

L.A. youth teacher's guide

Publishing Schedule

L.A. Youth will arrive the week of Oct. 18, 2010

Key to using the October 2010 issue:

ARTICLE and PAGE NUMBER	KEY TEACHING POINTS
<p>The perks of being a nerd p. 5 It might not be cool, but Jose loves learning and the friends that he's made.</p>	<p>What about yourself makes you proud? Have you ever had to defend being who you are?</p>
<p>Someone please hire me pp. 6-7 Patricia has spent months trying to find her first job.</p>	<p>Have you ever looked for a job? What did you learn that worked and didn't work?</p>
<p>Life in the bike lane p. 8 Getting around on his bike gives Sam freedom to explore the Los Angeles.</p>	<p>What's your favorite mode of transportation? Would you want to ride your bike to get around?</p>
<p>Fighting to save my home p. 9 A proposed freeway extension could demolish the homes in Audrey's neighborhood.</p>	<p>Is there a cause that you have fought for? How can teens make a difference?</p>
<p>COVER STORY: Picturing myself at college pp. 10-12 Visiting schools made Yesenia's dream seem more real.</p>	<p>What criteria are you considering when you look at colleges? How can you find out more about colleges?</p>
<p>I've got spirit pp. 14-15 Kheri says it's fun to be a cheerleader because she gets to pump up the crowd at football games.</p>	<p>What activities do you enjoy? Why do you like them?</p>
<p>Odd girl our pp. 16-17 The cool kids didn't accept Charmaine but she finally found a group that did.</p>	<p>Have you ever made friends for the wrong reasons? How do you find friends who share your interests?</p>
<p>The lows of getting high p. 18 When a girl smoked marijuana she was irresponsible and started losing her friends.</p>	<p>What are good reasons not to do drugs? If your friend started doing drugs what would you do?</p>
<p>Finally free from my anger pp. 20-21 Going to a treatment center for troubled kids helped Tiffany stop fighting and become someone she's proud of.</p>	<p>What causes you to lose your temper? What helps you stay calm and not get angry?</p>
<p>Stepping it up pp. 22-23 Anthony loves to dance but had to overcome his fear of performing.</p>	<p>See lesson plan on page 2.</p>

Overcoming a fear

A lesson plan to go with “Stepping it up” from the October 2010 issue of L.A. Youth. In this article, Anthony writes about overcoming his fear of freestyle dancing in front of others.

By Amanda Riddle, co-managing editor
Grades: 7-12

Subjects: language arts, life skills

Suggested Time Allowance: 45 minutes-1 hour

Resources/Materials:

- copies of the L.A. Youth article “Stepping it up” (one per student)
- pens and paper
- white board or blackboard

Overview:

Students will examine why we have fears and what helps conquer them.

Warm-up activity:

Write the word “fear” on the board and ask your students to think of a time when they were scared to do something. Maybe they were afraid to perform or speak in front of others, play in a big game, join a team or club, or talk to people they didn't know.

Discussion:

Many times our fears are irrational. We worry about messing up or looking bad, but once we try something we discover that we were able to do it. Ask your students what thoughts went through their minds when they were afraid and write their responses on the board. They may say: I'll look stupid, I might mess up, no one will be interested, I'll get laughed at, I'm not any good, it will be too embarrassing, no one will like me. Then ask them if the experience was as bad as they expected it to be.

Activities:

Have your students read Anthony's story “Stepping it up” on page 22. After reading the story, as a discussion measuring their reading comprehension, ask students to answer the following questions about the story:



Photo by Elizabeth Pascual, 16, Burroughs HS (Burbank)

Why was Anthony afraid to freestyle dance in front of others?

- He was afraid of messing up.
- He loves to dance so if he fails it will seem like he's wasted his time.
- He felt like he didn't have exciting moves.
- He messed up the first time he tried, so he thought he wasn't good at it.

What influences made him more open to freestyling in front of others?

- He met Kayla, who wasn't afraid to dance in front of others.
- He and Kayla would practice dance moves from choreography videos.
- The Rock the Era organizers asked each person to set a goal, so he made it his goal to freestyle in front of others.
- His friends would freestyle and were having fun.
- Right before the freestyle battle, his friend Tai said “we've got this,” which made him feel more confident.

What did Anthony do to help himself conquer his fear?

- He meditated and told himself he could do it, which calmed him and gave him confidence.
- He decided to try freestyling at the last practice and this time it was much easier, which helped him realize he

could freestyle.

- He realized that if he tried to have fun and didn't think about what other people thought, he would do OK.
- He asked if he could perform in the freestyle battle in front of 19,000 people.

How did freestyling in front of 19,000 people at Rock the Era change Anthony?

- He has more confidence in his dancing.
- He's trying to get better at dancing.
- He dances with his friends all the time.

Discussion:

After reading the story, ask your students what they think of Anthony's fear of freestyling. Once he did it, was it as bad as he thought it would be? Was he happier after he overcame his fear? Can they relate to his experience?

Assignment:

Have students write an essay about a fear they overcame or want to overcome. Have them write about what negative thoughts were holding them back. If they have overcome their fear, have them write about what helped them achieve their goal, whether it was encouragement from others, their own motivation, practicing, praying, etc. What did they learn about themselves? What did they learn about how to conquer a fear? If they haven't tried to overcome their fear yet, have them write about what they could do to try to overcome it, using Anthony's experience as a guide. Who can help or support them? What do they need to do themselves?

Extension activity:

The words you say to yourself can be as important as how much you've practiced. Anthony's friend said, “We got this guys. This is our time. Every one of those practices comes to now” and that helped him feel confident. Have your students come up with a list of things they can tell themselves when they're feeling anxious to help them calm down and feel confident.



Would you like a speaker from L.A. Youth?

Editors Laura Lee and Mike Fricano speak about journalism, current events, working as a reporter, how to be a better writer and how students can get involved in L.A. Youth.

Call Laura or Mike at (323) 938-9194 or e-mail llee@layouth.com or mfricano@layouth.com. PLEASE NOTE: You'll be asked to **pay \$5** to help offset the cost of gas.

THANKS TO TEACHERS who contributed letters to the editor: Jolie Augustine, Wilson MS in Glendale; Jacqueline Hartt, East Valley HS in North Hollywood and Jennifer Kim, San Gabriel HS.

Your students can join the L.A. Youth staff

the newspaper written by and about teens



Next Newcomer's Orientation: Saturday, Dec. 11, 11 a.m.-noon at L.A. Youth 5967 W. Third Street Suite 301, L.A. 90036 *(between Fairfax and La Brea)*

Call Amanda, Laura or Mike at (323) 938-9194.