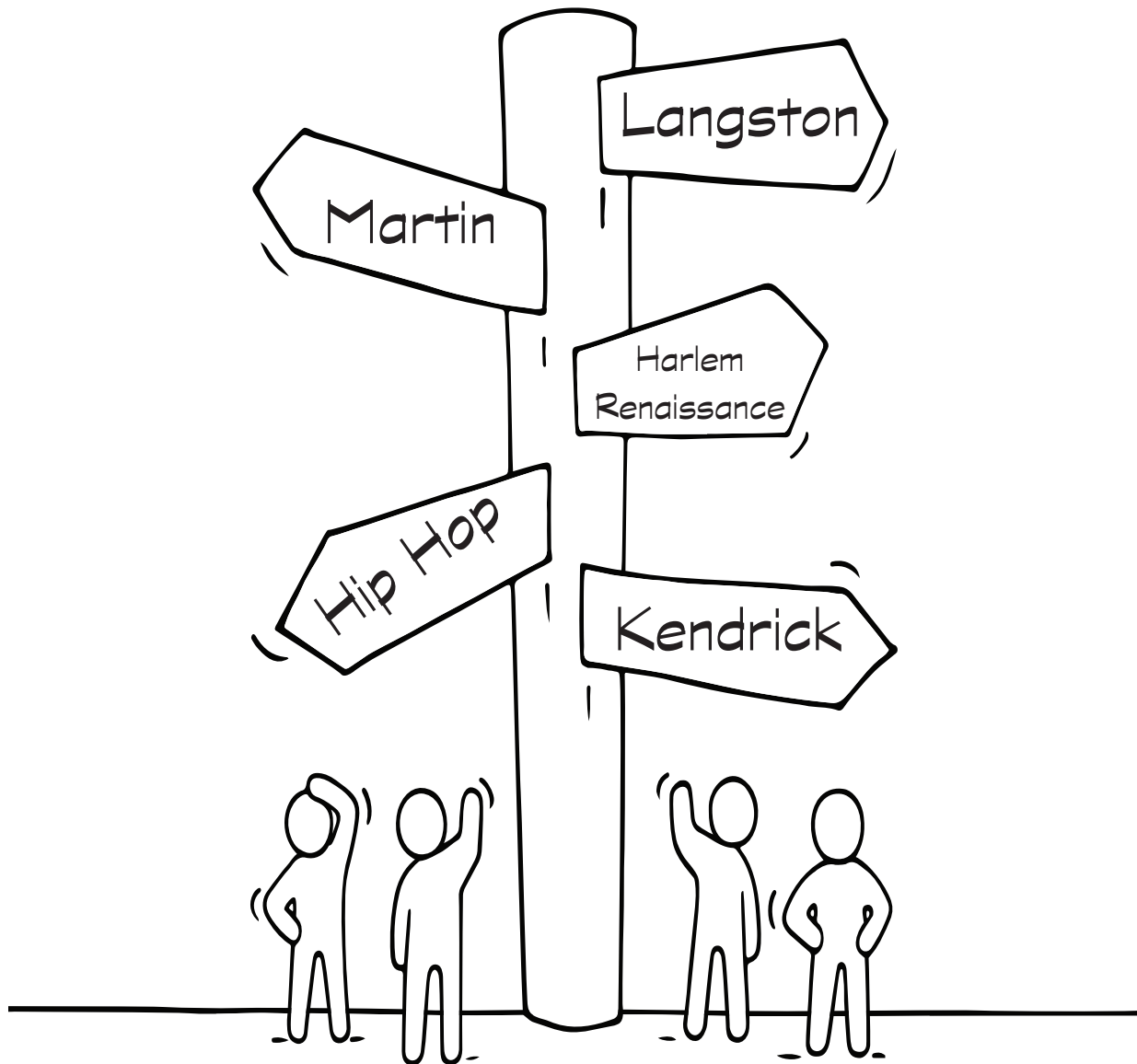


# BEYOND THE DREAM

San Francisco Human Rights Commission | Created by Sheryl Davis

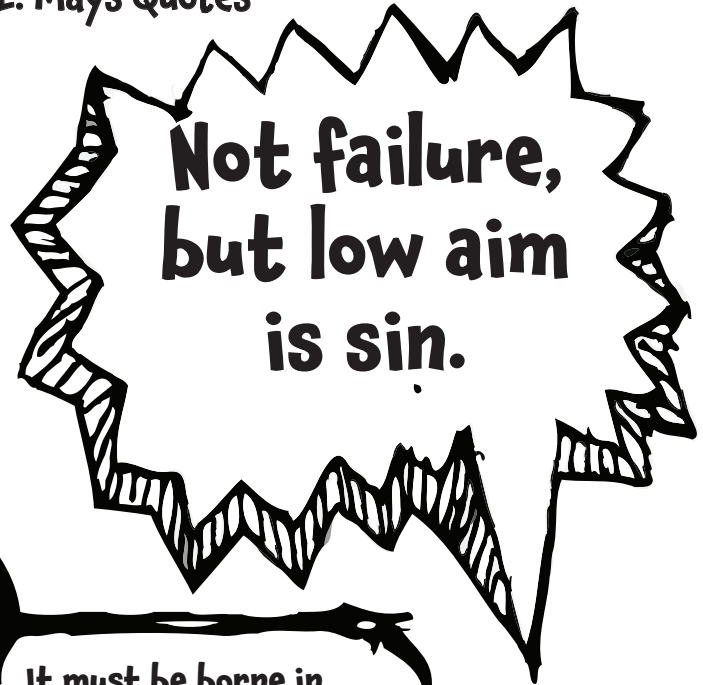
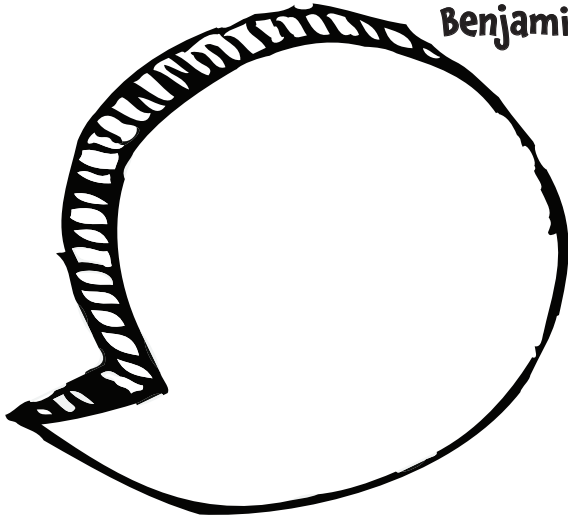


