

Cedric Dean's Protocol For Saving America's Youth

A National Solution to Crime, Drugs and
Violence

Cedric Dean

FIRST EDITION

Cedric Dean's Protocol for Saving America's Youth.

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Designed by: A loving friend....

FOREWORD

IT IS ALWAYS AN HONOR TO CONTRIBUTE not just words but action. The Cedric Dean you know as an author, I have come to know as a good friend. A man who moves words on paper like an artist creates a landscape on painted canvas.

One key fact that I can always say about the man behind the pages of this protocol is the support of his family. His mother has supported his writing career and she continues to be his strength as he navigates the oft-times choppy waters of this deep sea we call prison. The personal struggles of the lives of our youth are never really seen by America. We are often encapsulated by the stories on the evening news. We are often comforted by the locks we place on doors to keep out our wayward youth. We tremble at the sounds of mothers crying over caskets of their children. We hide in our homes while our children join gangs. We pray on Sunday and run to work on Monday with business as usual. We send out our military to protect our borders but not our children from domestic terrorism inflicted upon them by the criminal element. We say the land of the free but we incarcerate over 200,000 youth each year for crime and violence spawned from community deterioration, parental neglect and lack of meaningful education.

This protocol is a testament to the lives of many young men and women inside the hundreds of prisons across this nation. Cedric Dean has himself crossed over the threshold of crime and violence to become the advocate for responsive change in our youth. I have proudly watched him mentor, teach and apply tough love to redirect the pain, fears and uncertainties of young prisoners into courage, dedication and commitment. Cedric has done what many people have tried to do with our youth but you must walk the walk and talk the talk.

This protocol is the roadmap that sets a direct course for the politician that seeks knowledge to reform laws to help save our youth. It sets a course for the community leader to set up programs that will effectively bring the community together to stand resolutely against the murderers, child molesters, robbers, drug dealers and others whose lives reap havoc on our community. It sets a course for the law enforcement community to learn how to deal with youth after they return home from their incarceration experience. It sets a course for the psychology field to see up close the many ills that cause our youth to accept captivity over freedom. It sets a course for teachers that will show how important it is to care for each child as you care for your own. It sets a course for the spiritual leaders to come out of the pulpit and into the street to offer an alternative to youth crime.

This protocol is evidence of a man on a mission with a goal, a belief and a prayer. I trust that you who read this protocol will come to understand that Cedric Dean has become a force of power in a world gone wild.

Eugene Linwood, Jr. is the founder of Reaching Out Beyond Bars, an organization created to reach out to help save at risk youth from gang and gun violence, alcohol and drug abuse and offer solutions to create community awareness and change.

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Introduction

To provide preventive guidance to parents, politicians, preachers, professors, principals and police, I've written this protocol in an attempt to reduce the disastrous number of at risk children who end up committing senseless violence, going to prison or getting killed. My objective is to directly address the trajectory that leads to marginalized lives, imprisonment and often premature death and shift it to a pathway to a productive and successful future for our children and our nation's future.

In 2008, juveniles accounted for 16% of all violent crime arrests and 26% of all property crime arrests in 2008. They were involved in 12% of all violent crimes cleared and 18% of property crimes cleared. Eleven percent (1,740) of all murder victims were younger than age 18. More than one-third (38%) of all juvenile murder victims were younger than age 5, but this proportion varied widely across demographic groups. The juvenile murder arrest rate was 3.8 arrests per 100,000 juveniles ages 10 through 17. This was 17% more than the 2004 low of 3.3, but 74% less than the 1993 peak of 14.4. Although black youth accounted for just 16% of the youth population ages 10-17, they were involved in 52% of juvenile Violent Crime Index arrests and 33% of juvenile Property Index arrests.

As many as 200,000 youth under age 18 are prosecuted in adult criminal courts across the United States yearly. This epidemic has resulted in most states spending about three times as much per prisoner as per public school student. This protocol is a comprehensive strategy that will enable all Americans to properly train a next generation of productive citizens and

dismantle the pipeline to prison and premature death. This provisional design can be modified to meet the needs of every at risk youth. It offers individualized approaches to disruptive behavior and effective practices for communities with differing needs. Specifically, prevention and intervention practices, as well as special insight and attention to promising solutions to juvenile delinquency and criminal street gang activity.

This protocol uses a multi-step approach to help everyone understand the root causes of this crisis and present procedures to produce results in critical areas, particularly, teen drug usage, gang affiliation and criminal propensities.

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The 10% Problem

The prevalence of serious juvenile delinquency can be reduced by identifying and treating the small percentage of juveniles who are at risk of becoming chronic offenders when they first come into contact with the juvenile justice system. We must focus our resources in the most effective way. Less than 10% of the juveniles who are arrested will get rearrested within a three year period and be responsible for at least 55 percent of repeat cases.

The characteristics of this group of repeat offenders ("the 10% problem") are dramatically different from those who are arrested only once. These differences does not develop after exposure to the juvenile justice system, as some might expect; they are evident at first arrest and referral to juvenile court, and they worsen if nothing is done to alleviate the teens' problems. Unfortunately, in wanting to "cut some slack" to first-time offenders, the juvenile justice system often pays little attention to those at greatest risk of becoming chronic offenders until they have established a record of repeated serious offending.

The upside is that most of the tiny fraction of potentially serious continual offenders can be identified consistently at first contact with the juvenile justice system. The "10%" offenders enter the system with a difficult set of troubles or risk factors, which include: (a) participation in crime at an early age and (b) a complex trouble profile including major family problems (violence, abandonment, criminal relatives, and/or a lack of parental care and control), problems at school (absenteeism, failing more than one class, or a recent suspension or expulsion), drug and alcohol misuse, and activities such as gang association, running away, and thieving.

I think the solution is a Prevention/Intervention Program that addresses at least three of the four risk factors in the complex trouble profile. The program should focus on high-risk teens and their entire families. Its goals should be to enhance structure, care, and support for families; make would-be "10-percenters" responsible; guarantee that teens and families appreciate the importance of school and encourage pro-social values, conduct, and relationships. The program should also work to establish intervention strategies and services for teens in the community and to instill a sturdy commitment to solidarity by all allies, including representatives from other Child-Protective-Services agencies.

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Objectives

- Enhance relationships between city, state and federal governments to develop and implement youth development policies and programs;
- Build on existing youth collaborations and organizations;
- Develop and implement nationwide training programs based on effective principles and best practices of youth development;
- Involve youth in planning; and
- Evaluate results.

Target

While estimating the number of at-risk youth is difficult, there are a large number of children in America who are growing up with disadvantages that limit the development of their potential, compromise their health, impair their sense of self, and generally restrict their chances for successful lives. Furthermore, youth who do not have opportunities to develop positive attitudes and behaviors and to test those within a supportive environment are at risk of a host of antisocial and negative behaviors. Often these youth live in high-poverty areas and do not receive attention until after they engage in negative behaviors.

The term "at-risk" is misleading because it encompasses a wide array of youth who have already begun to engage in negative and high-risk activities. At-risk youth may be youth who are too old to be served by the traditional child welfare system or too young to be identified or served by the adult systems. As a result, they

may not be receiving adequate services or even being served at all. Alternatively, at-risk youth may already be receiving services through one or more youth serving system. In either case, these youth potentially represent the next generation of teen parents, welfare recipients, prisoners, single or absent parents, and/or unemployed young adults.

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Project Principles

Youth are at an extremely crucial period in their psychosocial and physical development. It is time when interventions can be very successful in risk reduction and positive development. Effective programs can help youth not yet involved in negative behaviors avoid them before these behaviors develop into patterns, before there are serious consequences to their actions, and before they require more expensive, and often less effective, "deeper end" services. Effective programs also address the needs of youth already involved in negative behaviors, youth referred to as "beyond risk."

Practice Principles

- **Holistic/Multimodal approaches.** Approaches for effective treatment recognize different learning styles and development stages; are balanced and holistic, addressing the full range of youth needs; address both risk and protective factors (protective factors are those individual characteristics that keep youth from engaging in high-risk behavior); and integrate education, health, mental health, employment, vocational, and substance-abuse services, as appropriate.
- **Collaborative efforts.** Best practice initiatives are those that fashion formal and informal collaborative relationships among community-based organizations, faith-based organizations, social services, workforce investment systems, law enforcement, mental health, juvenile justice, and education agencies. These different entities can deliver more comprehensive and seamless

services, provide more effective supportive and follow-up services, and leverage more resources.

- **Integration of family, peers, and community.** Programs that integrate the support of the two most significant groups in youth's lives - family members and peers - along with the broader community, can help provide the reinforcement and consistency that promotes long-term development and learning.
- **Positive adult and youth interaction.** Research indicates that programs that foster structured relationships between adults and youth have more positive outcomes for youth. Adult-youth interactions can be formalized through mentoring programs, parenting workshops, leadership seminars, and community service projects.

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- **Work-based learning/links to the private sector.** Programs that foster linkages with employers provide a tangible relationship between youth and "the real world." In additions, linkages to the private sector can also potentially add long-term resources to programs. Employer councils, advisory committees, and other such links can expand intern or apprenticeship opportunities.
- **Community service/service-learning activities.** Community service provides a unique experience for at-risk youth by allowing them to give something meaningful back to their community. In addition to providing hands-on experiences, community service demonstrates that youth are resources and have something substantial to contribute to society. Examples of community-services projects include tutoring children, providing support for the elderly, and organizing environmental events. Examples of programs that have successfully integrated community service into their programming include Habitat for Humanity, the American Red Cross, Boys and Girls Clubs of America, etc.

While there are competing conceptual frameworks of youth development, there is consensus on at least two basic tenets of youth development: the importance of positive development, and place-based and community-based development.

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Positive Development

Perhaps the most important feature of youth development strategies is their focus on growth versus remediation. This positive focus broadens the nature of treatment by allowing development to occur in areas other than the presenting problem. Successful models address the broader development needs of youth in a more holistic way than models that focus on youth problems and weaknesses.

