CHAPTERS OF CIVILITY

Choose Civility
HOWARD COUNTY, MD

HiTECH
Howard County Library System
It’s important to be respectful to people because when you are respectful to others, people will respect you. When you are respectful, you are making the right choice, and making friends will be easier because people will see you as a good person. Being respectful can make someone happy, and make you a great role model.

-- Jordan
Why Is It Important to Be Civil?

1. To succeed in life
2. To know how to function in life, and teach others the correct way to act
3. To avoid violence
4. In order to be involved in your community
5. In order to have a great career and live your dreams

-- Journée

Friends!

Funny
TrustwoRthy
carIng
therE for you
pleasanT
Different
aweSome

-- Bianca
It is important to be civil because you need to respect your fellow citizens. You need to respect the community and the environment. It must be a safe and clean place for everyone. You need to enforce good behaviors in the community. Good and healthy habits everywhere!

---Lauren

When someone else is talking, don't talk. When you are talking, they should do the same. Also, when someone is teaching at the front, or in the back of the classroom, be quiet. Respect!

---John

I think it’s important to be respectful everywhere.

If you don’t mind your manners, others will judge you. People will think of you as a bad person. When you’re at a restaurant or other people's homes, you should always be respectful because if not, the first impression of you will be a bad first impression.

Basically, you should be civil and respectful at all times.

---Jordan & Nitin
We all have, at some point in time, fights with our friends. Where one thinks you said or did something, or maybe you did say or do something. Either way, we all know it’s not fun to be involved in any type of fight. Maybe we accidentally told someone a secret, or made a comment only meant to impress someone. Maybe it’s over a guy or a girl.

Now, we all know about rumors. No matter how much people say they don’t spread rumors, they do somehow, whether they meant to or not. Similarly, friends say stuff just like you do, and it has a pretty good chance of turning into something that will hurt someone. Eventually, there’s bound to be some sort of mix up, where you guys get into a fight, but that doesn’t mean that they aren’t a good person. What it does mean is that you both are passionate and real friends. Now, that doesn’t mean if you don’t fight, you aren’t passionate or real friends. It just means that either you guys really get along, which is great, or your time will come.

So, friends are like rumors or anything else. Something happens and someone gets hurt, but in the end, everything is alright. If now, maybe you guys just weren’t meant to be friends.

--Bianca

Everyone should be respected because if you don’t then they will not treat you the way you want to be treated, and that will end up causing problems. And a lot of the time people start up trouble between other people and it causes fights. But to avoid all of that trouble, you can be more polite to others, and not cause problems, for example, if someone is talking you should be considerate about them, and let them finish talking. If you want to be respected by others you need to say nice words, and not mean words. You could pick someone’s stuff up if they drop it or if someone says something mean, you should walk away and ignore them. If an adult tells you to do something, don’t talk back to them just listen, and do what they say! You should also NEVER disrespect an adult at all, and NEVER talk back to them...EVER!!!

--Kymauri & Eunice
WAYS TO STOP BULLYING

Some people don’t know the harm that bullying does, but it destroys lives and if you destroy people’s lives you start to destroy the future because without the ideas of the so called “nerds” there wouldn’t be Ebay, Facebook, Google, Twitter, etc. and if you continue there won’t be more fun and helpful things that the world will have. A lot of bullying goes on in the world and kids that could do better don’t. They don’t because people destroy their courage.
Here are some ways you can stop it:

If you see someone bullying someone else, don't...
1. Join in.
2. Encourage it.
3. Just stand around and watch it.
4. Laugh.
5. Record and post it.
6. Spread rumors about it.

Here are some ways you can help and/or defend yourself:
1. Tell a teacher about the situation and the bully.
2. Look the bully in the eyes with courage and tell him or her to stop and while doing this show you have no sign of fear and for a little spice sound angry and serious but (but not too much or you'll look and sound ridiculous).
3. If you see someone being bullied don't just stand around and watch, step in and stop it.
4. And last but not least don't fight unless it is your very last resort and you are in danger.