San Francisco Human Rights Commission

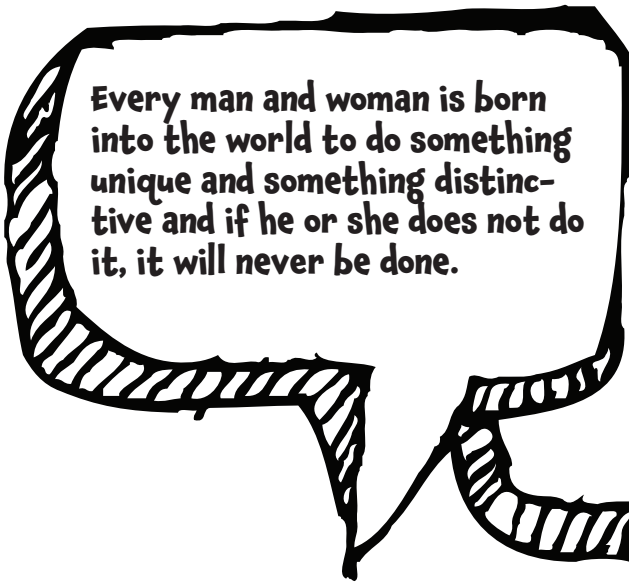
## TABLE OF CONTENTS

Benjamin E. Mays Quotes .....	2
What are you willing to go to jail for?.....	4
I LOVE.....	5
Hold Fast to Dreams .....	6
A dream deferred.....	7
Black Lives Matter .....	8
Movements.....	9
Lyrics.....	13
What do you love about yourself?.....	17
Strategies to engage in courageous and caring conversations .....	18
Poetry, Storytelling, Experience and Song .....	19

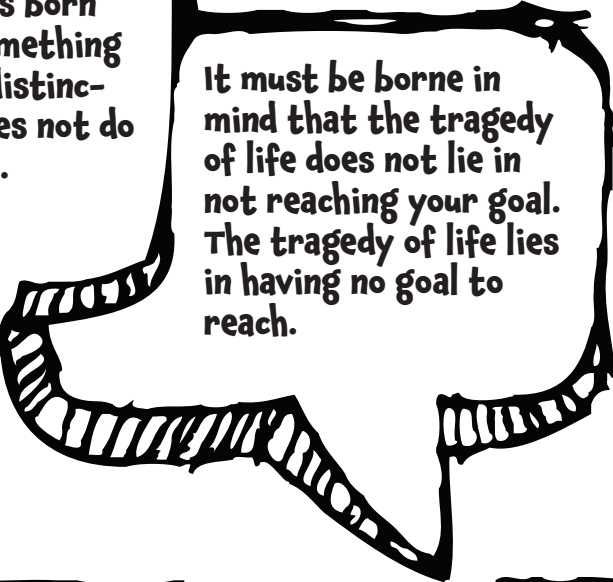
**Benjamin E. Mays Quotes**



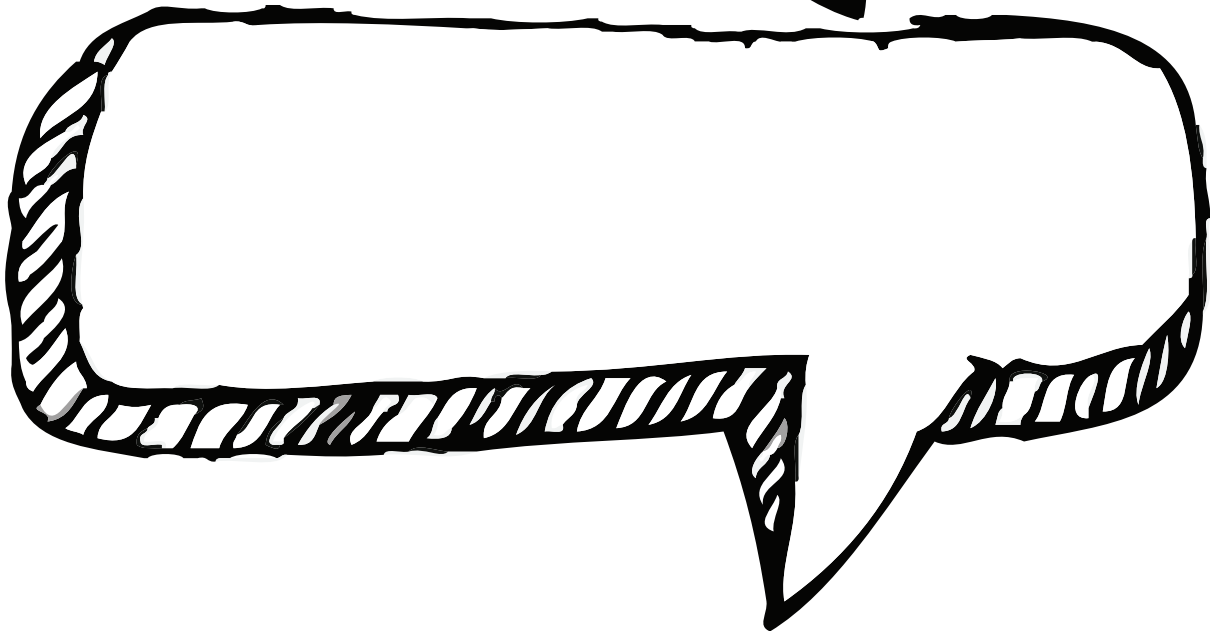
**Not failure,  
but low aim  
is sin.**



**Every man and woman is born into the world to do something unique and something distinctive and if he or she does not do it, it will never be done.**