How to Save Our Children from Crime, Drugs and Violence, How to Stop Your Children from Going to Prison and Leaders Breed Leaders offer some essential elements for this type of positive development.

1. Promotes bonding
2. Foster resilience
3. Promotes social competence
4. Promotes emotional competence
5. Promotes cognitive competence
6. Promotes behavior competence
7. Promotes moral competence
8. Fosters self-determination
9. Fosters spirituality
10. Fosters self-efficacy
11. Forster clear and positive identity
12. Foster belief in the future
13. Provides recognition for positive behavior
14. Provides opportunities for pro-social involvement
15. Foster pro-social norms

There will never be enough resources to prevent all juvenile delinquents from a pattern of offending. It is necessary, as an alternative, to focus intervention/prevention efforts where the need and potential benefits are the greatest. Such a concentration of efforts may lead to a solution of the 10% crisis and have a significant impact on community safety and on the future of many teens that might otherwise persist in lives of crime, drugs and violence.

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Leadership

Leaders demonstrate a unique blend of charisma, vision and character traits that attract people to follow them. They recognize the need to attract followers. Followership is a significant key to understanding leadership. To follow, people must feel confidence in the direction in which the leader is headed. They are enabled and empowered to do their part in accomplishing the stated objectives.

Furthermore, leaders people follow are responsible and trustworthy. If movement towards accomplishing the goals ceases, the leader takes responsibility to examine the problem - he doesn't seek out people to blame. So people can have confidence that their hard work won't be punished if they take reasonable and responsible risks.

Followers need to believe that, at the end of the voyage, they will be acknowledged and commended for their contribution. The leader must help followers answer the question *What's in it for me?* Successful leaders are truthful about the possible risks inherent in the chosen course. They communicate, not just the overall course, but any information followers need to productively and proficiently carry out their responsibilities.

The very heart of leadership is that you have a vision. It's got to be a vision you communicate clearly and convincingly on every occasion. There's nothing more unsettling than a leader who can't clearly communicate why the followers are doing what they're doing.

Leaders know what they value. They also recognize the importance of moral behavior. The best leaders demonstrate both

their values and their morals in their leadership style and actions. Your leadership morals and values should be visible because you live them in your actions every single day.

A lack of trust is a problem between many parents and children. Since a lot of parents never identify their values in their homes, the distrust is understandable. Children don't know what they can expect. If parents identify and share their values, live the values every day, visibility will create trust. To say one sentiment and to do another will destroy trust - possibly forever. Trust is a build-up because it is "built" on these three workings: "the potential for trusting, the view of competency, and the view of objectives."

Home training takes the same route. If parents have a code of conduct and moral expectations, they become a laughable joke if they fail to live up to their own rules. Parents that demonstrate moral behavior effectively influence the actions of their children.

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25 Keys of Leadership

1. Never promise to do more than you're able to.
2. Always know what you're being asked to do.
3. Be clear about who you are and what you stand for.
4. Learn from the mistakes of others.
5. Always be positive.
6. Stay away from negative people.
7. Ask for help when you don't understand.
8. Write down specific goals and how you want to reach them.
9. Don't let what others think distract you.
10. Acquire new skills.
11. Always be honest with yourself.
12. Never give up.
13. Think about the opportunities, not the obstacles.
14. Make reasonable, rewarding and retrievable goals.
15. Don't be afraid to make mistakes.
16. Don't cheat yourself or others.
17. Never waste time.
18. Be responsible.
19. Network.

20.Listen to understand.

21.Speak to be understood.

22.Ask clarification questions: Who, What, When, Where, Why.

23.Always be respectful.

24.Speak only about what you know.

25.Be unique.

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10 Keys to Solving Problems

1. Gather the facts.
2. Assess the facts.
3. Evaluate the consequences.
4. Use sound judgment.
5. Exert confidence to act.
6. Act in a timely manner.
7. Act appropriately.
8. Avoid making new problems in the process.
9. Be able to live with your resolution.
10. Be sure others can live with your remedy.

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Seven Keys of Leadership

-  **Rapport**
-  **Inspiration**
-  **Drive**
-  **Attitude**
-  **Preparation**
-  **Flexibility**
-  **Integrity**

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Rapport

Communication is the middle ground between conflict and cooperation. Say what you mean, and mean what you say.

Connection - Mohandas Gandhi once said, "*Character is mastery over your thoughts and actions.*" In order to connect with anyone, a leader must have dignity, dedication and diplomacy.

Compassion - People make mistakes. Past failures should never disqualify a person from future opportunities. Failures often make a person stronger and wiser.

Courage - John Wayne illustrated courage as: "*Being scared to death and saddling up anyway.*" Leaders must be brave, bold and bright.

Charisma - Leaders are magnets that inspire others to follow their lead. They use the (3) Ps - Power, Poise and Passion.

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Inspiration

Self-Control - Lead by example. Don't tell others not to do something if you're going to do it.

Selfless - People like to dream, but no one wants to be left out of the dream. Leaders don't consume happiness, they construct it.

Self-Confidence - Samuel Johnson describes it as, "*The first requisite to great undertakings.*" It is also the inner strength you can use to make others strong.

Self-Acceptance - You must be willing to admit when you're wrong and apologize when you wrong others.

Self-Made - Leaders have the ability to lead because they have achieved success or prominence by their own efforts.

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Drive

Ambition - It's what Johann Goethe calls, "*The wings of great action.*" It separates the boys from the men.

Appreciation - Leaders don't take anything for granted. They focus on the things they have control over and show gratitude to their helpers.

Accuracy- Leaders never put more emphasis on one endeavor than they do another. They perform every task with proficiency.

Arbitrary - Leaders settle differences not start them.

Artistry - Henry James tags art as, "*The Shadow of Humanity.*" Leaders are creative craftsmen.

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Attitude

Faith - Edward Young dubs faith as, "*A bridge across the gulf of death.*" It's also confidence in your convictions.

Fortitude - It's that stick-to-itiveness that allows you to press on.

Forgiveness - Horace Bushnell terms it as, "*Man's deepest need and highest achievement.*" Isaac Friedman calls it, "*The sweetest revenge.*" Leaders let bygones be bygones.

Fair - Leaders level the playing field. Every man deserves a fair shake.

Fun - Fun is a planetary tie that ties all people together.

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Preparation

Observation - Examine your obstacles and devote attention to all philosophical changes needed.

Obedience - Focus on what needs to be done now; how you plan to attain success.

Optimism - A leader must be a ray of sunshine hidden behind the dark clouds.

Oratorical - An Arabian proverb says an orator is "*One who can make men see with their ears.*" Leaders are artful, articulate and artistic.

Organization - Leadership is about having your ducks in a row. Disorder disorients direction.

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Flexibility



Recognize-Acknowledge, analyze and absorb.



Reason - Apply logic by using your head.



Reference - Seek advice, assistance and ammunition.



Regroup - Focus on one thing: what you need to do - or not do - in order to succeed.



Remedy- Counteract, correct and cure.

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Integrity



Education primes you to stand up against all temptations.



Effort is the sticker price to live on Easy Street.



Empathy - You must forgive to be forgiven.



Endurance is the creator of good fortunate.



Experience - Oscar Wilde describes it as, "*The name everyone gives to their mistakes.*" It is the source of a man's integrity.

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Conclusion

One day, I was asked by another inmate: What is your purpose in life? My answer was simple and plain - to be a blessing - to be a blessing to my family, my friends and my foes. I'm here to be a blessing to the world. One of the easiest things I can do to be a blessing to them is to make them laugh. There are times I need to be serious with all of them, but our dealings flourish when there is no reason. You must always be reasonable. Adults have got to be reasonable when children offer feedback and criticism. Even if the feedback and criticism is unreasonable.

Be unselfish. Be unselfish with your time. Be unselfish with your education. Be unselfish with your hard earned lessons. Share your wisdom and your good judgment. Share as much as you can about you so that your children won't have to learn the hard way. Every time I conduct a seminar, I tell the inmates about my experiences as a 22 year old growing up in a maximum security penitentiary. I tell them about the harrowing tales of death and deceit - the countless number of people I've seen get stabbed and killed. Afterwards, there's always someone who will come up to me and ask to enroll into my GED class. Share your experiences. There are a lot of children who can benefit from hearing what you've been through. It makes them think.

Sharing your experiences with children is like sowing seeds that you trust will bud and then spread to benefit others. What you say to them can be influential. One day I told a young prisoner about another inmate getting killed for not paying a debt. The youngster had a really bad habit of borrowing money and not having any means of paying it back. After I explained to him what happens to people who don't pay their bills in prison - they get raped or killed - he decided that it wasn't even worth the risk. We all have been blessed to be a blessing. No matter who you are and where you are in your voyage, remember this: someone can always benefit from what you've been through.

Share and appreciate the experiences. And always depend on you.

The less dependent you are of others, the more your life will progress. Any time you accept flaws in others, it increases your flaws. A key attribute in successful people is their intolerance with pessimistic thinking and pessimistic acting people. As you mature, your acquaintances will change. Some of your friends will not want you to progress. They will want you to stay where you are. Friends that don't help you rise will want you to fall. Your friends will broaden your dream or choke your vision. Those that don't push you forward will eventually push you back.

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Tell me who your friends are, and I will tell you who you are. If you hang with criminals you will learn how to commit crimes. But, if you befriend successful people, you will learn how to be successful. A mirror replicates a man's face, but what he is really like is shown by the kind of associates he chooses. The straightforward, but realistic, fact of life is that you become like those whom you closely befriend - for the good and bad.

When you have the right attitude failure is not an option. Positive thinking means you refuse to be rejected. You are unyielding and uncompromising in a constructive way. You are still willing to learn, you take heed to wisdom. You are always seeking to acquire knowledge, always striving to get your piece of the pie. You're determined, decided and driven, but not devious.

