



[Police Brutality Reflection](#)

In this project I learned many things. I learned that I have a voice. I learned that I am more than capable of standing up for what I believe in. But most importantly, I learned how to be an upstander and what being an upstander means. The project that was assigned to me was police brutality. Although this topic was assigned to me I don't consider it as assigned. The reason why is because this is a topic that I am truly passionate about and I believe that it's a topic that needs to be talked about and taught about. I feel like talking about this topic is more of an opportunity than an assignment. Police brutality is an issue that impacts many people especially people of color. Being an upstander means not consenting to people's oppressive actions and standing up for what's right. Police brutality is something that we need to fight against and for that reason I am choosing to fight against police brutality. Police brutality can mean many things most of the time it can mean force and physical violence but, it can also mean verbal abuse and judgement. Me and my group chose to specifically teach youth about this issue because we felt like they have the right to know about what happens in their communities. Me and my group decided that the first step to becoming an upstander is to raise awareness and educate youth on this issue. My advice to you all is to fight for what you believe in and to use the voices that you have because words have power.