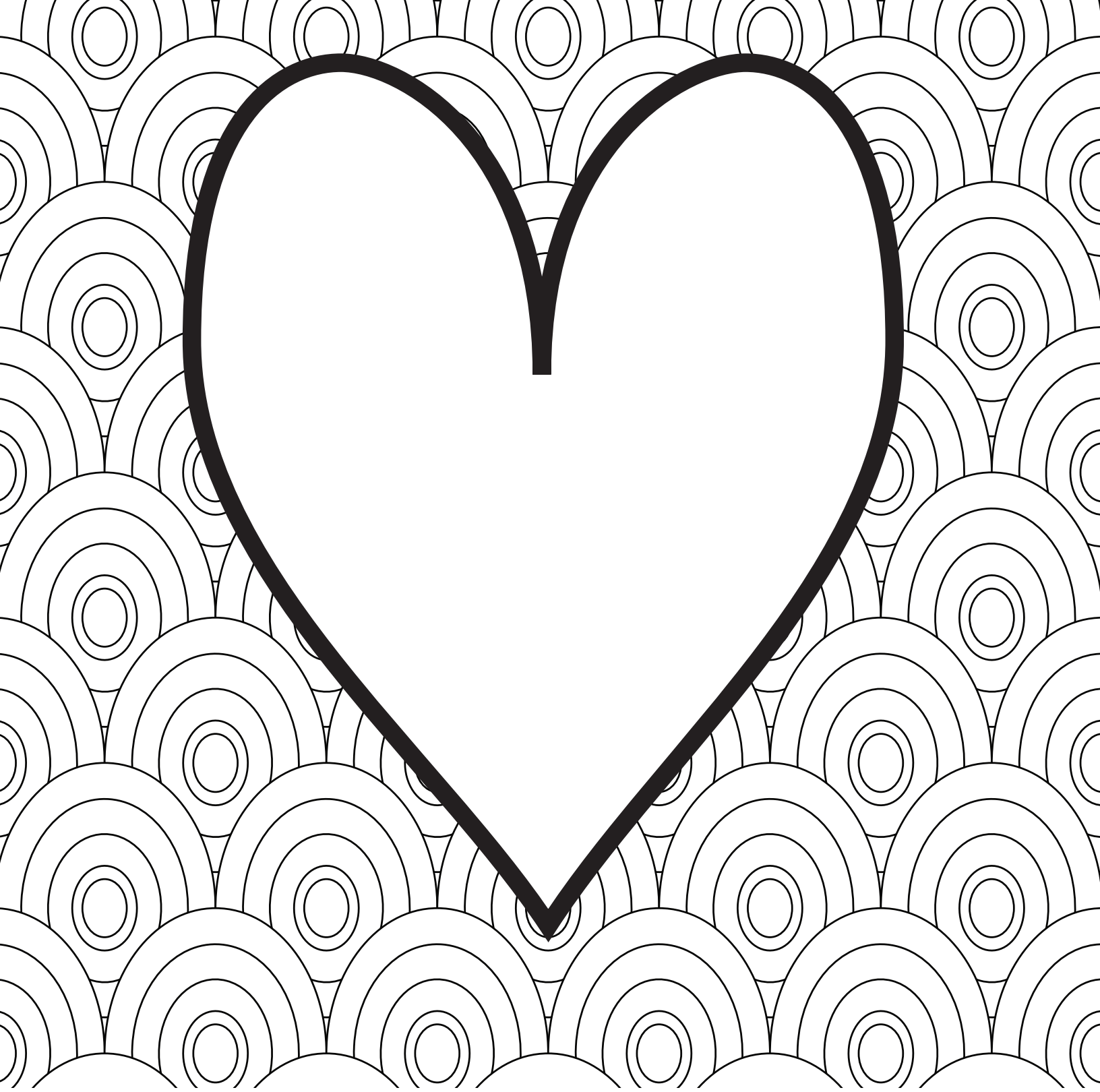


**It must be borne in mind that the tragedy of life does not lie in not reaching your goal. The tragedy of life lies in having no goal to reach.**





**What are you willing to go to jail for? Who would you write to? What would you say?**



I LOVE

# Dreams

**HOLD** fast to DREAMS

H = FOR IF DREAMS DIE =

Life **BROKEN-**  
• IS • A **B**WINGED **BIRD**

== THAT CANNOT FLY ==

**HOLD** fast to DREAMS

H = FOR WHEN DREAMS GO

Life [IS A] **BARREN**  
===== **FIELD**

**FROZEN** with snow

# WHAT HAPPENS

TO A DREAM DEFERRED?



DOES IT DRY UP  
LIKE A RAISIN IN  
THE SUN?



OR  
FESTER LIKE A SORE  
AND THEN RUN?

DREAM

DOES IT STINK  
LIKE ROTTEN  
MEAT?



DREAM

OR CRUST AND SUGAR OVER  
LIKE A SYRUPY SWEET?