Think about this: Never receive advice from nonproductive people. Never discuss your problems with someone incapable of contributing to the solution, because those who never succeed themselves are always first to tell you how. Not everyone has a right to speak into your life. You are certain to get the worst of the bargain when you exchange ideas with the wrong person. Don't follow anyone who's not going anywhere. With some people you spend an evening; with others you don't even give them the time of day.

Optimism means you are confident, courageous and conscientious. You are determined to achieve your constructive goals by any means necessary. You are determined to be real with yourself about picking the most realistic goal and sticking with it. No matter what your goal is -having a positive attitude is the secret to achieving it.

The urgent challenge for each of us and for our nation is to prevent this waste of our children's lives and our nation's capabilities. This is a comprehensive plan how we can step up and take action and save our children.

Step by step, we can and will make a difference. Today. Tomorrow. Together.

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Declaration of Transformation

I, _____ on this _____ day of _____
hereby agree to cease and desist all criminal activity. Furthermore,
I commit to assist in the rebuilding of my community and to help
save all children from crime, drugs and violence. I do this in the
interest of our children and the betterment of my country.

Witnessed by: _____

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Proclamation

I WILL immediately cease my involvement in crime, drugs and violence.

I WILL immediately work with my community leaders to establish comprehensive approaches to saving our youth from death and destruction.

I WILL not disrespect my elders or my peers.

I WILL steer clear of any activity that is not productive to my future.

I WILL treat my teachers and principals with the respect they deserve as educators.

I WILL not use any form of illegal drugs or abuse prescription medications.

I WILL not sexually harass anyone.

I WILL be a good sportsman when I play sports and other extra-curricular activities.

I WILL honor my mother and father at all times.

I WILL not dropout of school and I vow to do my best at all times.

I _____, hereby recognize this Proclamation as true and accurate on this _____ day of _____.

Witnessed by: _____

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A Message to the Youth

I CAN'T END THIS PROTOCOL WITHOUT SPEAKING DIRECTLY to the children I am trying to save. I've been in your shoes - I know what it is like to be you - and I don't want you to end up dead or in jail. The game, as you know it today, is a game of death and destruction. The friends that you believe are your friends must be tested - now rather than later. They must prove to you that they are your friends by allowing you to be yourself. By not trying to get you to do things you really don't want to do. When you look at your friends you should see yourself. You should see someone who loves you as much as you love living. Someone who will not put your life in harms way. Someone who will not have you selling drugs and destroying the community you live in, as well as putting you at risk of going to prison for Life. It happened to me and don't think for a minute that it can't happen to you.

As you try to set your mind on being something in life, it's easy to be swayed and get discouraged. It's easy to get distracted by the expensive cars, clothes and bling. It's easy to get sidetracked by the electronic devices at your disposal - the video games, the internet, the iPhones and the iPods. It's easy to get enticed by the things you see on TV - the drug dealing, gangbanging and killing. It's easy to get caught up in fiction not fact - if the rappers were living what they rap about - they would be dead or in jail just like me. It's all entertainment. But far too many of you take it too serious. It's so easy to have ghetto dreams of being a "Hood Star." Growing up wanting to be like

the O.G. on the block who is riding big and living big. I have news for you, it didn't last for me and it won't last for him or you. Penitentiaries and graveyards are full of gangsters, full of drug dealers, and full of people who tried to be something else other than them. Be proud of who you are and always remember that can't nobody beat you being you.

Most of all, always believe in *you*. Believe that *you* can do whatever *you* want to if you put your mind to it. Becoming the next Tiger Woods, Lebron James, Jay Z, Beyonce, Serena Williams, Miley Cyrus, or Brittny Spears might seem more appealing than becoming Barack Obama, Bill Gates, General Colin Powell, Oprah Winfrey, Hillary Clinton or Martha Stewart. Well, I'm here to tell you that you have a greater opportunity of becoming a successful businessperson than you do of becoming an entertainer. That doesn't mean for you to give up on being a mega superstar; it does mean that your goals must be reasonable, rational and reachable. With the right attitude you are already a winner before you even begin - no matter what you are trying to accomplish. It's hidden right inside of you lingering to be cultivated, conditioned and completed to help you achieve your goal. Your blessing is in still being alive and free. Countless misguided children are dead or in jail. But you are still breathing and free to be whatever you want to be that makes sense.

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You are the future of your family. The future of America. And the future of world.

Look at yourself like a car - an automobile - you'd like to own. It's your fantasy car, something you've dreamed about for as long as you can remember. You want it to be unforgettable. You want it to be like no other. You want it to be the finest car in the world. You want to be happy that it's yours.

What's the first thing you need to buy your fantasy car? Let's start with a plan to get the money to buy it. If you fail to plan then you plan to fail. A plan outlines everything you will need to do to buy the car. It's a blueprint to transform your dream into a reality.

For you, the plan comes from people who are models of how you want to live your life. Perhaps they do what you want to do. They're successful. They're driving the car you want to own. How they live their lives and how they purchased the car can be your blueprint.

Drug dealers drive the same cars as legitimate businesspeople, but they don't do the same things to pay for the cars. They don't take the same risks. Too many people love things more than people. Money shouldn't make the man, the man should make the money. Think about these questions:

- ❖ Do you value your life?
- ❖ Do you value the lives of others?
- ❖ What is your value?

- ❖ What is the value of your love ones?
- ❖ How does your value relate to your goal?

Do you value your life? When you value your life you won't risk it for a car. When you do, the value of the car is the value you're putting on your life. Your life is worth much more than a fancy car.

Do you value the lives of others? When you value the lives of others you won't risk their lives for a car. When you do, the value of the car is the value you're putting on their lives. Their lives should mean more to you than a fancy car.

What is your value? Your true value cannot be summed up in the terms of money, because you are *priceless*. Your love ones are *priceless*. You should never put a price on their lives or your own. When you love someone, you don't put their lives in harms way. You safeguard their safety as you would your own. This means, you don't do anything that can have a negative effect on those who you love.

Cedric Dean's Protocol for Saving America's Youth

A National Solution to Crime, Drugs and Violence

Cedric Dean

Here are a few more questions to think about:

- ❖ What are you going to do to make your dream come true?
- ❖ Are you passionate about making your dream come true?
- ❖ Do your thoughts and actions support your dream?
- ❖ Does your dream benefit others besides yourself?
- ❖ Does everything that you do contribute to your dream?

No one can answer those questions but *you*. You are in control of your future. You are the pilot of your plane and the architect of your future. You must stop being the biggest threat to your community, and start being the biggest asset to it. You must stop loving people and things that can't or won't love you back: Phony Brotherhoods and Oaths that only prevent you from being who you really are destined to be. In 2008, 11% (1,740) of all homicide victims were under the age 18. More than one-third (38%) of all young murder victims were younger than age 5. It's no secret - the streets are about death and destruction.

Once you have your plan, you'll need to put together an execution strategy. Without an execution strategy, you have no way of knowing how you are going to do what needs to be done. Your execution strategy should be based on your character and skills. You know the difference between right and wrong and what you are capable of doing or not doing. Never try to do more than you're capable of doing. This is why having a good education is essential to being successful. Information is power. The more you know, the further you can go in life. I cannot tell you how important school is. Although, there are a few successful people who dropped out of school, the odds are all the way

against you when you do. You have a one in a million chance. Play the odds in your favor. Take the sure shot and stay in school. No high school dropout has ever made it to the pros in any sport. You can go to the pros from high school, but there's no chance when you're not in school. And you can be better than Michael Jordon, Kobe Bryant and Lebron James all put together - it's not going to happen.

Cedric Dean's Protocol for Saving America's Youth

A National Solution to Crime, Drugs and Violence

Cedric Dean

The last thing I want to talk to you about is friends. *Association Breeds Assimilation.* You become similar to those who you hang around. If you associate with losers, more than likely you will become a loser. If you associate with a winner, more than likely you will succeed. Most of the time, the attitudes of your family, friends, associates, and neighbors are reflected in your attitudes. Too often, you get told by non-achievers that you cannot be successful. As a result, you measure up to the expressed expectations of those who surround you. You must learn to recognize these influences as being the obstacles which they are, rise above them, and in sequence move to the success you have a right to seek. Instead of allowing your associates to reflect your attitudes, you must be a reflection of your own attitude. Self-image reflects your attitude which, in turn, will manifest into your failures or successes. Never associate with people who are where you don't want to be in life.

There is nothing in this world which is valid in and of itself, except the self. Everything else is the result of company. Just as water takes on the character of whatever it mixes with. Therefore, company is very important, it has great power. In the company of the right people, we can become as good as we want to. In the company of the wrong people, you can fall down to any depth of dreadful conditions. We are just like this one lion's cub that fell into the hands of a shepherd. The cub lived with the sheep. He would go about acting like all the sheep he was surrounded around. One day he ran into a lion who asked him. *"Hey what are you doing? Why are you with these sheep? We are supposed to grab these sheep and eat them, but you are hanging out with them."* He took the cub to the river and asked him to look at his own reflection in the water. *"Now tell me whether you are like me or like them?"* The cub replied, *"I can*

see I am like you." And so the cub was delivered from the wrong company. Likewise, you must recognize who you are.

If you want to be a failure, associate with failures because, after all, you are a product of your environment. "*Success breeds success.* " or "*Money goes where money is.* " are more than corny expressions. If you want to be successful, you must cultivate friendships with successful people. When you communicate and share ideas with failures, your thoughts will be flooded and dominated by those of failures. But when we communicate and share ideas with successful people, your thoughts will be in sync with theirs as well. If you desire to be a winner, you must run with winners, if you don't run with winners, you indirectly choose to be a loser.

You are a natural born winner. You are better than you give yourself credit for. Don't be apprehended by setbacks of the past or by what neighborhood you come from. That shouldn't determine where you can go. Your future is not about where you come from, but it is about where you intend to go from here. Certainly not to prison.. .and certainly not to an early grave.

So be the *best you that you can be* - and make your haters your motivators.

