

Hello JGS family,

I hope all of you are safe and doing well during these uncertain and disheartening times.

The *JGS Kindness Club* wants to remind you all of how important it is to handle current situations wisely and carefully. It is crucial that we understand the urgency and the gravity of what is going on around the world, especially in America, right now. It is equally important to educate ourselves on matters we lack knowledge of or want to enhance our comprehension about.

Now is the time to better our understanding, and be proactive. It is time to stand with the protesters, and fight for **Black Lives** because they **Matter**. It is time to unite against **police brutality**. It is time to find ways in which **White privilege** can help to address these issues, and eradicate the system of privilege rooting from a community's skin color.

Be there for the protesters. There are legitimate reasons for them to be disconcerted, to be distressed, to be displeased. Yes, rioting and looting are not the best possible ways, but learn WHO have ignited these riots, and WHO have initiated the looting. Before reaching a conclusion, ask yourself if non-violence is ALWAYS the answer. Yes, ALL lives matter. However, rise to the CURRENT occasion. Black people have been facing injustice repeatedly and more than any other group or groups in America. They have continuously been the victims of police brutality. And now, they have had enough. Black people have chosen to fight for their rights FIRST, and THEN demanded for the support of all non-Black communities. We should not forget that Black people were one of the first groups to fight for equality and inclusivity through the civil rights movement. It is the Black community which has paved the way for other communities to exist in America. By advocating for *BLACK Lives Matter*, you are contributing to *ALL Lives Matter* as well. Standing for what is right has nothing to do with race/ethnicity/culture/religion.

The *JGS Kindness Club* is thankful to people who are using their voices, either on social media platforms, within family gatherings in their homes, or out there on the streets to speak up for what is fair. We have tried to put up all the meaningful pieces of information provided by them to educate more people, the same way they have helped to educate us in the first place.

Even in these hardest times, let us remind ourselves of Morgan Freeman's words, "How do we change the world? One random act of kindness at a time."

Below are some resources and helpful information, which can lead to a better understanding of present situations.

Kind regards,
Fatima Jahra
Founder and Former President
JGS Kindness Club
Here are a few victims whose **Black lives mattered**. Remember, there are many more like these who are not on this list or unreported yet.

- **Aiyana Jones-** A sleeping 7-year old, whom police mistakenly shot and killed.
- **Alton Sterling-** A 37-year-old black man shot dead at close range by two police officers.
- **Ahmaud Arbery-** A 25-year- old black man, shot to death while jogging in a neighborhood, after being pursued by two white men in a pickup truck.
- **Atatiana Jefferson-** shot by a police officer, through the back window of her home, after the police officer responded to a neighbor's call about Jefferson's open front door.
- **Bothem Sean-** fatally shot by a police officer when she mistook Sean's apartment for her own apartment one floor below.
- **Breonna Taylor-** Police officers barged into Taylor's home, while executing a search warrant, in the middle of the night and discharged a spray of bullets that struck and killed her.
- **Corey Jones-** killed by a plainclothes police officer while waiting by his disabled car.
- **George Floyd-** a 46-year-old man suspected of passing a counterfeit $20 bill, died after a police officer, pressed his knee to Floyd's neck for nine minutes.
- **John Crawford-** shot by a police officer while holding an unloaded rifle in a Walmart store.
- **Jordan Davis-** a 17-year-old murdered by a 45-year-old software developer following an argument over loud music played by Davis and his three friends.
- **Jordan Edwards-** a 15-year-old who was shot dead by a police officer while leaving a high school party.
- **Jonathan Ferrell-** shot dead by a police officer while seeking help after being involved in a car accident.
- **Michael Brown Jr.-** a teenager who was shot and killed by a police officer.
- **Oscar Grant-** shot and killed by a police officer on a train platform.
- **Philando Castile-** was stopped while driving and fatally shot by a police officer.
- **Renisha McBride-** killed with a shotgun while asking for help in a neighborhood after she crashed her car while intoxicated at a street.
- **Sandra Bland-** hanged in a jail after being arrested during a pretextual traffic stop.

- **Sean Bell-** killed by police officers before his wedding, after they thought he and his friends referred to a gun in their possession.
- **Tamir Rice-** a 12-year-old killed by a police officer while carrying a replica toy Airsoft gun.
- **Walter Scott-** shot by a police officer following a daytime traffic stop for a non-functioning brake light.

#How can you support #BLM?

1. Educate yourselves about this issue as much and as best as you can.
2. Be proactive and only post reliable, trustworthy, and helpful information about BLM. Use the appropriate hashtags to spread the word.
3. Discuss BLM, its causes, and possible repercussions at home, with your family.
4. Participate in protests if possible. PLEASE MAKE SURE YOU TAKE CERTAIN SAFETY MEASURES BEFORE GOING TO A PROTEST.
5. Donate to credible organizations if you are able to.
6. Support Black businesses.
7. Sign reliable petitions. (Change.org has been supposedly soliciting donations and keeping the money for promotions on its own site.)
8. Learn about your local politicians, and vote if you are eligible.
9. Know your rights.
10. Use your talent: dancing, painting, singing, designing, photographing, etc. to voice people's rights.
11. Check in with your Black friends to know how they are holding up in this situation.
12. Call out anti-Blackness practices.

#What safety measures may you take?

1. Wear a mask.
2. Take a charged phone and power bank with you.
3. It is best to go with a friend.
4. Carry emergency contact information.
5. Wear clothes that cover all of your skin. Wear protective head and eye cover.
6. Keep essential supplies with you. Keep snacks and water with you. Basic first aid kit is a good choice to keep with you. Carrying some money for emergencies is helpful.

#What are few Black businesses you can support?

1. Partake Foods.
2. The Furlough Cheesecake.
3. Lorraine West.
4. Hope For Flowers
5. Foot Nanny
6. Black Girl Sunscreen

#Where can you donate to? (It is always safe to confirm if these organizations are reliable):

Your donations help towards Black community's financial support, education funds, mental health resources and services, bailing protesters out and more.

1. Black Lives Matter
2. The Innocence Project
3. The Bail Project
4. Campaign Zero
5. National Bail Out
6. Unicorn Riot
7. The Loveland Foundation
8. The NAACP's Legal Defense and Educational Fund
9. Black Earth Farms Food Donations
10. Black Girls Smile
11. Dive in Well
12. Black Futures Lab
13. Black Visions
14. Black Mamas Matter Alliance
15. Color of Change
16. United We Dream
17. Fair Fight

#Which petitions can you sign? (Again, please confirm their reliability):

1. *http://lil.ms/4rdr/6qncrl*
2. *http://www.justiceforbigfloyd.com/#petition*
3. *http://www.runwithmaud.com/#petition*
4. *http://www.standwithbre.com/#petition*
5. *http://bit.ly//FundCommunity*

#How can you educate yourselves?

You may watch:	**You may read:**
1. When They See Us	**1. To Kill A Mockingbird**

2. The Hate U Give	2.The Fire Next Time
3. The Racial Wealth Gap	4. Freedom is a Constant Struggle
5. The Help	6. Their Eyes Were Watching God
5. The Black Godfather	7. How We Get Free
6. 13th	8. So you want to talk about race
7. Mudbound	9. White Fragility
8. Hidden Figures	10. The New Jim Crow
9. Freedom Writers	11. Between the World and Me