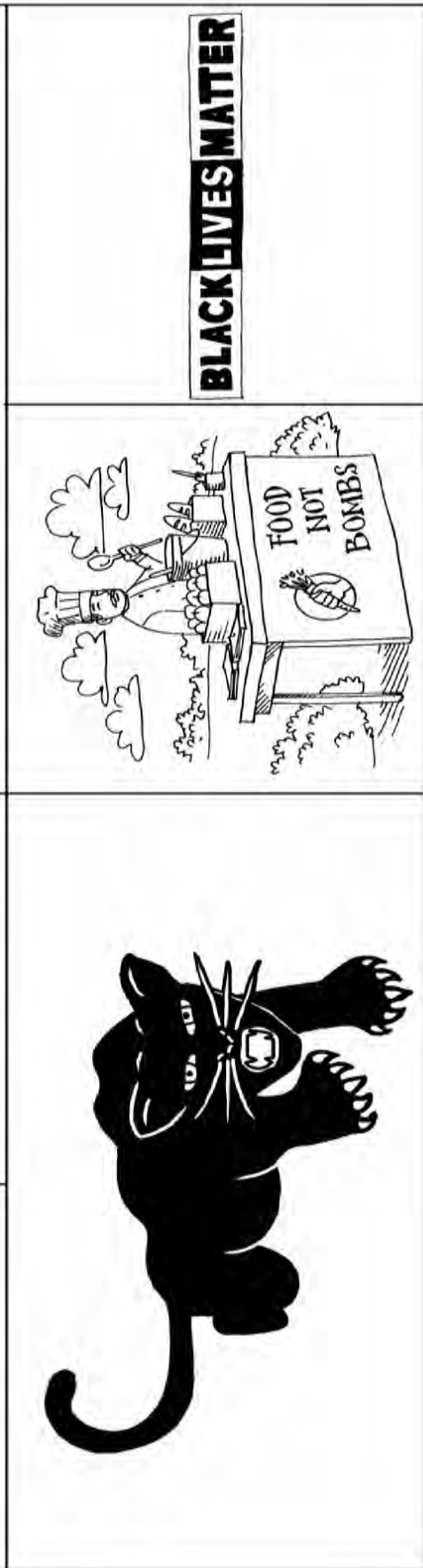
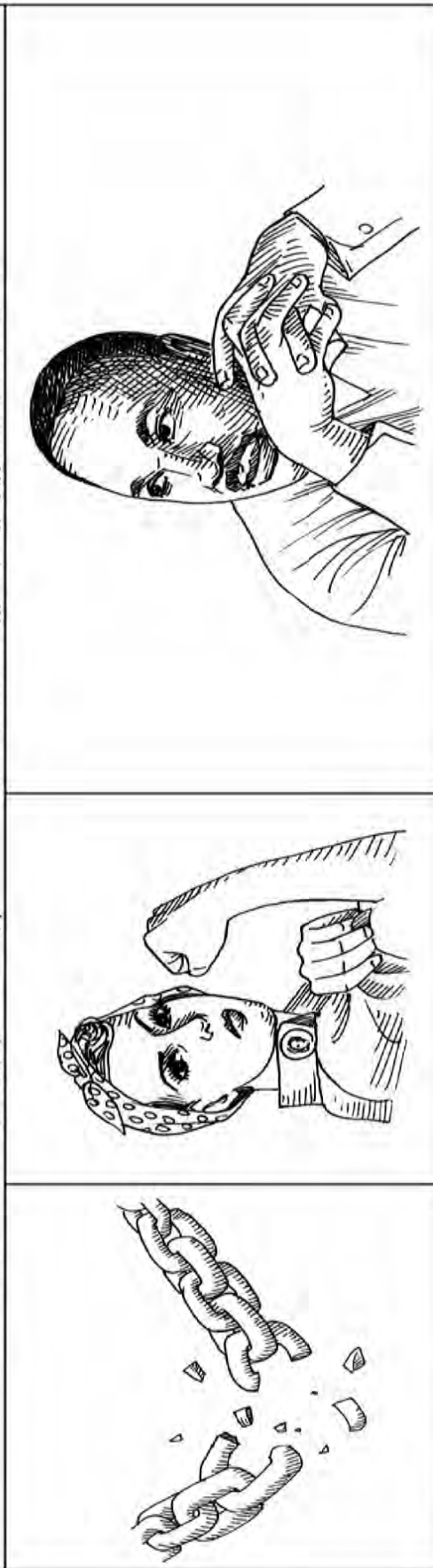
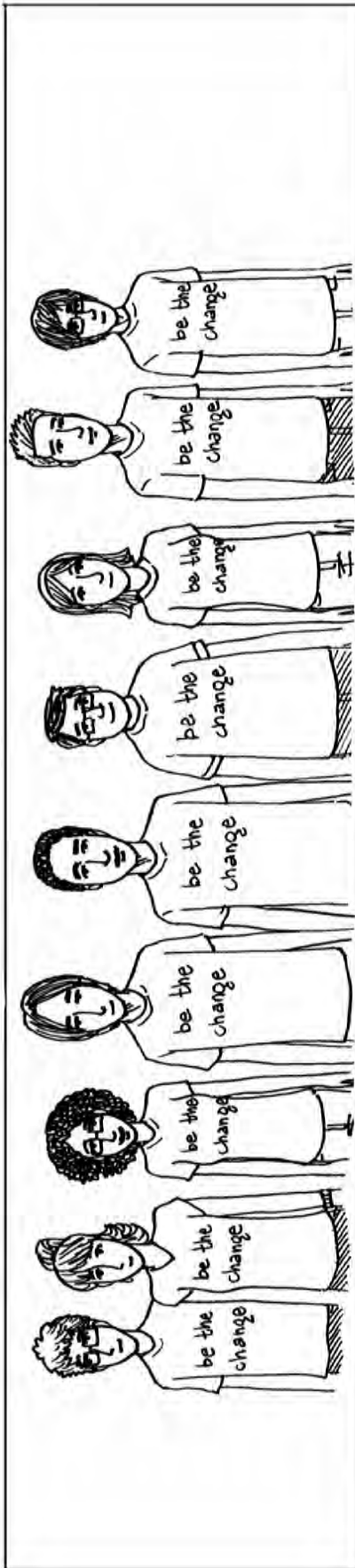
DREAM

MAYBE IT SAGS LIKE A  
HEAVY LOAD.



OR DOES IT EXPLODE?

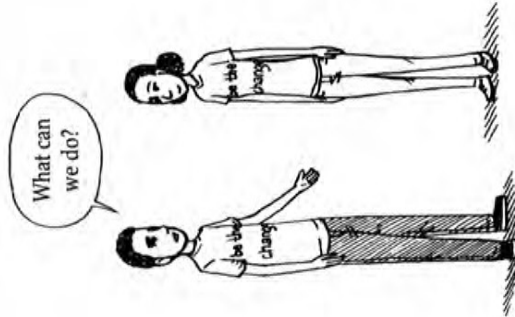




## Movements

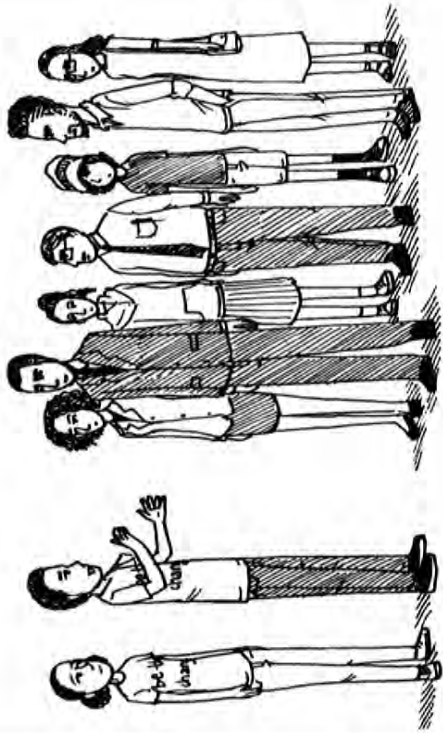
a group of people working together to advance their shared ideas  
a campaign undertaken by a group of people working together

What's my idea?