APPENDIX

**CONSTITUTION and BY-LAWS for SONS AGAINST
VIOLENCE EVERYWHERE**

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ARTICLE I

Name and Object

Section 1 – Name

The name of this organization shall officially be SONS AGAINST VIOLENCE EVERYWHERE

Section 2 — Purpose and Aim

The purpose and aims of SAVE shall be to decrease violence and improve the educational, social and health status of all people.

ARTICLE II

OFFICERS

The elective officers of SAVE shall be a President, a Vice President, a Secretary, a Treasurer and additional officers as the organization may prescribe in accordance with the terms and conditions of Article VII (Amendments to Constitution).

Section 1 — President

The President shall have the responsibility of presiding over the overall day to day operations of SAVE and shall be the Chairman of all Committee.

Other duties of the President shall be:

- (a) To appoint Chairpersons and members of all committees.
- (b) Between meetings of the Board of Officers and the General Membership, to exercise general executive authority on behalf of the Organization, subject to ratification by the Board of Officers.

- (c) To countersign all requisitions prepared by the Secretary for disbursements from the Organization's Treasury.
- (d) To perform such other functions and exercise such further duties as may be voted from time to time by the General Membership or Board of Officers.
- (e) To serve as an ex-officio member of all committees except the Nominating Committee, and the Election Supervisory Committee.

Section 2 - Vice President

The Vice President shall assist the President and shall have all other responsibilities as delegated by the President.

Section 3 — Executive Director

The Executive Director shall give due notice of all meetings of the Committees; aid, coordinate and integrate the work of the several committees; submit reports of the activities of the Committees at all regular meetings or whenever required; and keep the President and Vice President informed of all events affecting the interests of SAVE. Other duties of the Executive Director shall be:

- (a) To keep a record of all members and their dues.
- (b) To submit reports of the activities to the General Membership and the Board of Officers at all regular meetings or whenever required by either body; to submit to the Organization at its annual meeting an annual report covering activities.

- (c) To interview complainants; to act in the name of the organization on behalf of complainants with valid grievances; to investigate in the name of the Organization any reported, alleged or suspected violent practices in any phase of community life; to represent the Organization at meetings of other organizations approved by the Board of Officers; to lend Organizational support in active cooperation with such other organizations as may be approved by the board of Officers; to discharge such other duties as may arise in the execution of the office, or as may be assigned by the Board of Officers.

Section 4 — Secretary

The Secretary shall have the exclusive responsibility of efficient record keeping duties of SAVE and such other responsibilities as deemed necessary as delegated by the President, Vice President or Executive Director.

Other duties of the Secretary shall be:

- (a) To give notice of all meetings of the Organization and Board of Officers.
- (b) To give receipts for all membership fees received and to transmit such fees to the Branch Treasurer.
- (c) To aid, coordinate and integrate the work of the several committees.
- (d) To submit reports to the General Membership and the Board of Officers at all regular meetings, or whenever required by either body, covering the status of the Organization and its

activities since the date of the last report.

- (e) To keep the President of SAVE informed of all events affecting the interests of the General Public — i.e. crime and violence.
- (f) In conjunction with the President, to sign requisitions for disbursements from the Organization's Treasury and to maintain a file of receipts and disbursements.

Section 5 - Treasurer

The Treasurer shall receive all monies of the Organization and promptly deposit the same in the name of the Organization in an account in a responsible bank or trust company. No money shall be withdrawn from the account except by a check signed by the Treasurer, and countersigned by the President, or in the absence, unavailability or disability of the President, by the Vice President.

Other duties of the Treasurer shall be:

- (a) To act as chief financial officer of the organization.
- (b) Oversee the budget and keep track of expenditures.
- (c) To make authorized disbursements upon requisitions signed by the Secretary and countersigned by the President. Each requisition shall recite the amount and purpose of the payment requested. Any requisition in the amount of one hundred dollars or more must be approved by the board of

officers.

- (d) To submit written reports to the Organization and the board members at all regular meetings, or whenever required by either body.
- (e) The Organization may require the Treasurer to be bonded at the expense of the organization.

ARTICLE II (a)

MEMBERSHIP

Section 1 – Membership prerequisites

Any person who is in accordance with the principles and policies of the Organization may become a member of this Organization with consent of the Board of Officers, by accepting the terms of the Constitution of Sons Against Violence Everywhere and by paying annually in advance the requisite membership fees as prescribed by the National Board of Officers.

Section 2 — Effective Date of Membership

The effective date of Membership is the date membership payment is received by the organization.

Section 3 - Dues

Regular Adult Membership \$20.00 (annually)

Youth Membership \$15.00 (annually)

Prison Membership \$10.00 (annually)

ARTICLE III

COMMITTEES

Section 1 — Arts & Entertainment Committee

The Arts & Entertainment Committee will provide anti-violence recreational and social benefits to the youth; host contest; host talent shows; and coordinate culturally diverse tournaments.

Section 2 — Community Connections Committee

The CCC shall enlist the support of the community organizations on issues affecting the interest of the youth; host Achievement & Recognition Events; and coordinate Youth Development Workshops.

Section 3 — Education Committee

The Education committee will increase the number of High School graduations; increase the number of College enrollment; coordinate a book club; and offer tutoring.

Section 4 — Events Coordination Committee

The ECC will set up all of the SAVE events, as well as maintain order.

Section 5 - Health Committee

The Health Committee will raise the awareness of AIDS/HI V/Hepatitis-C prevention; host Culturally Diverse Fitness and Wellness Events; Fight obesity and other diseases; and promote better living habits.

Section 6 - Newsletter Committee

The Newsletter Committee will provide informative knowledge and unbiased reporting about the SAVE activities and events.

Section 7 - Religious Affairs Committee

The RAC will promote inspirational programs designed to give moral and ethical support to the youth; create collaborative partnerships; host religious events; coordinate culturally diverse religious outreach programs; and coordinate Spiritual Development Workshops.

Section 8 - Committee Composition

Each committee established under these rules shall select a Chairman, Vice Chairman, and Secretary from its ranks. Committee

membership shall not exceed 6 members. Any member can submit a written request to participate in a particular committee after declaring to actively participate in good faith and adhering to applicable rules.

Section 9 - Duties and Procedures

The duties and procedures shall be:

- (a) Each committee shall consider all submitted proposals in a full, fair, and deliberate manner.
- (b) Each committee may adopt procedures and rules, consistent with these laws, for the operation of the committee and execution of its duties.
- (c) If a committee reaches a consensus on a matter at the conclusion of its functions, it shall issue a report and finding to be routed to the President.

ARTICLE IV

MEETINGS

Section 1 - Meetings, Dates and Times

Specific committees shall reserve the privilege to set meeting dates and times for its perspective members in an effort to fulfill its duties. All meetings shall be conducted in accordance with the "Robert's Rule Of Order" and all other applicable standards that promote the democratic process.

Section 2 - Proposals

All proposals must be properly formatted with: Objective, Purpose, Date, Time, Place and Itinerary.

ARTICLE V

QUORUM

Section 1 – Meetings

The quorum of all committees shall not be less than (3) of the committee's total members.

ARTICLE VI

ORDER OF BUSINESS

Section 1 — Operation

Unless altered or suspended at any meeting by an officer, the following shall be the order of business at meetings:

Ascertainment of numbers present

Reading of minutes of previous meeting

Reports of Officers

Reports of Committees

Nominations

Unfinished Business

New Business

Rules of procedure as laid down in Robert's Rules of Order shall govern SAVE except as otherwise herein provided.

ARTICLE VII

EXPULSION, SUSPENSION OR REMOVAL OF OFFICERS and MEMBERS

Section 1 - Grounds for Suspension or Other Disciplinary Action

When an individual becomes a member of SAVE, that individual pledges to abide by the rules and policies of SAVE and the decisions of the officers. The officers, upon satisfactory evidence that a member or officer is guilty of conduct not in accord with the principles, aims and purposes of SAVE, as set forth in its Constitution, or is guilty of conduct inimical to the best interests of SAVE, may order suspension, expulsion or other disciplinary action against such officer or member, after a **full** hearing in accord with the provisions of this Constitution. A member who circumnavigates protocol without having pursued the chain of command, shall be deemed as exhibiting behavior not in accord with the principles, aims and purposes of SAVE, meriting suspension, expulsion, or other disciplinary actions.

Section 2 – Complaints

A complaint against an officer or member of SAVE may be forwarded to the Executive Director. The Executive Director will investigate the complaint within (10) calendar days of receipt of the complaint. The President shall file a written response within (15) calendar days from the receipt of the complaint.

Section 3 — Hearing Procedure

The SAVE officers shall afford oral and/or written arguments to all members accused of exhibiting behavior not in accord with the principles, aims and purposes of SAVE.

Section 4 - Appeals

Appeals shall be based only on the written record. The appellant may not present oral testimony; however, documentary evidence may be submitted.

Section 5-Notice of Findings and Action

Notice of findings and actions of the officers shall be hand delivered to the officer or member.

ARTICLE VII

BY-LAWS

With the written approval of the President, a Committee may adopt or amend the By-Laws provided, that (1) notice in writing of the proposed by-law or amendment shall be given to all members at least seven days prior to the meeting at which the same is to be acted upon; and that (2) the proposed amendment shall be approved at two successive regular meetings of the committee.

Section 1—Election of Officers

The officers' election shall be held during the tenth month of every odd numbered year.

Section 2 - Eligible Candidates

All persons who endorse the aims and purposes of Sons Against Violence Everywhere who are members in good standing shall be eligible to run for office.

Section 3 - Term of Office

All officers shall be elected by secret ballot for a two year term ending December 31st. The term of each elected officer shall begin January 1st of each odd numbered year.

Section 4 — Election Meeting.

No officer of the organization or any candidate for office shall occupy their chair at election meetings. The names of the various candidates for the office shall be clearly announced or posted in a place visible to all present at the election meeting. Tellers to count the ballots shall be appointed in equal numbers by the candidates for office of President. No officer of the Organization or candidate for office shall serve as a teller.

