

Cedric Dean SAVE Institute

Peer Pressure Study Guide

JOURNALING

As you live you learn. Journaling is when you keep a day-by-day account of your good and bad experiences. Your journal should include a complete description of what goes on inside your thoughts and feelings as you go through the steps of each phase of your life and any lessons you learn from doing so.

Write inside your journal using this set up:

Date:

Projected Events:

Projected Outcomes:

Actual Outcomes:

Summary:

Thoughts:

Feelings:

Mistakes:

Lessons Learned:

People To Remember:

Things to Remember:

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Peer Pressure Study Guide

SELF-INVENTNORY

In order for you to know or understand anyone else, you must first get to know and understand yourself. Each of the following questions is intended to help you get a better understanding of yourself. Your answers should go inside your journal. This information is for your eyes only. It is to help you help yourself.

Who are you?

What do you stand for?

Who do you listen to the most?

Who are you afraid of?

Who is afraid of you?

Do you always think for yourself?

Do you consider yourself easy to influence?

Do you think before you think?

Do you say exactly what is on your mind?

Do you sometimes seek attention?

Do you sometimes appear to be better than others?

Are you ever disrespectful to others?

Do you bray in front of people who do not have what you do?

Do you treat people the way you want to be treated?

Do you say "no" when you should?

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Peer Pressure Study Guide

How to Gain Control of a Conversation

Some people can convince others to do just about anything if they listen long enough. The key is to shut them up. Here are some very effective ways to take control of a conversation.

1. Why are you asking me to do something I don't want to do?
2. Do you really think I'm stupid?
3. Could you give me one good reason why I should risk getting in trouble for you?
4. None of what you are saying makes sense to me.
5. I don't let people think for me.
6. I know you believe what you are saying, it's just not for me.
7. What will happen if things don't go the way you think they will?
8. Do you believe that you are not going to get into trouble?
9. I love my freedom too much to ever be a follower.
10. I cannot do that now or ever!
11. Where do you see yourself in five years from now?
12. I am not the one; try that with someone else.
13. Thanks, but no thanks.
14. It does not make sense for me to be involved.
15. No! (No is the most powerful word in the world) It needs no further explanation.

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Peer Pressure Study Guide

CONCLUSION

Your workbook is your guide. Always keep it around. Let it be a reminder of the importance of thinking for yourself. So be the best you that you can be. You do not have to be afraid. There is power in words. You have learned how to overcome peer pressure, but you have also learned how to be a leader. Good leaders are few these days, so follow yourself. And never lead yourself astray.

There are 2.3 million prisoners in America who were pressured at some point or another in their lives. Peer pressure is powerful. It can get you killed or sent to prison. Once you commit to being a part of any group, you become a slave to them. Whatever they want you to do, you will do it or face the consequences. All it takes is for you to say “yes” one time, and then you will never be able to say “no” again.

I learned the hard way. You do not have to. The more you keep it real with yourself, the more freedom you will have to do the things you like to do. Once you join a group, you can only do what they tell you to do.

Good Luck!

Cedric Dean
President of SAVE Institute

Cedric Dean SAVE Institute
Peer Pressure Post Test

Name _____

Date _____

Write an essay explaining how you intend to overcome peer pressure in the future. Give specific details based on what you have learned from this course.

Cedric Dean SAVE Institute

Peer Pressure Post Test

Name _____

Date _____

1. What are the four (4) general principles of overcoming peer pressure?

2. What are three (3) things you can do to gain control of a conversation?

3. Why should you never put too much trust into your friends?

4. Why is it important to keep a journal?

5. What can you do to help someone not feel inferior?

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New Hope Study Guide

INTRODUCTION

In 1996, I was sentenced to Life plus 5 years in federal prison for my involvement in a crack cocaine drug ring. In 1995, the United States Congress voted against the 100 to 1 ratio for crack dealers compared to powder cocaine dealers. Needless to say, almost all crack dealers had lost hope. I knew I had made a terrible mistake selling crack, but I never imagined that I could go to prison for the rest of my life. No one told me about the consequences of selling crack, only about the cash I could make. One thing I learned the hard way was “all money isn’t good money.”

When I entered the spooky looking United States Penitentiary in Atlanta, Georgia, I was 25 years old. I had heard all kinds of rumors. The prison had a well known reputation for violence. A few years prior to my arrival an officer had been killed, so I was not looking forward to living in my new home. I was there only one week before an inmate took an officer hostage in the kitchen. We went on 1 30 day lockdown. I could not come out of my tiny cell for any reason, not even to take a shower. I had to take bird-baths in the sink. I had a cellmate, so we had to smell each other whenever we took a number 2. It was not a good experience. The food was the same for the entire we were on lockdown: one bologna sandwich, one cheese sandwich and one rotten apple. I had lost all hope.

My mother came to visit me and said, “Don’t you ever give up hope because you are coming home one day. As long as you believe that, you will.” I never gave up hope after that. I started changing my life and the more I changed, the more my situation changed. Since then my sentence has been reduced twice – my new release date is 2020. That’s what hope will do for you.

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New Hope Study Guide

What's In Your Workbook and How To Use It

I wrote your workbook because I know the value of never giving up hope. No matter how bad things may get for you, there is a way. I have seen people in prison give up. They either kill someone or kill themselves. They start to believe that they have nothing to lose. But life is so precious. As long as you are breathing, you always have something to lose. No bad situation lasts forever. You can make some good out of every bad situation.

This course will help you find the sunshine after the rain. After every bad storm, the sun appears. No storm lasts forever. Every storm runs out of rain. You have to always believe that better days will come, no matter what you are going through. Your workbook is designed to help you restore hope in your life. I want you to learn how to always believe in yourself, you will see why so many people love you. But no one in this world should ever love you more than you love you. No one.

Love...learn...live.

That is the way to keep your hope alive. Never let anyone kill your dreams because you can do anything. You must always believe in you.

Keep hope alive!