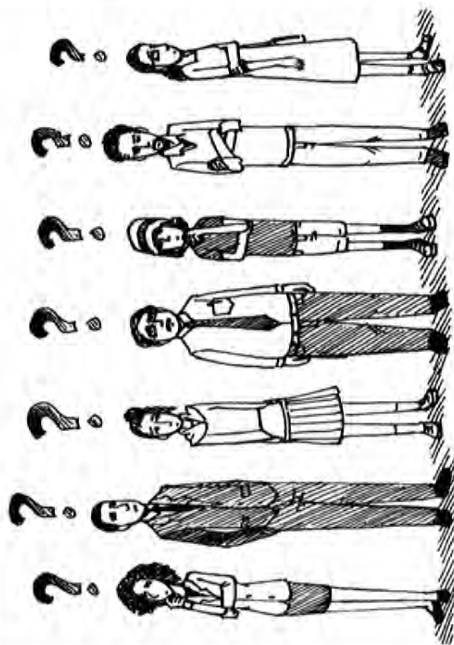
Explain what you would change

Can I get a group of people to support?

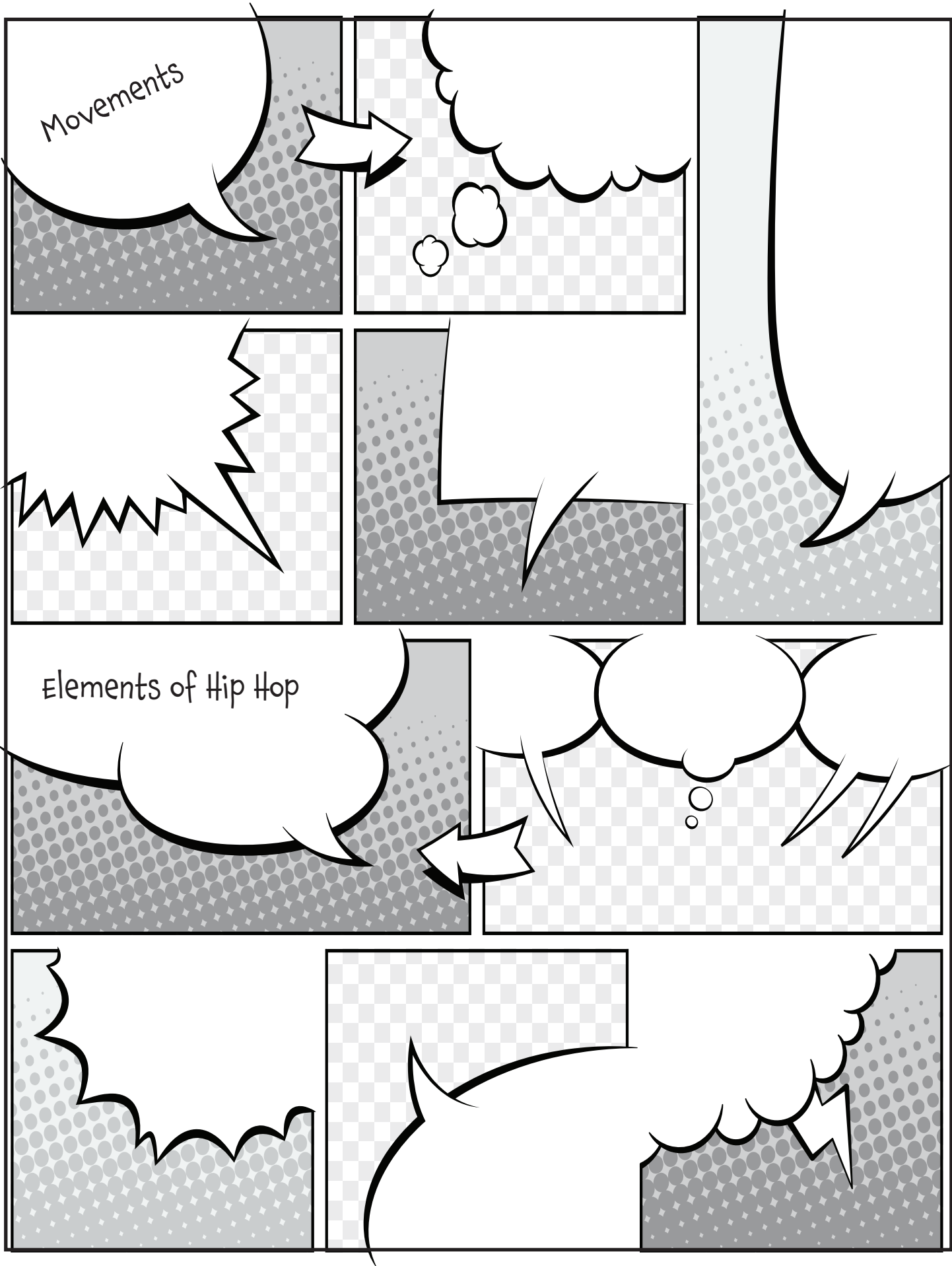


Who would want to support this effort

Why would they support?



How do you work together?



I love Myself Lyrics  
I done been through a whole lot  
Trials and tribulations, but I know God  
Satan wanna put me in a bow-tie  
Praying that the holy water don't go dry, yeah yeah  
As I look around me  
So many mother\*\*\*\*\* wanna down me  
But ain't no n\*\*\*\* never drown me  
In front of a dirty double-mirror they found me

And I love myself  
(The world is a ghetto with guns and picket signs)  
I love myself  
(But it can do what it want whenever it wants and I don't  
mind)  
I love myself  
(He said I gotta get up, life is more than suicide)  
I love myself

(One day at the time, sun gone shine)  
Everybody looking at you crazy (Crazy)  
What you gone do? (What you gone do?)  
Lift up your head and keep moving (Keep moving)  
Or let the paranoia haunt you? (Haunt you)  
Peace to fashion police I wear my heart  
On my sleeve let the runway start  
You know the miserable do love company  
F\*\*\* do you want from me and my scars?  
Everybody lack confidence, everybody lack confidence  
How many times our potential was anonymous?  
How many times the city making me promises?