Section 5 - Eligible Voters

The number of eligible voting members of the organization shall be established before the voting begins. Upon proof of qualification, all eligible voters shall receive and sign for one ballot each and there upon immediately proceed to vote secretly. The right to vote is personal and shall not be exercised by proxy. No absentee ballots may be cast.

Section 6 - Members In Good Standing

Members in good standing shall be eligible to run for office or vote in an Organizational election. For the purpose of running for office, a member in good standing is one whose name appears on the roll of the Organization as a bona fide members of the Organization at least one hundred and eighty (180) days prior to the date nominations are made. For the purpose of being elected to the Nominating Committee or the Election Supervisory Committee, signing a nominating petition or voting in Organizational elections, a member in good standing is one who has been a bona fide member of the Organization for at least thirty (30) days prior to the date the election is held or the nominating petition is filed. For all other purposes, a member in good standing is one who has paid the requisite minimum membership fee to the Organization.

Section 7—Nominating Committee

In even numbers years there shall be elected at the September membership meeting of the Organization a Nominating Committee composed of not less than five (5) nor more than (13) members of the organization in good standing, provided that not more than two (2) shall be officers of the organization.

The duties of the Nominating Committee shall be:

- 1) The Organization's Secretary shall call the organizing meeting of the Nominating Committee. The first meeting of the Nominating Committee shall be held no later than ten (10) days after its election.
- 2) The Nominating Committee shall submit a report in writing at the October General Membership Meeting of the Organization. This report shall consist of the names of those persons qualified to fill existing officer (one name for each office.)
- 3) At said October Membership Meeting of the Organization, additional nominations may be made for all officers by written petition signed by three (3) or more standing as of the time of the meeting. No one shall be nominated by the Nominating Committee or by petition without having first obtained his/her written consent.

Section 8 — Election Supervisory Committee

After all nominations have been made, the Organization at said October meeting shall elect an Election Supervisory Committee consisting of five (5) members in good standing. In addition, each candidate for the presidency is entitled to appoint a representative to the Election Supervisory Committee. However, in the event the total number of candidates for the presidency is more than four (4), the Organization must elect additional members to the Election Supervisory Committee so that the total number of elected members is one more than the appointed members of the Committee. No candidate may serve on the Election Supervisory Committee.

The duties of the Election Supervisory Committee shall be:

- 1) Supervise the Organization's election.
- 2) Supervise the establishment of appropriate provisions and procedures for conducting the election in accordance with this Constitution, in order to protect the right of each member of the Organization to cast her/her ballot properly and have it counted.
- 3) Have printed one complete ballot containing in alphabetical order for each office, the names of all persons nominated for office.

- 4) Prepare the ballot in sufficient numbers for use at the election, and this ballot shall be the only ballot used at the election, unless the Organization decides to use voting machines in addition to, or in place of, the ballot.

ARTICLE IX

AMENDMENTS TO THIS CONSTITUTION

This Constitution may be amended only in the interests of SAVE.
SONS AGAINST VIOLENCE EVERYWHERE

MISSION STATEMENT

The mission of SAVE is to channel the energy and talents of children into constructive pursuits while aiding in the growth process and reducing the high rate of murder and incarceration throughout the nation.

HIGH PRIORITIES FOR SAVE

- Decrease the number of murders in America
- Decrease the high rate of incarceration
- Raise the awareness of AIDS/HIV/Hepatitis-C prevention
- Sponsor re-entry and Employment Life Skills workshops

- Host leadership seminars which focus on accountability, family support, living skills, and many other important issues.
- Coordinate a "Reading to Succeed" Book Club

SONS AGAINST VIOLENCE EVERYWHERE

COMMUNITY CONNECTIONS COMMITTEE MISSION STATEMENT

The Community Connections Committee will identify and provide resources for children and their families through collaborative partnerships. In accordance with the overall strategic direction of SAVE, the Community Connections Committee will address violence through outreach, responsive motivational and inspirational programming, and multiple delivery systems.

HIGH PRIORITIES

- Create collaborative partnerships
- Host Achievement & Recognition Events
- Coordinate culturally diverse community outreach programs
- Coordinate Youth Development Workshops

SONS AGAINST VIOLENCE EVERYWHERE

ARTS & ENTERTAINMENT COMMITTEE MISSION STATEMENT

The Arts & Entertainment Committee will help children channel their energy and talents into constructive pursuits. In accordance with the overall strategic direction of SAVE, the Arts & Entertainment Committee will address crime and violence through outreach, responsive motivational and inspirational programming, and multiple delivery systems.

HIGH PRIORITIES

- Provide recreational and social benefits
- Host Contest
- Host Talent Shows
- Coordinate culturally diverse tournaments

SONS AGAINST VIOLENCE EVERYWHERE

EDUCATIONAL MISSION STATEMENT

The mission of the Education Committee is to promote lifelong learning throughout the nation and beyond by educating minds in order to bring high quality educational opportunities to a diverse country. In accordance with the overall strategic direction of SAVE, the Education Committee will address children learning needs through outreach, responsive educational programming, and multiple delivery systems.

HIGH PRIORITIES

- Increase the number of High School Graduates
- Increase the number of College enrollment
- Coordinate a "Reading to Succeed" Book Club
- Offer tutoring classes

SONS AGAINST VIOLENCE EVERYWHERE

HEALTH COMMITTEE MISSION STATEMENT

The Health Committee will promote healthier living and disease prevention in order to bring better health opportunities to a diverse nation. In accordance with the overall strategic direction of SAVE, the Health Committee will address health needs through outreach, responsive awareness programming, and multiple delivery systems.

HIGH PRIORITIES

- Raise the awareness of AIDS/HIV/Hepatitis-C prevention
- Host Culturally Diverse Fitness and Wellness Events

- Fight obesity and other diseases
- Promote better eating habits

SONS AGAINST VIOLENCE EVERYWHERE

NEWSLETTER COMMITTEE MISSION STATEMENT

The Newsletter Committee will keep the public informed about the SAVE events and activities going on. In accordance with the overall strategic direction of SAVE, the Newsletter Committee will prepare a monthly progress report.

HIGH PRIORITIES

- Provide useful knowledge
- Provide educational knowledge
- Provide unbiased reporting

SONS AGAINST VIOLENCE EVERYWHERE

RELIGIOUS AFFAIRS MISSION STATEMENT

The Religious Affairs Committee will help meet the Religious needs of children in order to bring peace. In accordance with the overall strategic direction of SAVE, the Religious Affairs Committee will address faith-based needs through outreach, responsive motivational and inspirational programming, and multiple delivery systems.

HIGH PRIORITIES

- Create collaborative partnerships
- Host Religious Events
- Coordinate Culturally diverse religious outreach programs
- Coordinate Spiritual Development Workshops

SONS AGAINST VIOLENCE EVERYWHERE

EVENTS COORDINATION COMMITTEE MISSION STATEMENT

The Events Coordination Committee will set up all events and activities. In accordance with the overall strategic direction of SAVE, the Events Coordination Committee will aid and assist all Committees with the preparation and setting up of the following: seating arrangements, electrical equipment, distribution of refreshments and other arrangements deemed necessary by the Chairman-In-Charge of the event

HIGH PRIORITIES

- Provide order
- Timeliness

SONS AGAINST VIOLENCE EVERYWHERE
Member Application

1) Have you ever been a member of an organization? _____
If yes, what organization and what was your involvement?

2) Do you have experience working with children? _____ If yes,
describe your experience. _____

3) Why do you want to be a member of SAVE? _____

4) What do you want to accomplish through SAVE? _____

5) Do you have a strong, fair, or good support system out in the
community? _____

6) How are your writing abilities? _____

7) List programs you've been involved in outside of an organization.

8) What type of cognitive skills do you have? _____

9) How will you help children set principles and positive goals?

10) What is your view of Education for children? _____

S.A.V.E.'s Strategic Plan

SONS AGAINST VIOLENCE EVERYWEHRE Operational Plans

MISSION

S.A.V.E.'s mission is to channel the energy and talents of the misguided into constructive pursuits while aiding the growth process and reducing the high rate of murder and incarceration throughout the nation.

HISTORY AND HIGH PRIORITIES

S.A.V.E. is a derivative of the NAACP Prison Project. Its founder, Cedric Dean, was the Executive Director of NAACP Prison Branch 5135 which provided Federal prisoners with the opportunity to participate in a social/civic organization that better prepared inmates for society. During Mr. Dean's tenure, the Prison Project made significant progress in aiding violent offenders in achieving pro-social goals and a stake in societal norms. Most recently, Mr. Dean published: *How To Stop Your Children From Going To Prison*, a parental self-help guide that address a disruptive child's core beliefs, intermediate beliefs, automatic thoughts and the effects these thoughts and beliefs have on an emotional, behavioral and psychological level. Accordingly, S.A.V.E.'s high priorities are as follows:

- Decrease the number of murders in America
- Decrease the violence nationwide
- Decrease the high rate of incarceration
- Decrease the high rate of school dropouts
- Raise the awareness of AIDS/HIV prevention and other STDs.

GOALS AND STRATEGIES

S.A.V.E. will pursue the following goals and strategies over the next three years:

Program Goals and Strategies:

1. Assist violent individuals with eliminating destructive tendencies.
 - Disseminate cognitive behavior therapy data.
 - Develop a nationwide Values Enhancement Program.
 - Link violent perpetrators with behavior therapist.
 - Establish collaborative partnerships with corresponding organized movements.
 - Create intervention and prevention initiatives.
2. **Create opportunities for young adults to overcome the traditional stigma associated with peer pressure.**
 - Clarify goals, roles and responsibilities for Values Enhancement Program implementation.

Values Enhancement Program implementation.

- Sponsor youth forums that address core causes.
- Provide recreational, social and educational outfits.

Supporting Goals and Strategies

3. **Strengthen S.A.V.E.'s financial base**
 - Implement aggressive fund-raising plan for operating and program support.
 - Increase fee income
 - Explore alternative funding to increase revenue - i.e. government and corporate

sources.

4. Strengthen staff development

- Implement staff training plan.
- Clarify committee roles and relationships between staff and committees.
- Review and update personnel policies and benefits program.