Cedric Dean

President of SAVE Institute

Cedric Dean SAVE Institute

New Hope Study Guide

General Principles of Hope

1. **Belief** – You must always believe in yourself. No matter what others tell you that you cannot do in life, always believe that you can. No one else can believe in you if you do not believe in yourself. Whatever you believe you can do, you can. Only you can kill your hope. No one in this world can make you stop believing in you. Just because someone says you cannot do something, does not make it so. Never stop believing.
2. **Self-love** – Hope involves self-love. When you love yourself, you do everything you can to take care of yourself. People who do things to hurt themselves do not have self-love. They hurt themselves because they lack the love they need to protect themselves. You must always love yourself unconditionally. That means nonstop. No matter what happened to you, never stop looking out for what is best for you. Never stop loving yourself.
3. **Action** – Hope is more than wishing that something will happen. It is going after the things that you want in life. It is doing whatever it takes to achieve your dreams. People with hope make things happen. Do not sit back and watch the things that you want pass you by. Hope is not about sitting still. It is about using your self-will and having the courage to climb tall hills.
4. **Confidence** – Hope removes all doubt. Losing is not an option. The word “if” does not exist, only “when”. You must be certain about your ability to achieve your dreams. When you have hope, you expect that you will get what you want. When you have confidence, you do not mind making a sacrifice, which means you must be patient. Things will not always happen when you want them to or the way you want them to. But they will happen. Everything that is worth something takes time to get. Things that come fast usually do not last. When you are confident, you are patient. You do not ever give up.

Hope saved my life and it will save yours too. As long as you believe, you can achieve your dreams. You can have any and everything. All it takes is a little self-love. The more you love yourself, the more you will be able to do. Hope without action will not do it for you. Hard work brings results.

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New Hope Study Guide

JOURNALING

The best way to keep hope alive is by keeping a record of your journey. Every step of the way you are making progress. Along the way you will make many mistakes. Learn from them and never forget the lessons. A journal will help you track your progress and stay focused on your journey.

Write inside your journal using this set up:

Date:

Goal(s):

Obstacle(s):

Bad thoughts:

Good thoughts:

Mistakes:

Lessons Learned:

People to remember:

Things to remember:

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New Hope Study Guide

SELF-INVENTORY

A lot of people lose hope because they do not know themselves. If you do not know yourself, you will never know all the things you can do. The best way to get to know yourself is by taking a self-inventory. The following questions will help you learn who you are as a person.

What do you fear in life?

What makes you lose hope?

What makes you want to give up?

Do you believe in yourself?

Do you love yourself?

Are you happy with who you are?

What would you change about you if you could?

What makes you get mad easy?

Do you do things you know you should not?

Do you think negative a lot?

What is hard about thinking positive?

Is it hard for you to make sacrifices?

What is your career goal in life?

What are you doing to achieve your career goal?

What do you need to do to achieve your career goal?

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New Hope Study Guide

SPREAD YOUR HOPE

Every day people experience bad situations that make them lose hope. The worst feeling a person can have is one of loneliness, when he or she feels alone while facing a problem. Some people get to the point where they think that no one cares or even notices that they are going through something. You can be a source of hope by showing them that they are not alone, that you are there and really do care.

The more you help others restore their hope, the more strong your hope will become. Here are some ways to help others who feel hopeless:

1. I know things are bad, but they could be a lot worse.
2. I know you are going through something, but I want you to know you are not alone.
3. I believe in you, I just need you to start believing in yourself.
4. The only way to fix what happened is by having some confidence in yourself.
5. I love you, but I think you have stopped loving yourself.

The best way to spread your hope is by being a good listener. People who are hopeless have a lot on their minds. So you must: listen, learn and lead. Always be the leader you were born to be.

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New Hope Study Guide

CONCLUSION

Hope helps you cope. Have hope in place of dope. Some people who cannot cope use dope. They try to escape from this inescapable world by getting high. When they come back down their problems are still hanging around. You do not need dope to cope. All you need is hope.

It took me a long time to start believing in myself. When I was selling crack I did not love myself or anyone else. If I did, I would not have been selling something that was hurtful – to them and me. Selling crack caused me to lose the best years of my life, and it cause some people to lose everything they had earned in life. There were no winners, only losers.

You can win. You can win over and over again. Hope is the rope that will pull you up to cope. Never give up hope. Never stoop believing in yourself. Never stop loving yourself. Never let anyone or anything kill your dreams. The future is what you make it. The future is in your hands. Always have a plan. Always have courage to stand.

Always keep hope alive.

Cedric Dean
President of SAVE Institute

Cedric Dean SAVE Institute

New Hope Study Guide

Name _____

Date _____

1. What are the four (4) general principles of hope?

2. How can you spread your hope?

3. Why is it important to keep a journal?

4. Why is it important to do a self-inventory?

5. How do you overcome hopelessness?

Comments:

Cedric Dean SAVE Institute

How To Be a Better Me Study Guide

INTRODUCTION

I want to tell you about a little boy who was born to a single mother. His father was never a part of his life. His mother worked two jobs and did her best to raise him right. He wore nice clothes and shoes, lived in a real nice home, and had more than enough unconditional love. He used to play basketball and other fun sports. He was a Cub Scout and a choir boy. But none of those things made him happy. He did not want to be a child. He wanted to be a 13 year old man.

The little boy who wanted to be a man started to hang out with other little boys who wanted to be men. He started leaving his lovely home and hanging around in the most dangerous neighborhoods in the world. The people in the neighborhoods he went to could barely make ends meet. Most of the children in the ghetto he hung around in either had a mother on drugs or a father in jail. They would do anything to live in this boy's nice home. They would do anything to be in his shoes.

This boy wanted to be a thug. He wanted to be tough. He wanted money, power and respect. He wanted everyone in school to like him, to know who he was. He wanted to be a Ghetto Superstar. So, he started doing all the things thugs do: carrying guns, dealing drugs, bullying people and robbing people. By the time he was 16 years old, he was on his way to prison for 14 years. While in prison, he became even more determined to be a "gangster". He hung around with killers and learned how to be cold. By the time he was released, 66 months later, he was a certified "gangster".

He went home from prison, picked up a gun and took off to have some fun. He robbed crack cocaine dealers, sold crack and lived the "thug-life". He drove fancy cars, wore expensive clothes, and had the finest jewelry money could buy. He had finally become a "ghetto superstar".