So I promise this

(One day at the time, sun gone shine)  
They wanna say there's a war outside and a bomb in the  
street  
And a gun in the hood and a mob of police  
And a rock on the corner and a line full of fiends  
And a bottle full of lean and a model on a scheme, yup

These days of frustration keep y'all on tucking rotation  
I duck these gold faces, post up fee-fi-fo-fum bases  
Dreams of realities peace  
Blow steam in the face of the beast  
The sky can fall down, the wind can cry now

(One day at the time, sun gone shine)  
Walk my barefeet (Walk my barefeet)  
Down, down valley peak (Down, down valley peak)  
I keep my fee-fi-fo-fum (Fee-fi-fo-fum)  
I keep my heart undone (My heart undone)

(One day at the time, sun gone shine)  
I went to war last night  
With an automatic weapon, don't nobody call a medic  
I'mma do it 'til I get it right  
I went to war last night  
I've been dealing with depression ever since an adoles-  
cent  
Duckin' every other blessin', I can never see the message  
I can never take the lead, I can never bob and weave  
For my n\*\*\*\* that be letting 'em alienate me  
And the sound is moving in a meteor speed  
From a 100 to a billion lay my body in the street  
Keep my money in the ceiling let my mama know I'm free  
Give my story to the children and the lesson they can read  
And the glory to the feeling of all of y'all scenes  
Seen enough, make a mother\*\*\*\*\* scream, "I love  
myself!"  
I lost my head, I must've misread what the good book said  
Oh woes keep me, it's a jungle inside  
Give myself again 'til the well runs dry



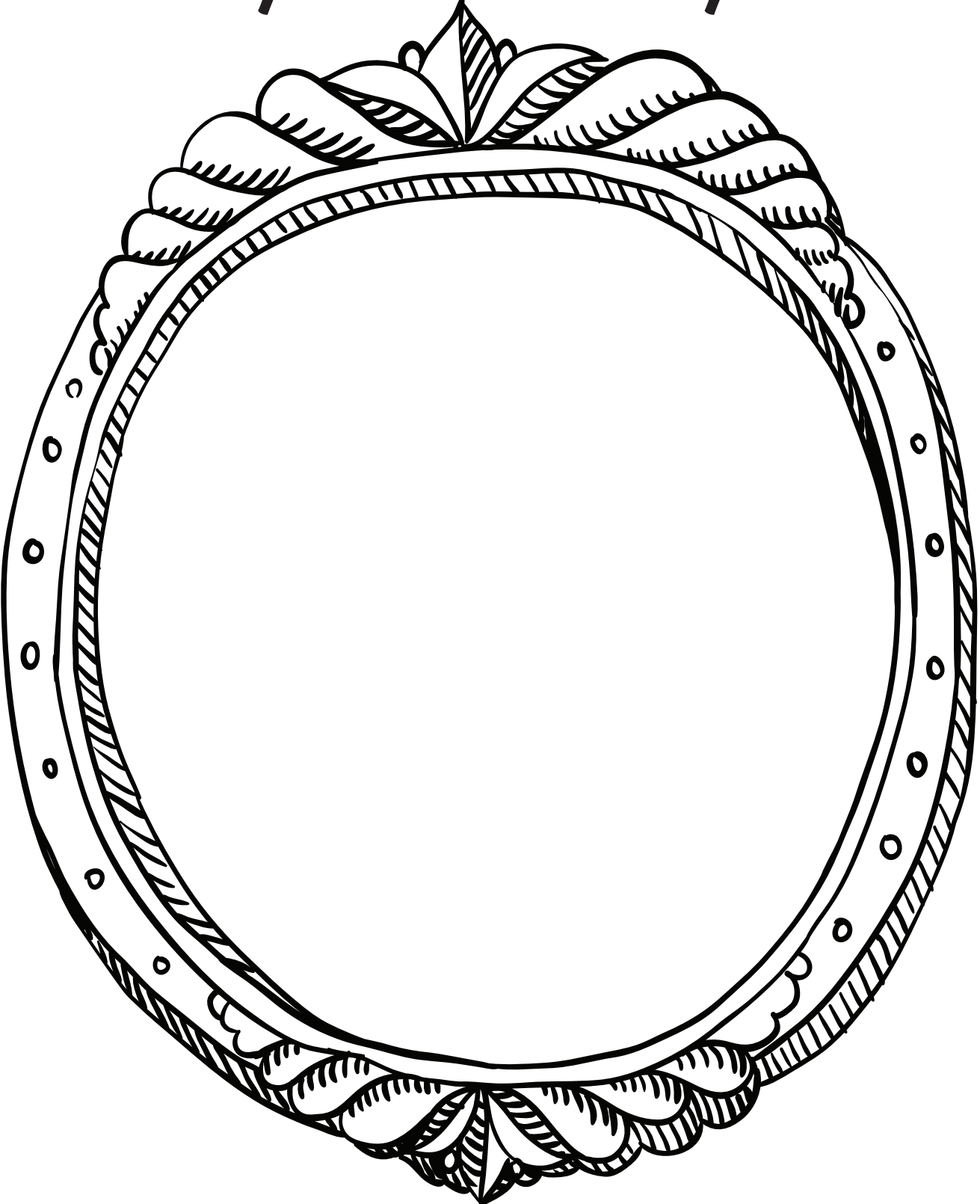
---

**What Stanza or Line sticks out to you the most? Why?**

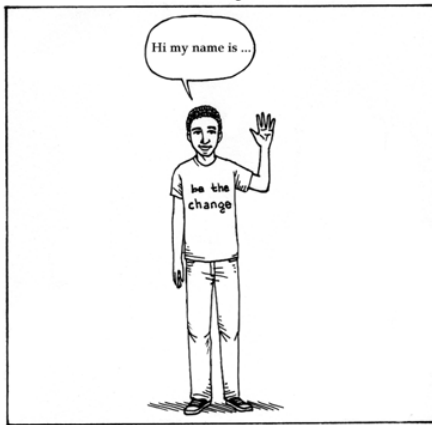
**Is there a double meaning?**

**If yes, what are the meanings?**

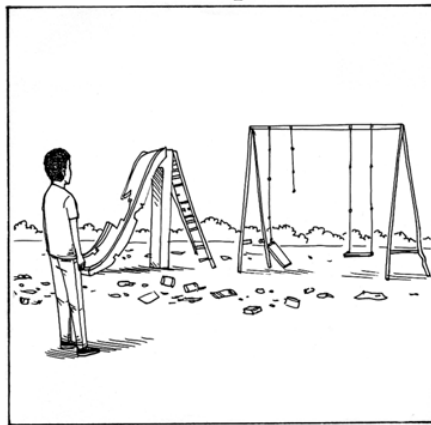
# What do you love about yourself?