And if you are bullying here are some reasons you should stop:
1. You could, and probably will, get caught.
2. You could go to jail for it.
3. Would you like what you're doing to be done to you?
4. It's just rude to make someone feel bad about something that they have no control about.

I hope one day all of the world will be able to live in harmony but from the looks of things that will take a long time, but I believe it can and will be done... somehow.

-- John
Stop the Bullying...... Stand Up To It!

Stop those bullies! I know nobody likes to get bullied. Don't just stand there; stand up.

I read an article that said about 53 percent of teenagers who commit suicide, do it because of bullying. For example there was this boy that was a fun playful kid. He was nice loving and friendly. He was getting bullied. He was upset about how the bullies were treating him. He was strong. But, not strong enough. When he could not take it, he gave up. They found him in the basement dead.

As bystanders, we are, sometimes, the problem. We just stand there and watch. We should try to not get involved but try to get the person that is being bullied out of it. We should sometimes ask those bullies why they bullying the kid.

If you listen to them and they are hurting or have issues, make them feel better. I know that they don't mean to hurt that kid. Tell them to handle it on paper. If it is something that kid did last summer tell them to get over it.
If the problem does not stop tell a trusted adult. If the adult doesn’t believe you then tell a therapist and tell their parents. Now use this advice in any bullying issue. TAKE CARE!

--Lauren

When faced with a bully, there are things you can do to improve the situation. When there are face-to-face verbal insults, tell the bully to STOP teasing you, take a deep breath and tell an adult. Depending on the situation you can ignore the bully, then tell an adult and make sure you tell your parents.

In a cyber-bullying encounter, bullies go online and threaten to hurt other people, call people names or make up bad stories about them. If someone knows a bully that is doing this, they should tell the bully to STOP. They should also tell an adult about the situation. Remember take some deep breaths and know that you can get help.

Sometimes a person is rude, violent, mean or harassing; that person is a bully. Bullies are deliberate in trying to hurt other people. Even the repeated turning of their backs, averted eyes, and intentional ignoring is mean. Bullies go to some of the same places as the non bullies. So, it is important to stay alert.

--David

Did you know that bullying is the number one cause for teens in the U.S. to commit suicide?

If you didn’t know, now you do because I’m telling you. The worse type of bullying is cyber-bullying and I’m going to tell you how to stop it.

Teens, if you or a friend has experienced cyber-bullying, tell a trusted adult or a teacher in your school. Also don’t forget to save all messages that made you feel uncomfortable. Don’t turn off the computer or the monitor to be safe. Teens remember any and everything you post or put out in the internet world....stays there. It never goes away. So to prevent cyber-bullying try not to say anything that could get you in trouble or that would start trouble.

--Kaylin
Dear Reader,

So you know how there are the popular kids and then there are the non-popular kids, and how the non-populars get picked on and the populars are the ones picking on them. And you might be just the one on the sidelines watching everything happening sometimes wishing you had the guts or knew what to do to help the poor kid who’s being bullied.

It might be on the blacktop, or in the cafeteria, or even outside of school when it happens. It might be verbally, socially, physically, online, or even indirectly. You know you want to do something but then you don’t want them turning on you, and then you have a bigger problem. Or maybe you think it’s someone else’s responsibility to help, so you can sit this one out. Eventually, someone will help that kid and everything will be all right, but that’s not it. I mean it can’t be it to that story of the kid that got bullied. What if everyone thought what you thought that eventually someone would help the kid, then no one would help him or her. Because, just like you they thought someone would help them so they wouldn’t have to do it. You might be saying, “Hey it’s not my fault I’m not doing anything to harm them.” But by watching, you are being a bystander, a person watching them get hurt, not doing anything to stop the victim from being harmed. Therefore you’re a part of the problem. Now I’m not blaming you for just watching, but think about the kid who’s being hurt. They’re probably feeling alone, sad, and even scared. What if they decide that they’re going to do something bad to hurt someone or even themselves? You could stop something from happening that could end up hurting others, or even that person. Well, there is a solution to this massive problem. Instead of just watching, why not just say, “Hey leave them alone”, or maybe if you’re their friend, just pull them aside and tell them that they’re hurting someone, whether they meant to or not. And if it gets out of hand, find a trusted adult, and they’ll know what to do. In the end, think what if I were that kid, wouldn’t I want someone to help me? Telling an adult isn’t selling the person, or your friend out, it’s doing the right thing. And even if they get upset with you at first, once they calm down they’ll realize that you did the right thing, and forgive you. So don’t be a bystander, help and do something to help the victim in need.

