



# COUNTY OF HEROES

**Stories of Acceptance**

**By PESA**

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# CURRENT IMPACT OF COVID

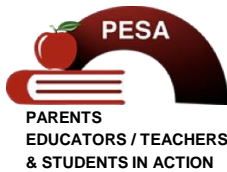


The COVID-19 pandemic has greatly impacted the lives of people all around the world. As thousands of people get sick, we continue to have to make adjustments at school, while shopping for groceries, and even in the ways we greet our loved ones. Our world has transformed quickly in the last few months, and we are faced with new challenges every day.

However, it is crucial that during this time we come together to support one another and remember that:

**even though we are all different,**

**we are the same.**



# PURPOSE

When we think about accepting others, we often think in terms of how people are different from ourselves, rather than how we are the same. We need to have perspective and know that what is different or unknown to you, might be a daily practice for me. Does that make either of us wrong or less than?

Any time that someone teases or pokes fun at something different, it stems from a lack of understanding.

How can we help educate others and give perspective to help form more appropriate understanding of each other's differences?

Today, you can start by sharing your perspective through art.

# DIRECTIONS



First, **read** the following stories about kids like you

Next, **discuss** the questions at the end with an adult



Then, **create** a piece of artwork in response to the stories you have read

# SEAN



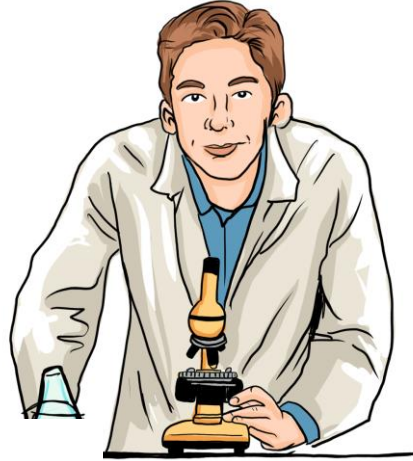
Last year, the kids in my class who didn't look like me always called me a "thug," and it hurt my feelings. During the Ebola outbreak that started in Africa, people kept their distance from me because of my skin color. They thought that I could be sick but my family and I have never been to Africa. I am taking science classes right now so when I get older I can go to Medical School. I want to be a **doctor** so I can help people when they are sick.

# STACY

I keep getting texts calling me mean names from the other kids because of the coronavirus, also known as COVID-19. Even though I am from Korea and Korea has very few COVID-19 cases, kids think that all people from Asia must be infected. But I am healthy. When I graduate, I want to go to college to become a **virologist**. A virologist is someone who studies viruses and how they make people sick.



# EITAN



I am Jewish. Last semester in history class, we learned about how some Jewish people faked an illness called Syndrome K to avoid being beaten and taken to concentration camps where Jews would be killed during the Holocaust, just because they were Jewish. Afterwards, kids teased me that I was faking my cold because I am Jewish. I found it very mean. I want to become a **medical researcher**. A medical researcher does research to find cures to prevent people from getting sick.



# ALEJANDRA

My family and I are Hispanic. When Swine Flu was going around, my classmates joked that I brought it here from Mexico. They were not really nice to me because of my family's background and said I was an illegal immigrant. I was born in Los Angeles and I never had swine flu. I want to become a **nurse practitioner** so I can learn about and educate people on public health.



# JOSH



My parents are essential workers at the grocery store down the street from our house. Before the COVID-19 stay at home orders, people didn't want to sit close to me in class because they thought I could be infected. My parents have been very careful and even started wearing masks before everyone else did. I am worried that people still won't want to be near me after the quarantine is lifted because of where my parents work. I want to be a **biomedical engineer**. A biomedical engineer helps to make artificial organs, like a heart, so when someone's heart no longer works an artificial heart can be used and will work just like a real heart.

# HEATHER

When school is open, my mom and I walk to school together from different places. Sometimes it's from one of our friends' houses. Sometimes it's from a homeless shelter. I love school because it takes my mind off where I'm going to sleep that night. Kids make fun of me because I am not able to shower every day. They say that I probably have diseases from homeless shelters, but my mom and I are very aware of our health and stay as healthy as possible. I love sports and I want to go to school to become a **health and PE teacher**. I want to be like the teachers I know who help me learn and be a better person.