### Introduce yourself



### What's the problem?



### What do you want to see change?



### Who are you sending the letter to?



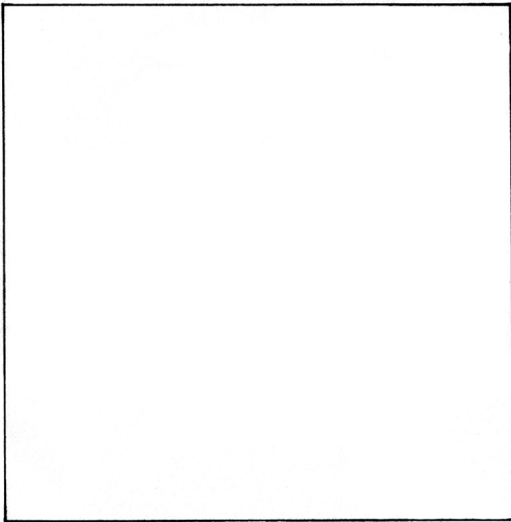
### How can they help?



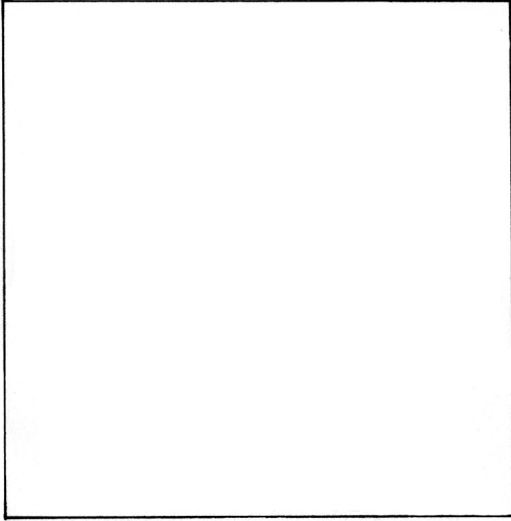
### Did you mention Florence Mills?