Your Fellow Teen,
Bianca
Bullying hurts so many people in many different ways.

Types of bullying
* Cyber
* Physical
* Verbal
* Indirect (ex: spreading rumors)
* Social alienation (ex: excluding someone from an activity)
* Intimidation (ex: threatening someone)

All of these types of bullying can cause someone to
* Be depressed
* Commit suicide
* Have bad self esteem
* Take anger out in an unhealthy way (ex: violence)
* Become stressed
* Develop disorders (caused by stress)

Remember if you are a bully, all of these things can be caused because of you. If you see a bully, take a stand and don’t be a bystander or a bully!!

Do the right thing from your heart, not only because right, but also because you’re a good person!!!!

-- Journée
I’m My Own Bully

There are cuts and scars all over me,
From stress, frustration, and just one bully.
I’ve made it clear I’m not as happy
As I was before when I knew what to be.

I want to stand out, and make a change,
But there are so many things getting in the way.
I’ve stared at the mirror, not liking the view
Oh my god what am I going to do.

I feel I’m not worth it, or never good enough.
But almost every teenager goes through the same stuff.
With parents, and coaches and peer pressure too,
It leaves all of us not knowing what to do.

I’m my own bully, chewing myself out
Saying I’m not good enough, or I’ll never come around.
But I wake up so scared of being shameful,
I didn’t even know how much this was painful.

One day I’ll stop and smile at myself
Because I stopped worrying, and there’s still more to tell.
Maybe one day I can realize
That people like me, are hard to come by.

--Isa

Dear Bullies,

I think I know why you bully other kids. It's to stop other kids from bullying you, so you mentally and/or physically bully other kids to make yourself popular or
to make older or even younger kids stop teasing you. Sometimes you bully other kids just for the fun of it.

Well it's not fun for the victims, parents, or their friends. There's always a bystander and those bystanders should stand up for those victims of bullying!

Then this issue would stop kids from not going to school or outside without getting embarrassed or hurt.

Sincerely,
Nitin

Emily

I don't want to be left out...
  let's leave Emily out!
I don't want people to whisper about me
  Let's whisper about Emily!
I don't want people to run away from me...
  let's run away from Emily!
I don't want someone to hide my shoes...
  why don't we do that to Emily!
I don't want people to gang up on me...
  Hey, let's gang up on Emily!
I don't want them go through my back- pack...
  Hey, let's go through Emily's backpack!

Bullying is not a very good influence on little kids and can hurt them mentally and physically. So please help to stop bullying.

--Anusha
Bullying Sucks

I know you’re in pain and scared to tell someone...
But you have to keep fighting
Don't be afraid to tell a trusted adult.
Stand up to the bully and don't back down.

Don't let bullies bring you down
Or tell you who you are
Or what to be
Because you are who you are.

Grow up to be whoever you want to be
Because you are beautiful
When a bully comes to you walk away and ignore them
And be yourself.

-- Angelina and Nailah
Sometimes you feel alone or abandoned. You feel caught up inside yourself not knowing when to let your true feelings come out. You might be afraid of what someone might say or do. They could find out and it could hurt someone; then you'd feel bad for what you said. Someone needs to know how you feel; it's not healthy or okay for anybody to keep everything locked up inside of them, but then again you don't want to seem mean or rude. So you find someone you trust and see if they really care and listen to what you have to say, and they'll understand how you feel about the topic. So
help yourself and tell others how you feel and maybe you'll both feel better or be 
shocked to find out that you're not the only one out there who feels that way. If you 
share so will others. Don't let the world scare you, be brave and share your feelings.