Cedric Dean SAVE Institute

How To Be a Better Me Study Guide

What's In Your Textbook and How To Use It

That little boy that wanted to be a Ghetto Superstar became the most famous former student at his school. He earned himself Life plus five years in federal prison. That was the price he had to pay for wanting to be a man.

That little boy was me. I did not know how to be a better me. I did not know about the real value of being free. I wrote your textbook and designed this course so you could learn from me, so you could be better than me.

I was a fool for not wanting to stay in school. I thought I was being cool. But prison was made for fools. Prison is the second best thing next to being dead. Many of my childhood friends are dead. Those who are not either they went to prison or are still in prison. I wanted to be something so bad that when I became it, I did not want to pay the price required.

This course will help you make better choices and decisions in your life. This course will help you to be your own best friend. It is not about me, but it is about you. It is about me helping you be a better you.

Learn to love yourself and be yourself.

Cedric Dean
President of SAVE Institute

Cedric Dean SAVE Institute

How To Be A Better Me Study Guide

General Principles for Being A Better You

- 1. Contentment** – Always be satisfied with who you are. You may not come from a rich family, but I bear witness that money cannot buy you happiness. People make and keep other people happy. I had a good life when I was a 13 year old little boy. I did not need to use drugs to make me feel better. I did not need to run around in the streets to get people to respect me. I was just fine just the way I was before going to jail and putting my family through a living hell. Can't nobody beat you being you. Only you can be the best you.
- 2. Respect** – Always respect yourself. You cannot get respect from anyone else if you do not show respect to yourself. If you treat yourself bad how can you expect others to treat you good. The key to self respect is to not do anything to hurt or harm yourself. Give others a reason to respect you, to like you, to love you. The key to getting respect is by giving it. The more you give the more you will get in return. No one has to like you, but everyone should respect you. But it will be hard for anyone to respect you if you do not respect yourself.
- 3. Honesty** – The truth will always stand alone and represent itself. Honesty depends on your ability to stand strong and resist temptation. It is so much easier to tell a lie than the truth, but once you tell the first lie, you have to tell another and another to cover the first. And no lie lasts forever. Some people, like parents, do not like to hear the truth, but they deserve it. They cannot help their children when they are misled. When you make mistakes, they can get better or worse based on whether you tell the truth or a lie. Honesty is always your best option. It is better for you and the people who are trying to help you.
- 4. Knowledge** – Knowledge is power. The more you know the further you can go in life. Learn as much as you can, while you can get it for free. The education you get prior to college does not cost you a dime. It may cost your parents, but it is free to you. Take advantage of your free learning opportunity by asking as many questions as you can. The more questions, the better. The only dumb question is the one you don't ask. Only a fool will drop out of school and think it is cool! Don't be a fool, always stay in school.

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How To Be A Better Me Study Guide

JOURNALING

The best way to become a better you is by keeping a record of your mistakes and lessons. Journaling will help you track your journey – the good and bad days. It is always good to write down your experiences, so you can look back upon them and gain valuable information from the mistakes and lessons you learned.

Write inside your journal using this set up:

Date:

Events of the day:

Bad thoughts:

Good thoughts:

Mistakes:

Lessons learned:

People to remember:

Things to remember:

Goals:

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How To Be A Better Me Study Guide

SELF-INVENTORY

The best way to become a better you is by learning who you are as a person and why you do the bad things you do. The more you learn, the more you can change about you. The following questions are for you to use to help understand your faults and flaws.

Who am I?

What makes people like me?

What makes people not like me?

Am I respectful toward others?

Am I respectful toward myself?

Do I have any goals in life?

Do I do my best in school?

Do I ask questions when I don't understand?

Do I love myself?

Do I believe in myself?

Do I take care of myself?

What is something that I need to change?

What kind of skills do I have?

What do I want to be in life?

What can I do to achieve my dreams?

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How To Be A Better You Study Guide

GENERAL PRINCIPALS OF LOVE

1. Love is giving – Love is what you give to others in the form of kindness, friendliness and forgiveness. It is only real when it is given without expecting anything in return. The more love you give to others, the more others will give to you.
2. Love is Understanding – No one is perfect. We all make mistakes, everyday in every way. Always listen to understand what other people have to say. It may not mean much to you, but it means a lot to them. If you want others to be understanding, you must be understanding too.
3. Love is Unselfish – When you love someone you help them from the heart. You do the right thing for others because it is the right thing to do. You share with others without feeling bad about it.
4. Love is Unconditional – Unconditional love is uncommon in this day and time. There are always some conditions – you do this for me and I will do that for you. We get our blessings in life by being a blessing to others. What you do – good or bad- comes back to you.

To Get Love You Must Give Love

Cedric Dean SAVE Institute

How To Be A Better Me Study Guide

CONCLUSION

The little boy I told you about who grew up to get sentenced to life plus five years in federal prison is now an author, educator and leader. I am no longer living to die, I am dying to live. Once I learned to be a better me, my life changed for the better. I am no longer serving life; I have a 2020 release date. I have published 14 books from prison, started my own organization to help the misguided, and received my Teacher's Assistant certification through the U.S. Department of Labor.

That same little boy who dropped out of school into a life of crime, drugs and violence is now helping federal prisoners go back to school and get their General Education Degree. Yes, I finally figured out how to be a better me. And now you know what it takes to be a better you.

Contentment, respect, honesty and knowledge did it for me. And they will do it for you too. All you have to do is show a little love. Be giving, understanding, unselfish and unconditional. Do not always do something good for someone to get them to do something good for you in return. Do it from the heart. Do it because it will help you be a better you. A better you will make a better world.

Be the best you can be.

Cedric Dean
President of SAVE Institute

Cedric Dean SAVE Institute

How To Be A Better Me Study Guide

Name _____

Date _____

Write an essay explaining how you intend to be a better you. Give specific details based on what you have learned from this course.