Program Funding:

100% of the proceeds from "How To Stop Your Children From Going To Prison" will go towards general overhead. Additional funding will come from philanthropic enterprises, government grants and corporate sources.

Violence Prevention and Intervention

Prevention. All citizens will have access to direct counseling services from SAVE. Ordinarily, these services include; crisis intervention; brief counseling focused on a specific issue or problem; individual and/or group psychotherapy and psycho educational group programs. Citizens may access these services through self-referral or may be referred by a member of the community.

A. Crisis Intervention

Crisis referrals will receive immediate attention. If, following more comprehensive assessment, it is decided that the citizen requires additional help to address mental health needs, that recommendation must be made in writing by the assessing volunteer.

Case notes describing each crisis conversation should be maintained.

B. Brief Counseling

Often, citizens will contact SAVE with a specific problem situation which will require several sessions to address appropriately. On other occasions, a crisis referral may require several follow-up sessions to adequately remedy the problem. These types of sessions are defined as Brief Counseling session and ordinarily do not exceed four to five sessions. Citizens contacting SAVE with requests for assistance in making more significant lifestyle or personality changes should be assessed to determine their suitability as individual and/or group psychotherapy candidates.

Case notes describing each brief counseling session should be maintained.

C. Psycho educational Groups

Psycho educational groups are defined as group programs aimed at educating citizens regarding specific psychological issues or at training citizens in specific psychological skill areas. Examples of psycho educational groups include: Women's Issues Groups,

Assertiveness Training Groups, Interpersonal Communication Groups, Stress Management Groups, Substance Abuse Groups and Weight Management Groups:

Group components should focus on specific issues such as:

- (1) Victim Empathy
- (2) Behavior Therapy for Violence
- (3) Anger Management
- (4) Social Skills
- (5) Cognitive Distortions
- (6) Personal Victimization
- (7) Violence Education
- (8) Relapse Prevention

SAVE's Group Guidelines

These guidelines are for group sessions. As you start your group, it is important that the goals of the meeting are clear. Ordinarily, the three primary goals of the group are to:

- 1) Have the members honestly look at the consequences of their actions.
- 2) Give the members candid credulous information about their vice so that in the future they can make the most informed decisions possible.
- 3) Assist them with finding solutions to their problems.

As the instructor, you must have every intention of making the discussion informational and enjoyable. Always approach the group with an open mind. Encourage the members to participate fully by asking questions, sharing their thoughts and constructive criticism.

Try to address their questions to the best of your ability. If you do not know or have an answer available, let them know that you will try to find it out for them.

Ask each member to bring a journal or provide them with one. It will help them apply the information, they retain, evaluate the choices they have made in the past and the changes they wish to make in the future.

DISCUSSION QUESTIONS - Session 1

1. Do you believe you are solely responsible for your behavior?
2. Do you believe you are responsible for changing your behavior?
3. What is stopping you from changing?

POINTS OF EMPHASIS

1. People can and do change everyday.
2. Change is your responsibility.
3. Truthfulness is the center of change.

CLOSING PEP TALK

Encourage the members to stop blaming, stop making excuses and stop using their past for justification. Inspire them to address their issues, take ownership of their problems and gain control of their future.

DISCUSSION QUESTIONS - Session 2

1. Why do people become violent?
2. What are the benefits?
3. What are some of the adverse effects?

POINTS OF EMPHASIS

1. How the use of violence affects one's freedom, family and future.
2. Immediate gratification usually results in long-term consequences.
3. Effective communication is the middle-ground between conflict and cooperation.

CLOSING PEP TALK

Reflect on the cost and negative consequences.

DISCUSSION QUESTIONS - Session 3

1. Why do you think some people resort to violence and others do not?
2. Describe the behavior that bothers you the most.
3. What role do drugs play in your anger?

POINTS OF EMPHASIS

1. Diplomacy is the art of saying I agree to disagree.
2. Think before you speak and act.
3. Drug abuse causes significant psychological, physical, social or work-related problems.

CLOSING PEP TALK

Ask the members why should they continue using violence or drugs?
Point out where it has gotten them.

DISCUSSION QUESTIONS - Session 4

1. If you had to talk about drugs of violence to a group of children, what would you say?
2. What example are you to our youth?
3. How would you feel if a young person, who you have influence over, shot or killed someone trying to be like you?

POINTS OF EMPHASIS

1. Association breeds assimilation.
2. You have a purpose in life.
3. You can make a difference in the community.

CLOSING PEP TALK

Children do what they see grown-ups doing. They are far more extreme and less understanding. So be careful what you do around them.

Fourth Session Completion

Have the members to come up with (3) uncomfortable feelings and a strategy to deal with them.

Then, in relation to what they have learned and experience in the group, have them to verbally complete these statements:

Today I believe...

Today I feel...

Today I will...

Award each participant a Certificate of Completion during an inspirational ceremony.

These guidelines are simple and cost efficient. Never underestimate what an upright group leader can do to SAVE an unrighteous group of followers.

Safeguard

Atone

Validate

Educate

SAVE Educational Program Objectives

- a) Assist the general public with appropriate opportunities to improve their knowledge and skills through academic, occupation and leisure-time programs.
- b) The education committee will operate at a high level of professionalism through continuous self and supervisory evaluation, staff development and communication.

Program Goals

The Education Committee Chairman shall ensure that members of the general public with the need and capacity has the opportunity to:

- a) Complete an Adult Literacy program leading to a General Educational Development (GED) certificate and/or high school diploma.
- b) Acquire or improve marketable skill through one or more programs of Occupation Education (OE).

**Note: Programs of occupation counseling, work experience, and/or formal training may be used (independently or in combination) to satisfy the identified need. **

Successful completion is when one of the following criteria is met:

1. Exploratory Training. Achieving written criteria the organization established and approved by the Chairman of Education.
 - Exploratory programs are designed to provide an introduction to a specific occupation or a "cluster" of related occupations.
2. Marketable Skill Training. Achievement of marketable skills, marketable at least at the normal entry level for a specific occupational title or cluster of titles.

c) Complete one or more Adult Continuing Education activities.
(ACE)

Adult Continuing Education (ACE) activities are those formal instructional classes that are of special interest such as:

- ❖ Typing
- ❖ Financial Planning
- ❖ Parenting
- ❖ Refresher Training In A Basic Skill
- ❖ Consumer Education
- ❖ Computer Literacy

Continuing education is completed when a person meets the participation and achievement standards established for that activity.

d) Participate in Career Counseling

Career Counseling will be an ongoing activity throughout the program. Individual needs will be determined by a combination of factors, e.g.:

- > Education Level
- > Work History
- > Aptitude and Interest Inventories
- > Specific Job Skills
- > Committee Recommendations

Members of the community with career counseling needs can participate in a self-help program that assists them with career planning and development

[SAVE's staff shall encourage each participant to accept the responsibility to identify any specific education needs, set personal goals and select activities, programs and/or work experiences which will help to reach those goals.]

3. General Program Characteristics

a) The Chairman of Education shall assure that the following minimum criteria are met for the organization's education program set forth in the By-laws and Constitution.

1) There is a written curriculum which establishes measurable behavioral objectives and procedures.

The Chairman of Education must approve and teachers must follow the curriculum.

2) There are clear criteria which establish minimum expectations for program completion, as well as provisions for the assessment of student progress.

3) There are provisions for periodic review of the relevancy and effectiveness of the program.

4) The Chairman of Education may establish other requirements necessary to assure that the stated goals of the program are achieved.

SAVE - Health Committee Program Objective

Core Principles. The following core principles support the Health Committee Mission Statement:

- **Human Value.** All citizens have value as human beings and deserve medically necessary health care.
- **Citizen Rights and Responsibilities.** Citizens must understand their right to access health care as well as their responsibilities to participate in health care in a manner that ensures maximal benefit from providers.
- **Public Health.** Citizen health interventions that prevent the spread of contagious diseases and reduce preventable diseases and injuries are important to public health, and are consistent with SAVE's overall mission.

Health Committee. Organizational Chart

- a) The Chairman is responsible for all policy and activities related to the mission of the Division. This includes:
 - Managing human resources for the Committee
 - Directing budget planning and fiscal control
 - Coordinating fitness and wellness activities related to health care.
- b) Health Committee, Planning and Goals. The committee will establish measurable goals and objectives for SAVE's health programs that are reviewed at least annually and updated, as needed.
 - SAVE's strategic planning process will be used to review the goals and objectives quarterly.

The committee is responsible for policy, planning and evaluation. These responsibilities include:

- Strategic planning

- Quality management
- Information systems
- Information and statistical reporting
- Policy planning, development and analysis
- Budgetary activities
- Mental Health Programs

Suicide Prevention Program

1. Purpose and Scope. SAVE operates a suicide prevention program to assist the community in identifying and managing potentially suicidal citizens. The Health Committee Chairman will ensure that a suicide prevention program is implemented consistent with this policy. In addition, the Chairman will facilitate a discussion regarding the issue of suicide at community meetings, forums, events, etc., to heighten community awareness about the need to detect and report any changes in a community member's behavior that might suggest suicidal intent.

2. Program Objectives. The expected results of this program are:
 - a) All citizens will be trained to recognize signs and information that may indicate a potential suicide.
 - b) SAVE will act to prevent suicides with appropriate sensitivity, supervision and referrals.
 - c) Any citizen found to be suicidal, will receive appropriate preventive supervision, counseling and other treatment.
 - d) The Chairman will monitor correctional facilities regularly to ensure their readiness to manage at-risk populations effectively. The Chairman will consult the appropriate authorities if questions arise about the adequacy of a facilities Suicide Prevention Program

- 4) Program Administration
 - a) Program Coordinator

The Health Committee must have a Program Coordinator for the organization's suicide prevention program. The Program Coordinator shall be responsible for managing the treatment of suicidal citizens and for ensuring that the organization's suicide prevention program conforms to the guidelines for

training, identification, referral, assessment and intervention outlined in this policy.

