "Yes" to the Arts

Recycling

Mission: Help Our Troops Call Home 12
by Brittany Bergquist, co-founder of Cell Phones for Soldiers

Religion/Faith/Theology

When is Power Most Powerful? 88
by Maher Alhaj, activist, writer and artist

The Unity Mural 122
by Nada Abdallah, advocate for Arab American Family Services

School/Community Garden

The Rainbow Salad 68
by Kirsten Gerbatsch, FoodCorps service member

Destiny's Peanuts 74
by Abigail Phillips, FoodCorps fellow and service member

Science

Birke on the Farm 70
by Birke Baehr, advocate for local/organic food and regenerative farming

What's in Your Water? 128
by Jordyn Schara, founder of Wisconsin Prescription Pill and Drug Disposal Program, Foundation for HOPE, Project READ and Comics for Change

Self Defense

- The Million Girl Revolution* 96
by Dallas Jessup, founder of Just Yell Fire

Social Entrepreneur

Most of the stories, especially those where the writer founded an organization or movement, provide a launching point for talking about social entrepreneurship. The following stories, in particular, are examples.

- You Can Be Greater Than You Know How to Be* 64
by Talia Y. Leman, founder of RandomKid

- We Are Today's Leaders* 98
by Daniel Kent, founder of Net Literacy

- Be a Boss—For Real!* 112
by Jack Kim, founder and CEO of Benelab

- Fixing Broken Hearts* 132
by Sarah Kladar, co-founder of Kids Helping Kids Fix Broken Hearts

Speech Communications

- How I Found My Voice* 26
by Susie Doyens, Sargent Shriver Global Messenger for Special Olympics

- Legislating Change* 48
by Carrie Sandstrom, SADD National Student of the Year

- The Scholar* 136
by Chelsea Kirk, teacher at Maya Angelou Academy's New Beginnings Youth Development Center and former Teach for America corps member

- Another World is Possible* 156
by Joseph Therrien, co-founder of The People's Puppets of Occupy Wall Street

Sports

- How I Found My Voice* 26
by Susie Doyens, Sargent Shriver Global Messenger for Special Olympics

- The Sea Olympics* 62
by Nate Neff, co-founder of Charity@Sea

- How Soccer Will Save the World* 82
by Kyle Weiss, co-founder of FUNDaFIELD

- Alive and Kicking* 130
by David Kapata, program coordinator for Grassroot Soccer Zambia

- From Our Field to Yours* 140
by Olivia Wong, founder of Inspire a Child

STEM (Science, Technology, Engineering, and Math)

- We Are Today's Leaders* 98
by Daniel Kent, founder of Net Literacy

- Be a Boss—For Real!* 112
by Jack Kim, founder and CEO of Benelab

Volunteerism

All of the stories, in one way or another, involve volunteerism and provide a launching point for talking about the concept of giving of yourself to help others in need or the planet. The following stories, in particular, are examples.

- Shifting the World, Little by Little* 42
by Lexi Kelley, founder of Kids Helping Kids Connecticut

- We Are Today's Leaders* 98
by Daniel Kent, founder of Net Literacy

- YOU Can Make a Difference* 110
by Ashlee Kephart, founder of Kids For A Better World

- Speak Up and Step Out!* 150
by Delaitre Hollinger, "Little Brother" to 2012 Big Brothers Big Sisters of America "Big Brother of the Year"

Another World is Possible 156
by Joseph Therrien, co-founder of The People's Puppets of Occupy Wall Street

I Challenge You 158
by Kate Dildy, founder of Young Advocates for Change

Writing

One Word at a Time 114
by Kasey Dallman, reporter for Amazing Kids! Magazine

Advocating Through Friendship 44
by Danielle Liebl and Kaitlyn Smith, Special Olympics youth leaders

The Scholar 136
by Chelsea Kirk, teacher at Maya Angelou Academy's New Beginnings Youth Development Center and former Teach for America corps member

A Life Worth Living 154
by Frank Stephens, Sargent Shriver Global Messenger for Special Olympics and advocate for the Spread the Word to End the Word Campaign

Attention Parents and Teachers!

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