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How To Be A Better Me Study Guide

Name _____

Date _____

1. What are the four (4) principles for being a better you?

2. What are the four (4) principles of love?

3. Why is it important to keep a journal?

4. Why is it important to do a self inventory?

5. What can you do to help someone else become a better person?

Comments:

Cedric Dean SAVE Institute

Bullying Study Guide

INTRODUCTION

Kenneth Weishuhn informed his classmates at the Iowa high school he attended that he was gay. Shortly afterward, his family says anonymous voicemail threats started being sent to his cellphone. At school, several of his fellow students picked on him with gay jokes and other forms of bad words. It got so bad that Kenneth Weishuhn, also known as K.J., hung himself in the garage of his home. He was 14.

Tragic suicides like K.J.'s happen every 5 hours.

Millions of students face bullying that includes everything from bad words to bad beatings. It happens to boys and girls alike.

Phoebe Prince, 15 years old, and also a high school freshman, hung herself from a stairwell in her home after she was bullied at her Massachusetts school by a small group of classmates. Six teens were charged in her case.

K.J. and Phoebe did not deserve to be picked on, no less than you should not be made fun of. You have the right to expect as a human being you will be treated respectfully and fairly by all students and teachers at your school. But you have the responsibility to treat others, both students and teachers, with the same respect.

In 1999, two students who reportedly had been bullied at their school in Columbine, Colorado, went around the school shooting and killing people. The outcome to bullying is never good for the bully or the person being bullied.

This course will help both – the bully and the person being bullied – as well as people who want to avoid being in either role.

WHAT IS IN THE WORKBOOK AND HOW TO USE IT

When I was 13 years old in 1985, I was a bully. I was not one by choice. It was what the people I called my friends introduced to me. They use to take other students' lunch money, jewelry and clothes, including shoes. I knew it was wrong but I felt like I would be weak if I did not do it. I thought it made me look strong, even though I was skinny as a toothpick. Little did I know, it made me look like a fool when I went to prison for robbery at the age of 16. I did not go alone. Those of my crew who were lucky not to get killed, ended up in prison. We started bullying people in prison. Some of us got beat in the head with master locks, others were stabbed with steel rods. There were no winners among us, only losers.

I wrote your workbook because I do not want to see you end up dead or in jail. It starts with bullying and end all bad.

A dead man cannot bully or bother anybody. Even in prison, you are like a dead man walking because when big bad bullies run out of people to bully, they bully other bullies.

The workbook is easy to use. Please answer the questions as honestly as possible, and try your best to complete the exercises.

Good Luck!

Cedric Dean
President of SAVE Institute

Cedric Dean SAVE Institute

Bullying Study Guide

PREVENTION OF BULLYING

You have the right to be safe from bullying or other abuse. While you are at school, no one has the right to pressure you to do anything you do not want to do.

You do not have to let anyone make fun of you or touch you in any way. Regardless of your age, size, race or sex, you have the right to be safe everywhere you go.

What Can You Do To Prevent Bullying?

Here are some things you can do to protect yourself and others from being bullied:

- If you fear for your safety, report your concern to an adult.
- Always appear to be unafraid.
- Do not accept gifts or favors from others. Most gifts or favors come with something the other person wants from you.
- Do not accept an offer from another student to be your protector.
- Find a teacher or principal who you like and feel okay talking to about your problem.
- Be alert! Do not use drugs or alcohol. These things can stop you from thinking straight.
- Be clear and direct if anyone asks you to do something you do not want to do.
- Stay in well-lit areas of the school.
- Pick your friends wisely. Look for people who are not troublemakers. Pick your own friends, do not let them pick you.

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Bullying Me Study Guide

WHAT IS BULLYING?

The use of bad words or acts that make fun of you, pressure you, or make you feel afraid in any way.

You are bullied when someone threatens to do something to you, like take your money or anything else that belongs to you.

You are bullied if someone threatens to say things about you that are not true.

You are bullied if someone touches you or hits you in a bad way.

You are bullied if someone sends bad messages to your phone.

You are bullied if someone tells you to do anything you do not want to do.

You are bullied if someone makes you do their homework.

You are bullied if someone threatens to tell the teacher or another adult on you if you do not do what they want you to do.

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Bullying Study Guide

How Do You Report Bullying?

1. It is important you tell an adult if you have been bullied. It is also important to tell an adult if you have seen someone else get bullied. You can tell your Guidance Counselor, Teacher, Principal, Nurse, Police Officer, or any other adult you trust. School officials are told to keep what you say to them private and only to talk about it with the right people who can help you.
2. You can dial 911 and report it directly to the police.
3. You can call your parents or other family members.

What will happen to the bully?

Once you bring it to the attention of the school officials, they will conduct an investigation.

The purpose of the investigation is to determine how many other people are also being bullied. You may be asked to give a statement during the investigation. You will be protected.

Whenever you do not tell on a bully, you protect the bully.

What Can You Do if You Are Afraid or Feel Threatened?

If you are afraid or feel threatened or pressured to do anything, you should tell an adult at your school. Because this may be hard for you to talk about, some school staff, like Guidance Counselors, are better to talk to about your problems.

If you feel immediately threatened, go to any adult and ask for help. It is part of his/her job to make sure you are safe. If it is an adult that is threatening you, tell another adult you trust, or call 911.

What Can You Do If You Are Bullied?

If you are bullied, you should tell an adult immediately. School officials are required to protect you from the bully. You do not have to know the name of the bully to get help, but the more you can tell the school officials about what happened, the more help they will be able to give you.

If You Report The Bully Are You A Snitch?

No. When two bad people agree to do something bad and one tells on the other when they get caught – that is snitching. People who are bullied are victims. Victims are not snitches. Only a fool will let someone keep pressuring or hurting him or her. You are not snitching, you are staying safe.

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Bullying Study Guide

JOURNALING

Once you get older and have children of your own, you will have to give them advice on how to deal with bullies. If you keep a journal of your day-to-day experiences, you will always have real-life situations to share with your children. Journaling will help you learn from your mistakes and the mistakes of others.

There will be days when things are troubling you that you do not want to share with others. Write down your problems, so when you feel like talking about them you will have all of the facts. When we get upset, it is easy to forget things. In many cases, people who were bullied kept a journal, and when something happened to them, their bullies were brought to justice. Anytime something bad happens to you by anyone, always write it down in your journal. It may help you or someone else who may be bullied.

Write this way:

Date:

Situation:

Your fears:

Your thoughts:

People (good and bad):

Lessons learned:

Things to remember:

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Bullying Study Guide

Who Am I?