# RICARDO



My mom is a hospital administrator and now that coronavirus has broken out in Los Angeles, my friends keep texting me that when we go back to school, they don't want to be around me because of where my mom works. I am not sick and neither is my mom—we have been careful and have been tested with good results. It hurts my feelings that they have virtual “social distancing” hangouts and don't invite me. I want to become a **hospital administrator** just like my mom. A hospital administrator is in charge of an entire hospital, and has to make sure everyone is doing what they are supposed to do so they can help people who are sick who come to the hospital get better.

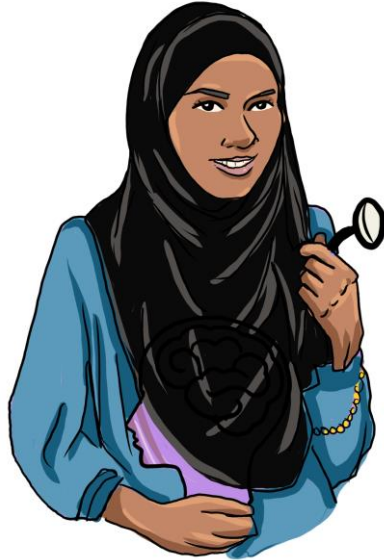
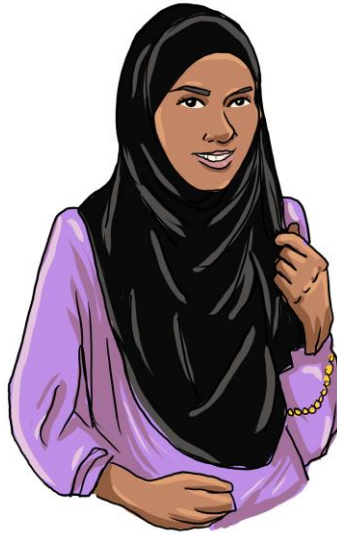


# ANDREW

Last year, students in my class teased me about my Dads and said that they have AIDS. Some of the guys were afraid to be my friend because they think they can catch AIDS from me. They don't know that my dads don't have AIDS, and even if they did, it would still be safe to be around them and me. I want to become a **pharmacist**. A pharmacist helps a doctor decide what medicine will help their patients get better and then provides the medicine to the patient and explains to the patient how to use it.



# AYESHA



I am Muslim and one of the few in my neighborhood. As part of my religion, I wear a headscarf. Because of the coronavirus, everyone is now wearing scarves and masks on their faces. People on Instagram are joking that they are also Muslim for wearing a scarf. Even worse, some people post that Muslims caused the virus to happen so that everyone would have to wear a scarf. I know people are just scared, but they should not make fun of my religion. I want to go to college to become a **neuroscientist**. A Neuroscientist studies the nervous system (which includes the brain), spinal cord and nerve cells throughout the body.

# DISCUSSION QUESTIONS



- Have you ever been in a situation like this?
  - If so, how did it make you feel?
- Have you ever seen someone else go through a situation like this? Please reflect.
- What are some things you could do to prevent this from happening?
- What does the phrase “we are all **different**, but we are **the same**” mean to you?

“Just as it will take global cooperation to defeat COVID-19, it will take the entire world to defeat hate.”



ARTWORK

# ARTWORK - STEP 1

Write down the first 3 words  
come to mind when you think of  
the word “bullying.”

	1) cruel
	2) intimidating
	3) sad

Example

# ARTWORK - STEP 2

Now write down 3 words that can be your solution to the 3 words you identified above.

1) Kind

2) understanding

3) positivity

Example

# ARTWORK - STEP 3

Using all or some of those words create a work of art.

- Here's an example of a Pop Art. The negative defining words of bullying (cruel, intimidation, sad) could be pushed off to the back as the solution explodes with the positive defining words (kind, understanding, positive) exploding in the forefront.
- You may also create and submit a tik tok video, a poem, a story or illustration.



Example

# ARTWORK - STEP 4

Write a brief response to the following question: If you knew a friend was experiencing bullying like in the situations above, what would you do?

If I saw a friend get bullied, I would stand up for them to make sure they don't feel alone. I will try to make the bully understand why their actions are wrong.

Example