--Bianca & Shreya

If you are going through a tough time, and you feel like you shouldn’t be here any-
more, remember that God has a reason for keeping you here. Your main reason could 
be to help someone solve their problems in order to solve your own. You never know. 
Keep believing and stay strong!

--Journée

If you are going through a hard time try to keep a smile on your face. Be happy 
on the outside to make others happy. Think of things to make you happy. Also think 
you could have had it worse. Or get it out of your MIND.

--Lauren

This is advice or a public statement for people who are going through a tough 
time (or are depressed). First, always be calm because everyone goes through tough 
situations. Second, take deep breaths and put on music or whatever that makes you 
feel relaxed. Third, think about all the good experiences you had in your life (such as 
traveling, campouts, hanging out with friends, etc.). Think about a solution to your 
problem (there’s always a solution to a problem). If you follow these steps your prob-
lems will go away.

--Nitin

Dear Depressed People,
When you have problems (which I guarantee everybody will have). Without prob-
lems we wouldn’t have exciting lives. Relax when you feel depressed and don’t think 
about the problem (unless you’re figuring out a solution). Think good thoughts or 
memories. I hope you follow my advice and it solves all your problems.

Sincerely,
Nitin
Everyone goes through tough times at one point or another, though some have it harder than others. It’s easy to feel saddened and overwhelmed, and many people going through hard times are feeling this way.

However, the important thing to remember is that it gets better. This is true no matter how difficult your situation may seem.

Focus on the positive aspects of life and look forward to the future instead of living in the past. Life goes on, and with time, you will learn to cope and adapt to new situations. You’ll always have friends and family that you can rely on; you are never alone. With a positive attitude and support from loved ones, adversity can be dealt with and overcome.

--- Katherine

Don’t worry, everything will be all right, and you’ll be fine. But you say yeah right, so you keep feeling bad and sad. Then something really happens, or pushes you closer to the edge. You feel like you’re about to go crazy, or lose your mind, or you feel like no one’s there.

You feel like no one understands you and you’re the only one out there in the world who understands. But listen to me. You’re not the only one out there. I’ve been there and so have others. So don’t think that no one understands and that no one cares. Because I care and so do others even if they won’t admit it. This isn’t another person saying don’t worry. I’m saying as a friend and fellow teen who understands, you will be okay. Just make good decisions and remember there will always be someone there to help you out, you just have to look.

--- Bianca
**Forlorn and Gracious**

A forlorn wanderer I stood.  
The path was amaranthine.  
Cold and frigid air.  
I could feel it with each step.

Today the wicked wind blows,  
Yesterday it was unbearably sweltering.  
I cannot change the course,  
For it is a one way walk.

But I do know that the choice is mine.  
I could turn back around if I truly desired.  
The hills are just too steep right now.  
The rain is just too harsh and brisk.

Ha! How silly do I sound?  
Wanting to give up now?  
I have been walking down this road  
And I already know that a garden of only the most beautiful of roses await me.

--Kendall

If you are going through a tough experience, I suggest that you just chill and take a break and everything will be alright. I also think that you should just calm down because stressing yourself out and worrying just calm down because stressing out yourself and worrying just makes everything worse. When I’m stressed, I just try to get some sleep and calm down. I’ve been through a lot of tough experiences, I just take it one day at a time just like my mother says because you do not even know if you will be here tomorrow. So I suggest if you are having a hard time find something that will take your mind off of your stress like, read a book or take a nap, or go for a walk.