It is good to know who you are as a person. The good and bad things that make others like or dislike you. Write the answers to the questions you are asked in your journal. When people say things about you, compare your answers to what they say. This exercise will help you become a better person.

- Are you afraid of anyone?
- Is anyone afraid of you?
- Are you mean to people?
- Do most people like you?
- How do you feel when people do you wrong?
- Can people trust you?
- Is it okay to bully people?
- Have you ever bullied someone?
- Has anyone ever bullied you?
- Do you treat everyone with respect?
- Do you show respect for yourself?
- Do you behave in school?
- What do you want to be when you get older?
- Do you love yourself?
- Are you happy with who you are?

Cedric Dean SAVE Institute

Bullying Study Guide

CONCLUSION

I want to end this course by sharing one of my bullying experiences. I was 18 years old and serving a 14 year prison sentence for robbery. Yes, I was in prison for bullying someone out of his money and jewelry. I still had not learned my lesson because I bullied another inmate who was smaller than me out of his money. When I had my back turned, that same inmate I bullied hit me in the head with a Master Lock. I fell to the ground helpless and woke up in the hospital.

Some bullies have to learn the hard way. I wrote your workbook so you will not have to end up dead or in jail. The graveyard is full of bullies. No matter how tough you think you are, out of the 2.3 million American prisoners, I promise you there is someone tougher. One-man gangs no longer exist. Almost 16 children are killed daily from gun violence. A scared person will kill you and probably get away with it, depending on how many people you have bullied.

This course is your warning. If you are bullying others – stop it. If you are not bullying others – do not start. What you do to others ends up being done to you. If you treat others badly, people will treat you badly.

If you see someone being bullied let an adult know. You could be next. The only way to stop bullying is by standing up for yourself and others. If a bully wants to be a bully, he will be sent to the home of bullies – jail – where he will be bullied.

No one had the right to treat you bad. Neither do you, so do not.

Look out for each other so you can all grow up together in peace. There is no peace in prison. Just war. It is a kill or be killed place. I do not want you to die. I want you to love so you can enjoy the rest of your life with your family and friends.

Be safe and smart.

Cedric Dean
President of SAVE Institute

Cedric Dean SAVE Institute
Bullying Post Test

Name _____

Date _____

1. What three (3) things can you do to prevent bullying?

2. What should you do if you are bullied?

3. Why is it wrong to bully people?

4. If you report a bully are you being a snitch? Explain your answer.

5. If you see someone being bullied, what can you do to help him or her?

Cedric Dean SAVE Institute
Bullying Post Test

Name _____

Date _____

Write an essay explaining why people bully and what should be done to stop bullying.

Cedric Dean SAVE Institute

Community Building Study Guide

INTRODUCTION

I do not want any more mothers to experience the horror of losing a child to crime, gangs or violence. Four year old Lloyd Morgan was shot in the head by a stray bullet at a New York City Memorial Basketball Game for a 14 year old who had been stabbed to death.

Driven by gangs, drugs and guns, the bloodshed has made the streets of America a bugger killing field for young black men in the United States than the wars in Iraq and Afganistán have been for U.S troops.

“Each year about 7,000 African Americans are murdered; more than nine times out of 10 by other African Americans”, according to the Rev. Jesse Jackson. The black-on-black carnage has resulted in a 50 percent graduation rate for young black males, who are incarcerated at nearly six times the rate of whites, white Hispanics are incarcerated about twice as much.

But America does not have a black problem; America has a crime, drugs and violence problem. Today in the United States, more than 2.3 million people are imprisoned. This is – by far- the highest per capita rate of prisoners in the world. And 12,000 Americans a year, or 33 per day, die from gun violence. Primarily because of the national struggle to control the approximately 33,000 criminal gangs whose numbers have grown to an estimated 1.4 million. Moreover, one in four women will experience domestic violence in her lifetime; and an estimated 1.3 million women are victims of physical assault by a partner each year. Unfortunately, most cases of domestic violence are not reported to the police. Furthermore, about 1,000 Americans ages 13 to 24 are newly infected each month with HIV, and about 60% of HIV positive young people have no idea they are infected.

When children are weary and abused, when women are beaten down by men in their lives, when males are overcome by their own drug addictions or criminal propensities, they need to have places to go that stand ready as havens of healing. They need community builders to help them rebuild their future.

WHAT IS IN THE TEXTBOOK AND HOW TO USE IT

In May 1996, I walked into the U.S. District Courthouse in Charlotte, 23 years old, feeling very hopeless. But my family and friends were there to support me as I was sentenced to Life plus 5 years for selling crack and carrying a firearm. I don't know what I would have done without the support of my community. My mother, Betty Dean Baker, steered me back to my Christian roots and pushed me to repent for my transgressions against my community, which never gave up on me. It took me a while to be able to deal with my reality. But with the help of family and community volunteers I was able to balance my life.

Many prisoners rely on community volunteers to help cope. The various communities in near proximity of the prisons I've been housed in have provided me with spiritual therapy, counseling and escapist pursuits. I attempted to draw a line between prison and home, to shield my family and friends. I tried not to talk about prison during my frequent visits because I did not want my family and friends to be a product of prison life. I wanted then as far removed as the hundreds and thousands of miles that separated us.

Your textbook has been specifically designed to give you tips on evidence based practices and strategies to rebuild your community from the bottom up. Our children are the future, so community building starts with them.

For people who cannot abandon their addictions and adversities on their own, community builders offer one-on-one therapy, group counseling, or prevention and intervention services. This course focuses on prevention and intervention.

To be a difference maker in a world of indifference, you must practice several strategies and techniques, all of them relying upon your commitment and confidence. Community building is about changing this world one child at a time. Treating every child as if he or she is your very own.

Cedric Dean
President of SAVE Institute

Cedric Dean SAVE Institute

Community Building Study Guide

GENERAL PRINCIPLES FOR COMMUNITY BUILDING

Community Building begins with one small good deed every day. Small gestures of kindness are realistic, worthwhile, and achievable. Taking a full day off to do something in the community is not possible for most people.