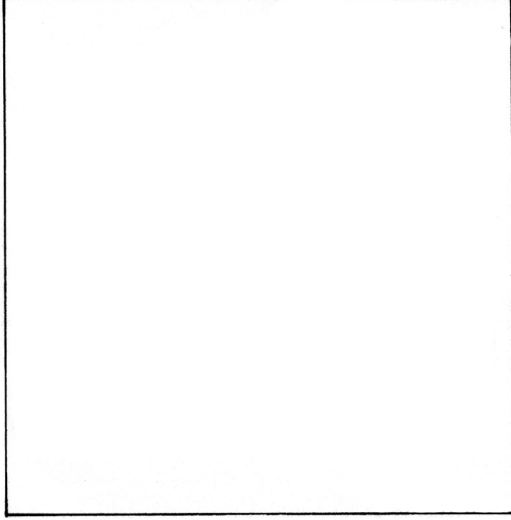
**Introduce yourself**



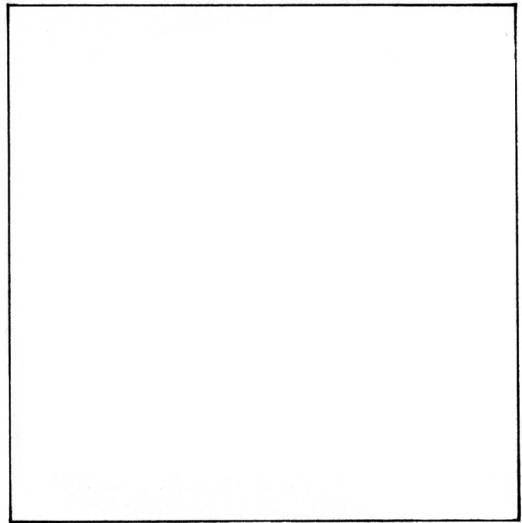
**What's the problem?**



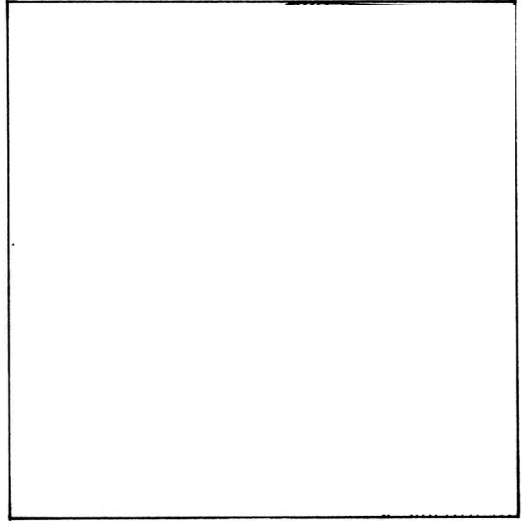
**What do you want to see change?**



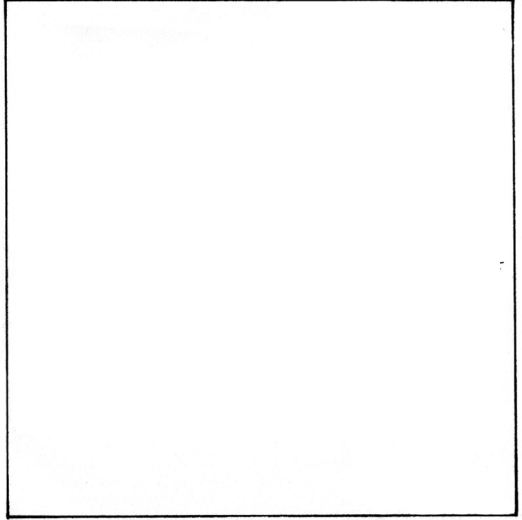
**Who are you sending the letter to?**



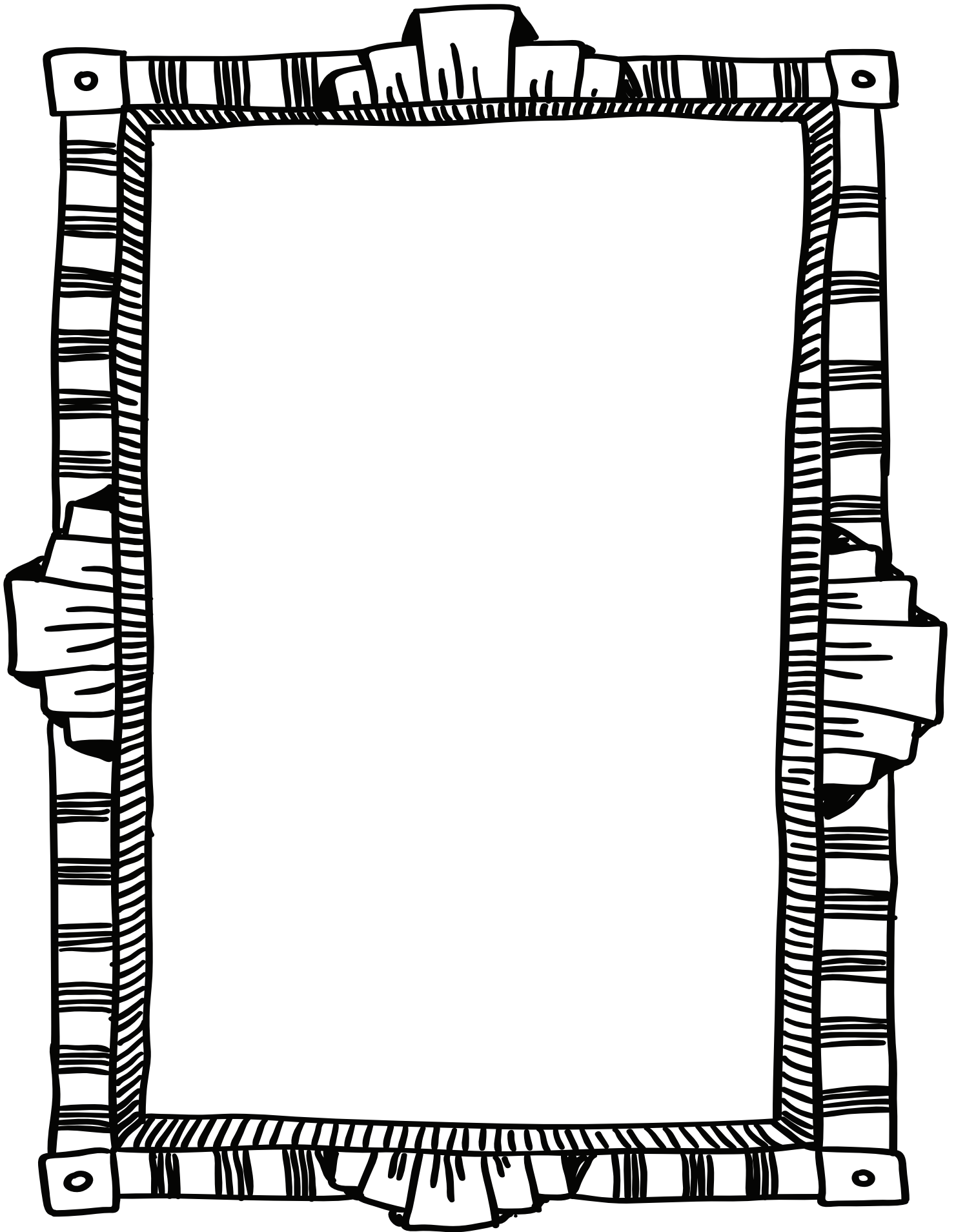
**How can they help?**



**Did you mention Florence Mills?**







# 4

## STRATEGIES TO ENGAGE IN **COURAGEOUS AND CARING CONVERSATIONS**

**POETRY**  
HELPS DEVELOP  
UNDERSTANDING  
& BUILD COMMUNITY

**SONG**  
ADDRESSES ISSUES  
OF STRESS &  
ANXIETY

**STORYTELLING...**  
SUPPORTS SOCIAL SKILL DEVELOPMENT,  
ESPECIALLY AROUND EMPATHY  
& SOCIAL AWARENESS

**EXPERIENCE**  
GAIN UNDERSTANDING  
& BUILD TRUST

## POETRY

Poetry is found to increase the wellness of people with serious illness.

Poetry offers patients a tool to deal with their feelings and/or experiences; it has also been linked to improved mental and physical well-being.

Numerous studies cite poetry helps develop empathy, helping youth and adults gain better understanding of others.

In a study by the Poetry Foundation, people using poetry said they gained a better understanding and they also demonstrated improved social skills.

## EXPERIENCE

Provide space to share thoughts and feelings; to talk in an authentic voice.

In research this is called a qualitative interview- "in-depth, informal, non-directed, open-ended, conversational" approach. A means to engage, observe and learn.

We want to offer youth an opportunity to learn from others as well as share their own experiences.

## STORYTELLING...

Reading fiction helps inform the reader about the social world and helps develop a greater social awareness.

Studies also show that fiction helps with "Theory of Mind", which is instrumental in developing/coordinating relationships with others.

## SONG

Song helps to encourage interaction with others in a non-threatening way.

Young people need a means to practice their social skills and music/song is noted as such a tool. It is also said to help with emotional well-being and problem solving.

Song can have a calming effect on the body and the mind. Music can help alleviate or decrease stress, increase engagement and productivity.

**SAN FRANCISCO HUMAN RIGHTS COMMISSION**

25 Van Ness Avenue, 8th Floor  
San Francisco, CA 94102

[www.sf-hrc.org/beyondthedream](http://www.sf-hrc.org/beyondthedream)