--Makita & Tanasyha
If All Else Fails

When you’re not approved by the crowd
But you don’t change your mind
When you speak your words courageous and loud
While everyone else is meek

When you help guide others in the right direction
Instead of thinking of yourself alone
When you show others love and affection
While the world around seems heartless and cold

You know you’re halfway there
What have you got to lose
You know when you’re going and where
So you can’t stop now

But how can we believe
If you don’t believe in yourself
And how can you achieve
What you don’t bother to make an effort

Work hard
Believe
Practice
Believe
If all else fails
Which it would not
Believe in yourself
In God
And nothing can go wrong

--Kendall
Through thick and thin, have a friend who will help you through storms, through rain, through sadness, and through pain until the end. True friends accept you for who you are, not the fake-ness, not the popularity, not the drama, not the fights, not the bullying, and not the evil. None of that should represent you.
To Make the World A Better Place, Each Person has to...
Change. When you change, the world will change. When you make yourself a better person, the world will be a better place. Make peace and start with yourself!

-- Journée

To Make The World a Better Place....

Work hard
Overcome obstacles
Respect the earth
Love unconditionally
Do the right thing

Promote unity
Encourage everyone
Always stay positive
Cast aside negatives
Enjoy life

-Ebony and Mariah

There are many ways to make the world a better place. For example, you can help the elders cross the street so they don't get hit. You can help the poor get fed. To help the poor, you can volunteer at the nearest soup kitchen. You can pick up trash even when it's not yours. Also another important way is to stand up to bullies so there will be less suicides.

-- John and Lauren

There are plenty of simple acts of kindness that we can all do to make the world a better place. Personally, I can be nicer and more polite to people in general, even if I'm not in the best mood. Simply being compassionate towards others may seem insignificant in terms of improving our world and our environment, but a little kindness can go a long way, especially to those who are going through difficult times. Demonstrating kindness to others will make them more inclined to show compassion in return. If everyone would stop each day and show someone one small act of kindness, the world would become a better place.

-- Katherine

I will make this world a better place if I will make sure gay people get a choice to do stuff like regular people get to because you are supposed to treat gay people like you
treat your child and your mother so people should let gay people get jobs because they need job because they need money like regular people.

-- Jermira

Making the World a Better Place to Live In

The world is a very rude and violent place to live in, but my brother and I can tell you how to make the world a better place to live in. There are many steps to make the world a better place.

**Step 1: Stop the Violence** – one way is to compromise instead of fighting. Compromising is good because if you talk it through you can resolve the issue.

**Step 2: Stop Littering** – one way to stop is to pick up trash you see on the side of the road and throw it away, because if other people see trash on the ground they will do the same thing.

**Step 3: Help People to Stop Smoking** – smoking is bad for the environment because it kills plants, trees, and peoples lungs. Did you know that every year, about 3,000 non-smoking adults die of lung cancer as a result of breathing secondhand smoke?

These are the BIG 3 steps of making the world a better place live in, because it talks about ways to stop violence in the world, making the earth green again, and making the air crisp and clean. To conclude this story, when you see something or someone doing wrong remember the BIG 3 and do right!

-- Kaylin and KyMauri

Dear People,

If everybody followed all these steps I think the world will be a better place. First, no littering, no pollution, recycling or anything else that is harming nature. Second, I think there should no war(s) or crimes. Everyone should get along. These steps are not hard and if you follow them the world will be a better place.

Sincerely,
Nitin

I think this world would be a better place if there was no war(s), crimes and violence. Also if all got along, recycled, reused, and used solar and/or wind power to power electronic devices and didn’t cut down so much trees. This would solve global warm-
ing, pollution, and will help repair the ozone layer. If all these happened I think the world would be a better place.

--Nitin

We live in a place where people throw trash on the floor, and where people waste resources and electricity. In our age, with all the technological advancements, we should know better than to keep the lights on when we're away from home. Everyone should attempt to help, and make this world a better place.

We should clean up parks. We should save electricity by turning off lights, and instead use natural light. We should help animals that are endangered. We should attempt to stop global warming.

Unless we put more effort into making this world a better place, everything will perish. The streets will be littered with trash. The oceans will be filled with pollution. The fish and other animals will all die. The air will be too polluted to breathe. Our country will be in chaos!

If you don't want this to happen, you should take part in making a better world.