Training for community members will focus on:

- ❖ Identifying suicide risk factors
- ❖ Typical citizen profiles of completed suicides
- ❖ Recognition of potentially suicidal behavior
- ❖ Appropriate information associated with identifying and referring suicidal citizens.
- ❖ Responding to a suicide emergency (e.g., a suicide in progress)

Any SAVE personnel who has reason to believe a citizen may be suicidal should:

- ❖ Confirm the citizen is under direct, continuous observation
- ❖ Contact law enforcement for assistance

b) Citizen Referral.

In addition to SAVE's efforts, community members can play a vital role in helping to prevent suicides. To facilitate this process SAVE will encourage citizen referrals by:

- ❖ Including a statement in the Newsletter encouraging citizens to notify law enforcement of any behavior or situation that may suggest a citizen is upset and potentially suicidal..
- ❖ Incorporating the topic of citizen referrals into community agendas
- ❖ Placing posters throughout the community address the topic
- ❖ Ensuring that the information is made available to citizens in multiple languages as appropriate, particularly Spanish.

HIV + / AIDS Counseling Program

SAVE is committed to slowing the spread of AIDS within the community by maintaining an active education and counseling program aimed at increasing citizen awareness regarding high risk behaviors and methods of viral transmission.

PEACE PROJECT 1.1

The primary mission of the Peace Project within SAVE is to provide appropriate psychological, educational, and rehabilitative aid to the misguided.

1.2

Model of ASSISTANCE DELIVERY

By serving in the role of a representative of SAVE, members are afforded a unique opportunity to apply behavioral science principles to the many complex problems and issues facing violent individuals today. Attachment 1-A presents SAVE's Peace Project Program Model. Based on this model, SAVE's representatives offer assistance in three broad program areas: rehabilitative services and programs; preventative services and programs; and intervention services and programs. To most efficiently and effectively deliver these significant services, (many of which are confidential in nature), the Peace Project should be organized as a separate, centralized project within the organization with adequate resources to meet the rehabilitative treatment, program, and intervention needs of the project.

A. ANGER MANAGEMENT SERVICES AND PROGRAMS

Through the application of sound behavioral science practices, it is hoped that SAVE Members can assist in creating a safe, humane community where citizens can feel comfortable living. At a minimum, we are committed to ensuring that we assist individuals who have violent anger tendencies. The foundation will be there to develop a calm, pro-social and law-abiding lifestyle.

B. DRUG PROGRAM

SAVE is committed to assisting substance abusers with overcoming problems with drug abuse.

DRUG EDUCATION

- Study groups will effectively deal with the effects of different types of substances, symptoms of abuse /dependence, denial, etc.
- Costs and consequences of drug use.
- Parental roles
- Family roles
- Abuse and crime
- Community health issues
- Relapse and relapse prevention
- Personal triggers

Pledge To Volunteers

SAVE is committed to treating its volunteers with respect and dignity. Their happiness and satisfaction is important to us. To make their humanitarian work easier and more rewarding, we work out duty description for our volunteers. Our assignment description include:

- ❖ Duration of duty
- ❖ Adeptness needed
- ❖ Protocol
- ❖ Grievance process
- ❖ Special requirements

Reasons To Be A Volunteer

- Give back to your community.
- Help save the misguided
- Positively influence others
- Develop new skills and talents for your resume'
- Interact with people who share your interests and passions.
- Help reduce crime and violence
- Improve the lives of young people
- Be a model of success

Reasons To Be A Volunteer, Con't

- Promote respect for others
- Improve attitudes
- Share your experiences
- Develop a new hobby
- Learn about social services
- Teach vocations skills
- Maintain your skills during a period of layoff
- Have fun doing thing you love

PROGRAM STATEMENT

Non-Discrimination Toward Citizens

1. SAVE members shall not discriminate against citizens and non-citizens on the basis of race, religion, national origin, sex, disability or political belief. This includes the making of administrative decisions and providing access to programs.
2. Program Objective: The expected result of this program is: Program will be available to all citizens and non-citizens on an equal opportunity basis.
3. Procedure. Each Committee Chairman shall review and, as necessary, establish certain procedures to ensure that citizens and non-citizens are provided essential equality of opportunity in being considered for various program options.

How We Keep Track Of Your Donations

It is important to us to keep good and accurate financial records.

Here's how we track your donations:

- Income amount by event or source and date received.
- Copies of the checks we receive.
- A copy of the receipt we give each donor for cash contributions.
- The specified purpose (if any) of our donor's gift.
- All correspondence with our gift donors.

In-Kind donations:

Not all donations are monetary. We rely heavily on donated goods and services, such as venues for our events and programs and equipment. We call these in-kind donations, and we keep track of them just as we do our checks. A new computer, for instance, would be noted on our books as a donation at the price of a new computer. A donated used computer would be recorded at its assessed fair-market value.

Our motto:

KEEP IT SMART, KEEP IT SAFE.

Bookkeeping And Accounting

We use accrual accounting, where donations are recorded when they are promised, and expenses are recorded when they are incurred. This system allows us to get a more accurate picture of how we are doing to meet our goals. Additionally, it allows us to subtract time elements and see what money is due to come in and due to go out.

Here are a few ways we ensure that cash and checks do not get misplaced or mis-recorded:

- All cash donation are recorded and acknowledged by receipts - one to the donor and the other is stored in a cash-receipt journal.
- All receipts are numbered and entered into our donor database next to the donor's name.
- Check are immediately stamped FOR DEPOSIT ONLY to our account.
- Checks written by our organization require two signatures.

Note: We have a safe system of checks and balances.

What Makes Up Our Budget?

SAVE's Revenues come in (3) types:

- 1) Earned revenues: Money we earn from fundraisers or fees from program services.
- 2) Contributed actual revenues: Income from grants and individual contributions.
- 3) Contributed in-kind revenues: Donated equipment, goods and services.

SAVE's costs comes in two types:

- 1) Fixed costs: Non-fluctuating costs we have to pay to provide our services.
- 2) Variable costs: Fluctuating costs that change with our activity and service level.

PROGRAM STATEMENT

Research

Purpose and Scope. General provisions for the protection of human subjects during the conduct of research are contained in this program statement. The provisions of this statement specify additional requirements for prospective researchers (both members and non-members) to obtain approval to conduct research within the community and responsibilities of SAVE members in assisting and monitoring research projects. For the purpose of this rule, implementation of SAVE programmatic or operational initiatives made through pilot projects is not considered to be research.

Research projects serve a valuable purpose by assessing the effectiveness of SAVE efforts to carry out its mission. SAVE encourages periodic program evaluation and other policy -related research by both members and non-members who meet this Program Statement's qualifications.

Program Objectives. The expected results of this program are:

- a) The knowledge available about crime and violence programs will be increased.
- b) Any research conducted in the Community will be properly authorized and monitored so that the interests of the research subjects, the researches, and SAVE are adequately safeguarded.
- c) Reports of research finding will be available to the General Public.

3. DEFINITIONS

a) Research means a systematic investigation, including development, testing, and evaluation, which is designed to develop or contribute to general knowledge.

Routine statistical tabulations and program reviews undertaken by SAVE members for administrative purposes only and library research papers are not defined as research projects, Program evaluations, other than for program review purposes, are considered research projects.

b) Organizational Review Board (ORB) means a committee which reviews and monitors research and has membership requirements specified in this Program Statement.

c) Minimal risk means that the probability and magnitude of harm or discomfort anticipated in the research are not greater in and of themselves than those ordinarily encountered in daily life or during performance of routine physical or psychological examinations or tests.

d) Member means a person of SAVE's organization or a consultant under contract who performs duties in furtherance of an organizational function.

e) A researcher is a person who has met the qualifications of this Program Statement and has approval from SAVE to conduct a research project within the Community.

3. Requirements For Research Projects and Researchers

a) SAVE requires the following:

- 1.) In all research projects the rights, health and human dignity of individuals involved must be respected.
- 2.) The project must have an adequate research design and contribute to the advancement of knowledge about crime and violence.
- 3) The project must have an adequate research design and contribute to the advancement of knowledge about crime and violence.

- 4.) The project must minimize risk to subjects; risks to subjects must be reasonable in relation to anticipated benefits. The selection of subjects within any one community must be equitable. When applicable, informed consent must be sought and documented.
- 5.) Incentives may not be offered to help persuade citizens and noncitizens to participate. Reasonable accommodations such as nominal monetary recompense for time and effort may be offered to research subjects. The intent of limiting incentives is to ensure that participation of Community members is completely voluntary.

Monetary rewards would be considered nominal if they do not exceed twice the minimum wage for each hour of the subjects expected participation in the research activity. Under special circumstances other reasonable incentives could be offered.

- 6.) The researcher must assume responsibility for actions of any person engaged to participate in the research project as an associate, assistant or subcontractor to the researcher.
- 7.) The researcher must have academic preparation or experience in the area of study of the proposed research.
- 8.) Except as noted in the informed consent statement to the subject, the researcher must not provide research information which identifies a subject to any person without that subject's prior written consent to release the information. For example: research information identifiable to a particular individual cannot be admitted as evidence or used for any purpose in any action, suit, or other judicial, administrative, or legislative proceeding without the written consent of the individual to whom the data pertains.

- 9.) Any researcher who is a non-member of SAVE must sign a statement in which the researcher agrees to adhere to the provisions of this rule.

