

**UDHR ARTICLES WE ARE FOCUSING ON:**

**Article 2: Equality**

Everyone is entitled to all the rights and freedoms set forth in the UHDR, without distinction of any kind, such as race, color, sex, language, religion, political or other opinion, national or social origin, property, birth or other status. Furthermore, no distinction shall be made on the basis of the political, jurisdictional or international status of the country or territory to which a person belongs, whether it be independent, trust, non-self-governing or under any other limitation of sovereignty.

**Article 3: Safety**

Everyone has the right to life, liberty and security of person.

**Article 25: Adequate living standards/health**

1) Everyone has the right to a standard of living adequate for the health and well-being of themselves and their family, including food, clothing, housing and medical care and necessary social services, and the right to security in the event of unemployment, sickness, disability, widowhood, old age or other lack of livelihood in circumstances beyond their control.

2) Motherhood and childhood are entitled to special care and assistance. All children, whether born in or out of wedlock, shall enjoy the same protection.

| <b>Article 2 Primary Issue:</b>  | <b>Article 3 Primary Issue:</b>   | <b>Article 25 Primary Issue:</b>  |
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| Stereotypes which perpetuate harmful ideas resulting in discrimination.  | Safety is important (No ICE, gun violence or police brutality)  | Healthcare  |
| <b>Change we want to see:</b>  | <b>Change we want to see:</b>   | <b>Change we want to see:</b>   |
| <ul style="list-style-type: none"> <li>▪ Schools are actively educating against stereotypes;</li> <li>▪ There is a broadening of People of Color education</li> </ul> <p><b>Problems we see in education:</b></p> <ul style="list-style-type: none"> <li>▪ Slurs</li> <li>▪ Gender neutral bathrooms – Need period products in all bathrooms</li> <li>▪ Need LGBTQIA+ sex education</li> <li>▪ Assault or harassment on campus</li> <li>▪ Need ethnic studies in all subjects</li> </ul> | <ul style="list-style-type: none"> <li>▪ The ability to feel safe and secure in their own community.</li> <li>▪ There is greater awareness regarding:                             <ul style="list-style-type: none"> <li>▪ Mental health</li> <li>▪ Gun violence</li> <li>▪ Training of security people</li> <li>▪ Emergency services numbers</li> <li>▪ Free or cheap places for therapy</li> </ul> </li> </ul> <p><b>Problems we face related to safety:</b></p> <ul style="list-style-type: none"> <li>▪ School shootings</li> <li>▪ Asylum (Ukraine)</li> <li>▪ Robbery</li> <li>▪ Verbal abuse</li> <li>▪ Police brutality</li> <li>▪ Guns in public places</li> </ul> | <ul style="list-style-type: none"> <li>▪ Healthcare that is affordable (possibly free) and accessible (more clinics), with less expensive medicine</li> </ul> <p>Ways we can help accomplish our desired change:</p> <ul style="list-style-type: none"> <li>▪ Bring awareness to daily medical bills and how to make them available for others and more affordable (What does this mean?)</li> <li>▪ Talk about the REACH Center medical &amp; dental clinic</li> <li>▪ School clinic that is free for all students (Like SLZ)</li> <li>▪ Transfer more money to healthcare from taxes</li> <li>▪ Advertise the School Nurse (room) and District level Nurse</li> <li>▪ Only for students with health issues</li> </ul> |



**QUESTIONS RELATED TO THE ISSUES IDENTIFIED FOR ARTICLE 2:**

(Provide answers and sources of information or the resource to contact to get answers)