Always follow these principles:

1. **Multitask** – Focus your volunteer involvement and community service in efforts that will build your reputation and connections in the community.
2. **Make it your passion** – A good way to avoid burnout on your job is by serving in causes you are passionate about. It can provide meaning outside your career.
3. **Get others involved** – Providing community service with your friends and family will bring you fulfillment.
4. **Begin with one-day projects** – This approach will allow you to squeeze a short term project into your routine.

Specific Activities for Community Building

1. Take a child to the local library.
2. Combine exercise with mentoring and volunteer work.
3. Get local businesses involved with organizing service days or group projects.
4. Build a business around charitable giving and team up with schools, community organizations and youth sports teams.

Cedric Dean SAVE Institute

Community Building Study Guide

JOURNALING

Maintain a day-to-day account of your community building experiences as you conduct the various activities in the textbook. Your journal should include not only a report of your successes, but also your setbacks – complete descriptions and details of your thoughts and feelings as you go through the steps of each activity and any insight you gain from doing so.

I highly recommend that you maintain all your records of your experiences together in a separate notebook dedicated specifically to journaling. This is for safekeeping and easy access. You can log your experiences and return to reread them as needed, which will help you stay conscious of past mistakes and regain invaluable insight.

Use the following format:

- Date:
- Activities of the day:
- Projected outcomes:
- Actual outcomes:
- Lessons learned:
- Feedback:
- People to remember (specific names):
- Things to remember:
- Thoughts:

Cedric Dean SAVE Institute

Community Building Study Guide

SELF-INVENTORY

It is important to know who you are as a person and what you are capable of doing. Behavior patterns are telling. The following series of questions will increase your knowledge of yourself. Write the answers inside your journal, so you will be able to refer to your responses from time to time to rethink things from a fresh perspective, thus increasing your understanding.

- What is your passion?
- How well do you work with others?
- Do you get angry easily?
- Is your life balanced?
- How often do you perform charity?
- Do you judge others?
- Do you have compassion for the less fortunate?
- Are you lazy?
- Do you have bad habits?
- Are you a positive person?
- Do you have good manners?
- Do you have a good heart?
- Do you love children?
- Are you a responsible person?
- Do you manage money well?

Cedric Dean SAVE Institute

Community Building Study Guide

Questionnaire

- What is the single most important need that should be addressed in the community?
- What are some existing problems in the community?
- What would you like to see done to fix the problems?
- Are you willing to be a part of the solution?
- Do you know any misguided or at risk children?
- Do you know any children in gangs?
- Do you know any children on drugs?
- Are you afraid of anyone in the community?
- Do you trust the police?
- Do you trust the elected officials in your area?
- Do you have confidence in the criminal justice system?
- Do you know someone incarcerated?
- Do you communicate with anyone incarcerated?
- Are the schools in the community safe?
- Are there enough activities and programs for the children in the community?

Note: This questionnaire should be answered in a congenial conversation to give you an opportunity to get to know the views of the people.

Cedric Dean SAVE Institute

Community Building Study Guide

Conclusion

The value of community building through outreach programs and other community benefits provided by civil servants is priceless. Now that you have completed your textbook, you can embark upon the honorable opportunity to use the most fundamental principles governing servitude for enhancing and advancing your community.

You can now turn your personal passion into a public mission. There are countless ways for you to fit charity and volunteer work into your work-life balance. Volunteer work can double as a way to showcase your business profile, build a respected reputation, and network with offer difference makers. The best way to strike a balance is to pursue causes that also benefit you personally and professionally. Corporate volunteerism is now an accepted practice. Many businesses pay their employees their standard rate for doing volunteer work in the community. This benefit fosters employee satisfaction and facilitate community involvement.

I have built SAVE around charitable giving. It operates on a model that partners with schools, community businesses and organizations. We would love to partner with you to safeguard, atone, validate, and educate your community.

Congratulation on your completion of this course.

Sincerely,
Cedric Dean
President of SAVE Institute

Cedric Dean SAVE Institute
Community Building Study Guide

Name _____

Date _____

Write a one-page book report about what you learned from reading. *How to Save Our Children from crime, drugs and violence*. Please include how you intend to apply what you learned to rebuilding your community.

Cedric Dean SAVE Institute Community Building Study Guide

1. What are three things you can do to improve your community?
2. What role do parents play in community building?
3. What can schools do to stop children from going to prison?
4. What are some activities you can do with children for free?
5. What can you do to stop children from choosing a life of crime?

Comments on the course

Cedric Dean SAVE Institute
Parenting Post Test

Name _____ Date _____

Write a one-page book report about what you learned from reading *How To Stop Your Children From Going to Prison*. Please include how you intend to apply what you learned to your parenting style.

Cedric Dean SAVE Institute

Parenting Study Guide

Name _____

Date _____

1. Name three of the parenting commandments.
2. What are three things you can learn from your children?
3. Name three things you can do to stop your children from going to prison.
4. Why is it important to listen to understand?
5. Give an example of what you can do to speak to be understood.

Comments on course.

Cedric Dean SAVE Institute

Leadership Study Guide

INTRODUCTION

Leadership is at the cornerstone of every society, whether it is communal or corporate. Leading by example is unquestionably invaluable, often paving significant inroads in our world today. When you carve out considerable niches in a broad scope of trailblazing, you have the ability to develop entrepreneurs and entertainers, educators and elected officials, or at the very least educated, law-abiding citizens.

There is no greater ability than consistently and constantly making the right decisions in your life and the lives of others. Remember, followers are only as good as their leaders. You will learn the seven keys to effective leadership, how to bring out the best in people at their worst. Donald McGannon coined the phrase leadership is about “action not position”. But former President Harry S. Truman characterized a leader the best: “A man who has the ability to get other people to do what they don’t want to do and like it.”

In a perfect society there would be no need for leaders or for this course. But we live in an imperfect world. And whether you want to be a leader or not, you will be forced in the role at some point in your life. The question is, do you want to be ready? In everyday life you need never look outside yourself for a leader. The leader you are looking for is in you. Wherever and whenever you are called to lead, you will have the tools to achieve the mission.