4. Content of Research Proposal

When submitting a research proposal, the applicant shall provide the following information:

a) A summary statement which includes:

- 1.) Name(s) and current affiliation(s) of the researcher(s)
- 2.) Title of the study
- 3.) Purpose of the project
- 4.) Methods to be employed
- 5.) Location of the project
- 6.) Anticipated results
- 7.) Duration of the study
- 8.) Number of subjects (citizens/non-citizens) required and amount of time required for each.
- 9.) Indication of risk or discomfort involved as a result of participation.

b) A comprehensive statement which includes:

- 1) Review of related literature SAVE members should include references to similar studies by other Non-Profit components
- 2.) Detailed description of the research method

- 3.) Significance of anticipated results and their contribution to the advancement of knowledge
 - 4.) Specific resources required from SAVE
 - 5.) Description of all possible risks, discomforts and benefits to individual subjects or a class of subjects, and a discussion of the likelihood that the risks and discomforts will actually occur.
 - 6.) Description of steps taken to minimize any risks described in (b) (5) of this section.
 - 7.) Description of physical and/or administrative procedures to be followed to:
 - a) Ensure the security of any individually identifiable data that are being collected for the project, and
 - b) Destroy research records to remove individual identifiers from those records when the research has been completed.
 - 8.) Relevant research materials such as vitae, endorsements, sample informed consent statements, questionnaires and interview schedules.
5. Termination or Suspension.

The President may suspend or terminate a research project if it is believed that the project violates research policy or that its continuation may prove detrimental to the community.

Lost Cause

By Guest Writer Patrick Artis

Charlotte, N.C., where I'm from, recently celebrated 2009 with a low in homicides. Within the first 6 months of 2010, an uptick in homicides has surfaced. A lot of the homicides are related to young teens and young adults. Taking away recreation centers and public libraries perpetuate a lost cause. It forces young teens into the streets. Once they are in the streets they become gang members, drug dealers, premature parents, drug users, criminals, prostitutes and many other things that we as parents and loved ones don't want to see happen to our next generation. In order to stop the crime, drugs and violence we need to involve ourselves more in the lives of our children and our community. We must find ways to keep the recreation centers and other positive places open. As well as support the dreams of our children and help them achieve whatever goal(s) that they have. If we don't support our children they will get the impression that no one cares, and they will show love and search for love in the wrong places (the streets).

For about 80% black, 17 were killings Majority killed by knew. killings sparked by acquaintances.



example in Charlotte, of victims were of the 33 victims males. Few of the were random. of the victims were somebody they One-third of the were classified as arguments between Another one-third were

classified as domestic cases, committed by relatives, spouses and significant others. Of the remaining third, 5 were killed in ROBBERIES, 5 in DRUG DISPUTES, 2 in GANG-RELATED incidents and 1 for unknown reasons, Twenty-percent of the homicides this year in Charlotte are without a suspect, similar to the ratings from last year. EVERYBODY must play a vital role in trying to stop homicides in the future.

The reality is this: that could be your loved one out there involved in killing or being killed. Let's love our neighbor as we love ourselves, and not let our neighbor(s) be a lost cause in the world. Let's save our children while we can.

We are all role models to our younger generation, they look up to us for all the answers; if we can't give them the answers that they are looking for, we must try to find the answer so they won't go find the wrong answer. Let's not allow our children to be misled by someone who doesn't care about them like we care about them. Let's show our children the love that some of us wanted as a child when we were growing up. Reward them for the good that they do - go to school meetings, participate in programs, and do as many positive things that you can think of to keep the children's minds occupied so they don't have time to run the streets and be around the nonsense that's going on in the neighborhoods around them. Be that person that they want to grow up to be like. Set a generation trend that your children will want to follow and be dedicated and want to teach their kids in the future the same things that you taught them.

STATISTICS

Juvenile Arrests 2008

- ❖ Juveniles accounted for 16% of all violent crime arrests and 26% of all property crime arrests in 2008.
- ❖ In 2008, 11% (1,740) of all murder victims were younger than age 18. More than one-third (38%) of all juvenile murder victims were younger than age 5, but this proportion varied widely across demographic groups.
- ❖ The juvenile murder arrest rate in 2008 was 3.8 arrests per 100,000 juveniles ages 10 through 17. This was 17% more than the 2004 low of 3.3, but 74% less than the 1993 peak of 14.4.
- ❖ Between 1999 and 2008, juvenile arrests for aggravated assault decreased more for males than for females (22% vs. 17%). During this period, juvenile male arrests for simple assault declined 6% and female arrests increased 12%.
- ❖ In 2008, although black youth accounted for just 16% of the youth population ages 10-17, they were involved in 52% of juvenile Violent Crime Index arrests and 33% of juvenile Property Index arrests.
- ❖ The 2008 arrest rates for Violent Crime Index offenses were substantially lower than the rates in the 1994 peak year for every age group younger than 40.

Physical Assault

- ❖ About 1 in 3 high school student have been or will be involved in an abusive relationship.
- ❖ 40% of teenage girls ages 14 to 17 say they know someone their age who has been hit or beaten by a boyfriend.
- ❖ One in three girls will be in a controlling, abusive dating relationship before she graduates from high school.
- ❖ Nearly one-half (46.3 percent) of all the children surveyed were physically assaulted within the previous year, and more than one-half (56.7 percent) had been assaulted during their lifetime.
- ❖ Among 14 to 17 year olds, nearly one in five (18.8 percent) had been injured in the past year in a physical assault.
- ❖ Dating violence reached a 5.6 percent past-year incidence rate and an 8.8 percent lifetime rate for the oldest teens.
- ❖ The lifetime incidence of assault victimization generally rose steadily as children grew older, with more than 7 in 10 (14 to 17 year olds) 71 percent reporting that they had been assaulted during their lifetimes.

- ❖ In general, boys are somewhat more likely than girls to be victims of assault. The past year incidence of assault is 50.2 percent for boys and 42.1 percent for girls.

Lonliness

- ❖ Movies, TV shows, and magazines have depicted teens as commonly surrounded by a group of friends who grow up with them through school and continue that bond as adults. The reality is quite contrary.
- ❖ Researchers Barbara Schneider and David Stevenson, who evaluated interviews conducted with thousands of American teens, found that "relatively few students consistently had the same best friend or a small group of friends over time." A lot of teens "lack a sense of connection and have few close friends with whom they feel comfortable discussing problems or sharing ideas," say Schneider and Stevenson.
- ❖ Youngsters who do make friends seem to have little time to waste with them. One extensive study in America found that most youngsters use up about ten percent of their time in head to head contact with friends, but up to twenty percent of their waking hours alone - more time than they use with either family or friends. They eat by themselves, travel by themselves, amuse themselves on their own.

- ❖ Promoting this trend toward loneliness is the large number of electronics. For instance, in 2006, *Time* magazine reported that teens in the U.S. between the ages of 8 and 18 spent on average, six and a half hours a day watching TV, listening to music, or sitting behind a computer or video game keyboard.
- ❖ The sheer quantity of time now spent in electronic isolation instead of interaction with family can be detrimental," according to Schneider and Stevenson. "Young people report having lower self-esteem, being less happy, enjoying what they are doing less, and feeling less active when they are alone."

Sexual Pressure

- ❖ In a report published in 2003, researchers Rector, Noyes, and Johnson drew a direct link between sexual activity, depression, and an increased risk of attempted suicide.
- ❖ In the same report, boys who are sexually active are more than two times as likely to be depressed as are those who are not sexually active.
- ❖ Other studies have found that almost 50 percent of teens between 12 and 19 regularly engage in some form of sexual activity.
- ❖ In a 2009 Office of Juvenile Justice and Delinquency Prevention survey for children 17 and younger, overall, 6.1 percent of all children surveyed had been sexually victimized in the past year and nearly 1 in 10 (9.8 percent) over their lifetimes.
- ❖ Girls were more likely than boys to be sexually victimized: 7.4 percent of girls reported a sexual victimization within the past year, and nearly 1 in 8 (12.2 percent lifetime)

- ❖ Girls ages 14 to 17 had the highest rates of sexually victimization: 7.9 percent sexually assaulted in past year and 18.7 percent during their lifetimes
- ❖ Sexual victimizations included attempted and completed rape (1.1 percent past year, 2.4 percent lifetime)
- ❖ Sexual assault by a known adult (0.3 percent past year, 1.2 percent lifetime)
- ❖ Sexual assault by an adult stranger (0.3 percent past year, 0.5 percent lifetime)
- ❖ Flashing or sexual exposure by an adult (0.4 percent past year, 0.6 lifetime)
- ❖ Sexual assault by a peer (2.2 percent past year, 3.7 percent lifetime)

Bullying

- ❖ Overall, 13.2 percent of those surveyed reported having been physically bullied within the past year, and more than one in five (21.6 percent) reported having been physically bullied during their lifetimes.
- ❖ About 1 in 5 children (19.7 percent) reported having been teased or emotionally bullied in the previous year and nearly 3 in 10 reported having been teased or emotionally bullied in their lifetimes.
- ❖ Teasing or emotional bullying followed a similar pattern to physical bullying among age groups, rising to reach a peak among 6 to 9 year olds, nearly one-third of whom (30.4 percent) reported having been teased in the past year and then falling steadily thereafter.
- ❖ Boys were more likely than girls to be physically bullied or threatened, but girls were more likely to be victims of Internet harassment.

❖ Internet harassment was less common than other forms of bullying. Questions about Internet harassment were asked only of youth age 10 and older, who might be most likely to independently use a computer. Unlike other forms of bullying, the peak risk period for Internet harassment was ages 14 to 17. In this group, 5.6 percent reported Internet harassment within the past year and 7.9 percent during their lifetimes.

CONCLUSION

Instead of prison, I can do so much more for society. Our children deserve to have someone like me that will help make their schools safer, streets safer, and give them opportunities to thrive. I have a blueprint for action. We must act to save our children. We have no time to waste. It is time to step up and take action. Every step counts.

You must allow me to step up and join the movement to dismantle the pipeline to premature death and incarceration by releasing me. I can help eliminate its root causes through implementation of promising approaches articulated in my book: *How to Save Our Children from Crime, Drugs and Violence*. The people who get our children to do wrong are very influential but so am I. Learn more about SAVE at www.AboutSave.org and for more information about me visit www.cedricdean.com

The urgent challenge for each of us and for our nation is to prevent this waste of our children's lives and our nation's capabilities. I have a comprehensive plan how we can step up and take action and save our children.

Step by step, we can and will make a difference. Today.
Tomorrow. Together.