--Lasya
Our Planet

Imagine a planet where trash is everywhere and you can’t see the ground
Imagine a planet where the air is so dirty that you can’t see
Imagine a place where the water is so dirty that you can’t drink it
Imagine a planet where the land is so dirty you can see the pollution just sitting
Now imagine a planet where . . .
The ground is clean
The air is clean and you can breathe
The water is so clean you can swim in it
The land is so clean you run it through your fingers
Compare the two
Which planet would you want to live on?
Make a choice and make it happen.

--Bianca
The world would be a better place if there were more access to clean water. Water is important for people and has many roles in our lives. Water is refreshing, great for bathing, it flows throughout our body, and it’s under the earth nourishing the roots of trees. Some scientists are trying to use water to make and power electricity. The H2O molecule can be produced but it isn’t easy. Both the hydrogen and oxygen orbits need to become linked, and then added energy to create a force to connect them. At this time, clean water is not available to many people.

One way to provide clean water to drought stricken areas in Africa would be to maximize the wells by implementing a well sharing system. Creating durable above ground piping systems and filtration systems to flow to nearby villages would bring clean water to more people.

Clean water for good health is priceless. In many parts of the world water is contaminated by fertilizers, trash, that all runoffs to areas [rivers, streams, lakes] that people drink. It is important for people to understand what an important resource water is to human life.

When people have access to clean water they can hydrate themselves and have sustainable gardens for food. Then people would be healthier. Reducing their worries about having food and water and allow them to enhance their lives to be more healthy. As a result they would be stronger and healthier to go to school and do more activities like science.

---David
The humane treatment of animals in some factory type farms is minimal. Animals like chickens have little space, food and other natural conditions. Many animals are downers; meaning livestock that are down and unable to rise even with assistance and livestock when assisted can’t walk without assistance. That is defined in Title 15 Department of Agriculture subtitle 11 Animal Health Chapter 17 Humane Treatment of Livestock, including 3D Livestock at Auction Markets Annotated code of Maryland. Animals are living creatures and if they are going to be killed for our nutrition they should be treated with respect and care in life. As to keep the environment balanced.

One requirement should be that animals should have space, food, water, veterinary care, shelter when necessary. Chickens should have access to cow pies (cow-waste) when farmers let cows eat grass in one field then produce waste then switch the cows and chickens to that field allowing the chickens to eat the bugs out of the cow pies. Natural fertilizers and dirt support the hydrogen cycle.

The other side to the meat consuming process is making sure that food is safe from diseases. Government health agents estimate that as many as 76 million people have been sick, about 325,000 people hospitalized, and about 5,000 American citizens killed.

The U.S. Department of Agriculture can’t order mandatory product recalls even when companies persistently violate food safety rules. The U.S.D.A can investigate and then initiate a recall instead of completely stopping meat slaughtering.

--David
Teen students at HCLS Hi-Tech wrote and developed an e-book, *Chapters of Civility*, that addresses key concepts of how civility relates to their lives. The chapters include Importance of Civility, Ways to Stop Bullying, Inspirational Messages, and Helping the World. Each chapter contains a variety of messages from teens to their peers in a variety of formats, such as poems, letters, pictures, and thoughtful passages. In some sections, the authors present information and advice, while in other areas they promote action and living kindly. Debuting during this year’s Choose Civility Week, the e-book was the culmination of a six-week Hi-Tech seminar.

Writers:

<table>
<thead>
<tr>
<th>Angelina</th>
<th>Anusha</th>
<th>Bianca</th>
<th>David</th>
<th>Ebony</th>
<th>Eunice</th>
<th>Isa</th>
<th>Jermira</th>
<th>John</th>
<th>Jordan</th>
<th>Journee</th>
<th>Katherine</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kaylin</td>
<td>Kendall</td>
<td>Kymauri</td>
<td>Lasya</td>
<td>Lauren</td>
<td>Makitaa</td>
<td>Mariah</td>
<td>Nailah</td>
<td>Nitin</td>
<td>Shreya</td>
<td>Tanasyha</td>
<td></td>
</tr>
</tbody>
</table>

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For details about HiTech, email hitech@hclibrary.org

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