WHAT IS IN THE TEXTBOOK AND WORKBOOK AND HOW TO USE THEM

I have held several leadership positions during more than twenty years of incarceration. As the only United States Penitentiary inmate to earn a Call-to Service award, I served as the president of the largest prisoner-led movement in America dedicated to saving at-risk children and teens from imprisonment and premature death, and co-founder of Save A Child Month. During this service, I authored 14 books, lectured staff and inmates on leadership, which evolved into a live-from-prison motivational DVD.

Currently president of Safeguard Atone Validate Educate, parent to this program, I have a leadership role beyond prison walls that provides community and coast-to-coast training to children and adults. Your textbook and workbook have been specially designed to give you tips to effective leadership.

Too often we are misled by people with ulterior motives. People who are good for saying one thing and doing another. This course focuses on leading by example.

To be an effective leader, you must practice several strategies and techniques, all of them relying upon your integrity. The results you get from your followers depend upon the effort you put into their training.

We often forget how easily influenced some people are. Whenever leaders are doing what they do, people are watching what they do. Never get people to believe in you. Get them to believe in themselves so they can do what you need them to do.

While people fail for many different reasons, their failures indirectly affect others, including you. And there is truth in the adage that “nothing beats a failure but an attempt.” Mistakes make leaders stronger, wiser, and better.

It takes a lot of mistakes for a leader to be effective. And while we certainly cannot stop people from making mistakes, we can teach them how to learn from them.

The workbook corresponds with the text book. The innovative techniques in both books will help you become the leader you were worn to be. If you are a good follower, they will assist you in becoming a great leader. Many of the examples in this course are drawn from personal relationships and leadership situations, all of which you can identify with.

True leadership is about leaving a legacy to future generations. We cannot do that if we do not value the legacy previous leaders left to us. So as you work through your textbook and workbook, don't just read them. Learn them. Teach them. Live them everyday of your life. And never forget that Leaders Breed Leaders.

Cedric Dean
President of SAVE Institute

Cedric Dean SAVE Institute

Community Building Study Guide

General Principles for Leadership

As a leader, you must have a working knowledge of what you intend to get others to do for you. This will prevent those under your authority from challenging the decisions you make.

Always follow these principles:

1. Fairness – Always treat everyone alike.
2. Know Your People – Always use the right leadership approach for each individual.
3. Confront all Challenges – Welcome all challenges because they give you a chance to demonstrate your skills and define your character.
4. Motivation – Foster an attitude of excellence and an atmosphere of enthusiasm.

Specific Activities for Practicing Leadership

1. Get out and see who your people are; what they do, and what they expect from you.
2. Embrace everybody and offer everyone the same opportunities.
3. Communicate your vision and allow your people to buy into it.
4. Swap roles and give your people firsthand leadership experience.

Cedric Dean SAVE Institute

Leadership Study Guide

Journaling

Maintain a day-to-day account of your leadership experiences as you conduct the various activities in the textbook and workbook. Your journal should include not only a report of your successes but also your mistakes – complete descriptions and details of your thoughts and feelings as you go through the steps of each activity and any insight you gain from doing so.

I highly recommend that you maintain all your records of your experiences together in a separate notebook dedicated specifically to journaling. This is for safe keeping and easy access. You can log your experiences and return to reread them as needed, which will help you stay conscious of past mistakes and regain invaluable insight.

Use the following format:

- Date
- Activities of the day
- Projected outcomes
- Actual outcomes
- Lessons learned
- Feedback
- People to remember (specific names)
- Things to remember
- Thoughts

Cedric Dean SAVE Institute

Leadership Study Guide

Self-Inventory

It is important to know yourself, even more than it is to know your people. The following series of questions will increase your knowledge of yourself. Write the answers inside your journal, so you will be able to refer to your responses from time to time and rethink things from a fresh perspective, thus increasing your understanding.

- Who is following you?
- Where are you leading them?
- What are your strengths?
- What are your weaknesses?
- What are your fears?
- What is your mission in life?
- What are you doing to achieve it?
- What is your long-term goal?
- What is your short-term goal?
- What are you doing to maintain respect?
- What makes you mad about being a leader?
- What do you do to conceal your feelings?
- What do you do to control your anger?
- Are you spending quality time with your family?
- Are you happy?

Cedric Dean SAVE Institute Leadership Study Guide

Questionnaire for your people

- What do you dislike about your leader?
- What do you like about your leader?
- What would you do differently from your leader?
- What is something good your leader does?
- What is something bad your leader does?
- Is your leader a good communicator?
- Is your leader a good listener?
- Is your leader understanding?
- Can you relate to your leader?
- Does your leader clarify your assignment?
- Are you afraid to ask your leader questions?
- Does your leader treat you right?
- Does your leader treat you fairly?
- What is something you have learned from your leader?
- What is something you want to learn from your leader?

Note: This questionnaire should be distributed anonymously and returned in the same manner to ensure that your people are unafraid of adverse actions.

Cedric Dean SAVE Institute Leadership Post Test

Name _____

Date _____

Write a one-page book report about what you learned from reading Leaders Breed Leaders. Please include how you intend to apply what you learned to your leadership approach.

Cedric Dean SAVE Institute Leadership Post Test

Name _____

Date _____

1. What are the seven keys to leadership?
2. What are the characteristics of a good leader?
3. What does leading by example mean to you?
4. Why is it important for a leader to be fair?
5. Give an example of an effective leadership approach.

Comments on the course.

Cedric Dean SAVE Institute

Anger Management Study Guide

INTRODUCTION

Imagine what your life would be like if you had full control over how you think and feel every minute of the day – if you could decide, for example, that no matter what someone else said or did, you would not get mad; or if you could be happy all of the time, you would without ever getting angry. What would it be like to get rid of your anger with a snap of your fingers and instantly be happy again?

Just thinking about these ideas can help us understand the power of our thoughts. We have all been happy before, and we know how good it feels when everything is going our way. The truth is that our happiness depends on our ability to keep happy thoughts, attitudes, and emotions.

Such good qualities influence not only our minds, but the minds of others we talk to as well. A good attitude can help you do a lot of good things for others and yourself. It can help you do your very best of whatever you attempt to do. How you think about yourself and others has a lot to do with whether you do good or bad in life. For me, I allowed my bad attitude to turn into anger, which caused me to have mostly bad days every day of my life.