1. What is the definition of stereotyping?  
Widely but fixed image or idea of a person or a group
2. What are examples of how stereotyping shows up as people speak or act toward others?  
Microaggressions, such as following people in stores and being harassed by others
3. What are the harms caused by stereotyping?
  - To the people who use stereotyping:  
Miseducation
  - To the people who are on the receiving end of stereotyping:  
Suicidal thoughts      Lack of self-confidence  
Depression              Anxiety  
Bad decision making    Self-stereotyping
4. What are possible factors that cause people to stereotype?  
What we learn; Remembering
5. What is California's current education policy on teaching Ethnic Studies?  
Requires all students to take a semester long course in ethnic studies to graduate ([www.edsource.org](http://www.edsource.org))
6. What is Arroyo High School's current approach to teaching Ethnic Studies?  
They're teaching ethnic studies on cultures and identities. Also a full year course.
7. What is California's current education policy on teaching LGBTQIA+ sex education?  
Trying to pass a bill but parents are giving negative feedback because there is "porn"
8. What is Arroyo High School's current approach to teaching LGBTQIA+ sex education?  
Has an anti-bias framework – lays out all anti-discrimination policies
9. Who at Arroyo High School and/or in the school district can help make changes in how subjects are taught?  
The School Board
10. Who at Arroyo High School and/or in the school district can direct having period products in all bathrooms?  
Ms. Webster, the Principal



**QUESTIONS RELATED TO THE ISSUES IDENTIFIED FOR ARTICLE 3:**

(Provide answers and sources of information or the resource to contact to get answers)

1. What are examples of safety issues you are most concerned about at school?  
School shootings, harassment, and bullying
2. What are examples of safety issues you are most concerned about outside of school?  
Being harassed, assaulted, kidnapped or robbed; drive-by shootings
3. What is the definition of Public Safety?  
The protection of the general public.
4. Who is responsible for Public Safety in San Lorenzo?  
Alameda County Sheriff's Department, Fire fighters and therapists
5. Who is responsible for the safety of Arroyo High School students?  
Administration, Staff, Security & Students
6. What are the most pressing mental health issues for young people today?  
ADHD, Depression and Anxiety
7. What role does social media play in helping or furthering these mental health issues?  
Helping: Bring awareness to mental health issues; reaching out to people; mass communications  
Hurting: Unrealistic ideals and beauty standards for teens
8. What questions do you want answered by Public Safety professionals to better understand their training, how gun violence is dealt with or other concerns you have?
  - How will you stop public violence?
  - What steps are you going to take to make our community safer?
9. What questions do you want answered by the people at Arroyo responsible for safety?
  - What are you doing to prevent outside campus danger coming into campus?
  - What are you doing to prevent guns on campus?
  - How will you make a change for the safety of the students?
10. What are the emergency service numbers available to you?  
911

**QUESTIONS RELATED TO THE ISSUES IDENTIFIED FOR ARTICLE 25:**

(Provide answers and sources of information or the resource to contact to get answers)

1. Why is everyone's health important to the health of the community?



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Everyone in this community matters and so does their health; With poor health, economy goes down and taxes go up; People care about you.

2. What health services are currently available at Arroyo High School and what is required to access these?

Wellness Center and the Nurse's Office

- Who at Arroyo High School is responsible for arranging health services?

Ms. Morton

3. What are the health services provided at the REACH Ashland Youth Center and what is required to access these services?

Dental, behavioral health, and primary health care; You just need an appointment.

4. What other clinics and health service centers are available in San Lorenzo and what is required to access these services?

Ashland Fee Medical Clinic; Davis Street Primary Care Clinic; Cityhealth

5. What is the Affordable Care Act and who is eligible?

Federal Health Insurance Plan (<https://www.healthcare.gov/>)

- Could you and your family be helped by applying?

This could make health insurance cheaper; my family could be helped by applying

6. Who are the people that represent you?

(<https://www.legalconsumer.com/democracy/?address=&ZIP=94580#state>)

- Who are your local county supervisors and what is their contact information?

County District 3: Supervisor Dave Brown, 15903 Hesperian Blvd., San Lorenzo, CA 94580, 510-278-0367

County District 4: Supervisor Nathan (Nate) Miley, 20980 Redwood Rd., Suite 250, Castro Valley, CA 94546  
510-670-5717

- Who is your state Assembly Representative and what is their contact information?

Dr. Bill Quirk (<https://a20.asmdc.org/offices>)

- Who is your state Senator and what is their contact information?

Bob Wieckowski - (510) 794-3900

- Who is your House Representative in Congress and what is their contact information?

Eric Swalwell - 510-370-3322 (<https://swalwell.house.gov/contact>)

- Who are your Senators in Congress and what is their contact information?

Alex Padilla

Dianne Feinstein