One bad day can lead to a lifetime of bad days. In one moment of anger, you can hurt someone else and find yourself sitting in prison praying that you will get to go home someday. This course will help you learn how to control your anger.

WHAT IS IN THE WORKBOOK AND HOW TO USE IT

I designed your workbook to help you win in life through your actions, never through an argument. Angry people do not think. The second you stop thinking you lose control of everything. Anything can happen to you. I want to help you think before you act. There are about 2.3 million prisoners in America who wish they would have thought before they acted, who wished they would have listened to their parents and other family and friends that told them what I am telling you. Some are doing life in prison for getting angry one moment and killing someone the next. No winners, only losers.

The workbook is very easy to use. Try to answer the questions you will be asked as honestly as possible. The goal is to help you take a good look at yourself, so you can see that it is much better to be happy and free rather than angry and in prison like me.

Don't be like me. Be better than me.

Cedric Dean
President of SAVE Institute

Cedric Dean SAVE Institute

Anger Management Study Guide

What Can You Do To Avoid Anger?

How can you not get mad when others make fun of you? When people used to make fun of me, I would do whatever I could to hurt them. What I did not understand was I was only hurting myself. What I did not know was that my thoughts and feelings were really up to me. I was in total control of the situations that I kept getting myself into. Just as wasy as it was for me to respond to some bad words, it was also as easy for me not to say anything. But I had to say something. I felt if I did not, people would look at me as if I was weak.

I was very weak because it takes a strong person to remain silent. There is power in silence. When someone calls me a bad name, it is up to me to answer to it. If it is not my name, why would I answer to it? Only a fool answers to another name. If a fool is trying to get you to do something foolish, what does it make you when you do ti? If you are thinking a fool, you are right. If you don't say anything, you don't have to worry about getting into trouble.

Sometimes you just want to prove a point. Some points are too costly. If a person tells you that you are ugly, and you hit them in the mouth. You are going to get kicked out of school. What does that make you? If you are thinking a fool, you are right again. The problem in trying to prove a point through anger is that in the end you can never win. Even when you win the fight, you lose the battle. Your mother or father will not care about the fact that someone called you ugly. They will care about you getting kicked out of school.

Understand this: Words can never hurt you. In the heat of an argument, people will say anything to make you mad. Their goal is to make you lose control and look or act like a fool. But what should your goal be? It should be to keep control of yourself and avoid looking or acting like a fool. Punching a person in the face for calling me a bad name used to bring me a lot of pleasure. When I ended up getting kicked out of school at age 15 and going to prison at age 16, it brought me over five years worth of pain. One moment of pleasure, can cause you a whole lot of pain.

The best way to avoid anger is to avoid people who are going to make you mad. If you know a certain person loves to make fun of you, do not go around that person. You always have the power to stop yourself from looking or acting like a fool.

Always remember that it takes a fool to learn that words don't hurt no one.

Cedric Dean SAVE Institute

Anger Management Study Guide

What Can You Do To Avoid Arguments?

Here are some things you can do to avoid arguments.

- If you do not have something good to say, do not say anything at all.
- Never speak about anything you do not know to be 100% true.
- Always agree to disagree
- Listen to understand without just talking to be understood
- Think before you speak
- Do not always have to have the last word.
- Be able to prove whatever you say
- When you start to get angry, walk away
- If you are wrong, just admit it.
- When you do now know something, just say so.
- Do not tell a lie to prove a point
- Never speak bad about anyone to other people
- Never judge someone
- Always be respectful
- Just say no.

Cedric Dean SAVE Institute

Anger Management Study Guide

Journaling

Keeping a journal or daily record of your day-to-day activities, will be of good use in your efforts to control your anger. Writing your mistakes down can help you avoid making them in the future. Be sure to keep a record of your thoughts and feelings. This is for exactly how you feel and what you are thinking. Expressing your anger on paper is always better than arguing.

Write in this way:

- Date
- Situation
- Person(s)
- Your anger
- Your fears
- Mistakes made
- Lessons learned
- Things to remember

Cedric Dean SAVE Institute Anger Management Study Guide

CONCLUSION

Your workbook contains activities to guide you in adopting ways to control your anger. Consider making them a part of your daily life. They will help you become stronger, wiser and better.

Do not rush through the exercises. Try to give each practice your full undivided attention. I wrote the workbook because I want you to see the power in thinking before you act. People are going to always do things that make you mad. You cannot control what they do. You can control how you respond to what they do. Whether they cause you to look or act like a fool is up to you.

I made a fool of myself throughout my entire childhood. I spent the most precious years of my life in prison because I let others cause me to do foolish things. There is nothing cool about being a fool.

Stay in school and always follow the Golden Rule: Treat others the way you want others to treat you and you will be just fine. I wish you the best.

Cedric Dean

President of SAVE Institute

Cedric Dean SAVE Institute Leadership Study Guide

Conclusion

Whether it is personal or professional leadership roles, the techniques that you have learned will significantly change the way you lead others. Now that you have completed your textbook and workbook, you can enjoy an extraordinary opportunity to use the most fundamental principles governing leadership for enhancing and advancing your people.

Any time you bring new people aboard, they should have a working knowledge of what you intend for them to do for your business or organization. While you may not be technically proficient as they are at their position, you must always have an understanding of how they contribute to the whole, how their role is just as important as any other contributor. In every possible way, convey that they are part of a team, a winning organization.

Above all, always lead by example and demonstrate your own skills, your own teamwork, and your own ability to adjust and adapt to whatever problems, setbacks, and sufferings that may confront you.

Now start being the leader you were born to be.

Sincerely,
Cedric Dean
President of SAVE Institute

Cedric Dean SAVE Institute Anger Management Post Test

Name _____

Date _____

1. What can you do to avoid anger?
2. Name three (3) things you can do to avoid arguments?
3. Why do people get angry?
4. Explain why it is important to think before you act?
5. Why should you agree to disagree?

Comments:

**Cedric Dean SAVE Institute
Anger Management Post Test**

Name _____

Date _____

Write an essay explaining why people get you angry, and what you plan to do to control your anger in the future.

