

IT COULD BE YOU.

A WAYFIND COLLECTIVE PODCAST



INCARCERATION

Incarceration is when somebody is sent to jail or prison after being accused or found guilty of a crime.

Q: When you think about someone who has spent time in jail or prison, what do you immediately think of?

We Are Broken, Not Bad. -- Just because someone has been to jail or prison doesn't mean they are a bad person. By believing that people are not bad, just broken, we can approach tough situations with gentleness and hope.

Q: What were the labels or stereotypes people thought of when they looked at Justin as a youth? Vs. What was the truth of his story? What events in his life might have contributed to his decisions that led to incarceration?

Restoring Humanity -- It's important to remember that everyone deserves the opportunity to heal and grow from their experiences. This is what it means to be human. Unfortunately, people who are incarcerated are often treated as less than human... **Q:** In what ways was Justin dehumanized in his story?

Q: How does Justin think we as a community can help restore dignity and humanity for so many people who have been treated less than?

1. Learn their name.

3. Ask them: Who Are You?

2. Call them by their name.

4. Listen to their story well.

PAROLE

Parole is when someone in prison is rewarded with a form of early release back into society. They are allowed to leave prison but must live up to a series of responsibilities while on parole. If that person does not follow the rules, they risk having to go back to prison.

Why Should YOU Care? -- If you don't know someone who's been incarcerated, your friends probably do!

WHAT IF IT WAS YOU? -- Thought Experiment (building empathy): Let's say a friend of yours has an adult in their life who is currently in jail or prison. What kinds of things might that friend be going through?

Did You Consider ...how it may affect their family? ...how it may affect them emotionally?

Questions -- Think about these on your own, or discuss with a group or someone you trust. After listening to this discussion on INCARCERATION:



"It matters to me because of how it's affecting you."

Q: What are you noticing happening inside of you? What feelings are coming up - and why do you think you're feeling that way?

Q: We heard Justin's answer. Now we want to know, what do YOU think is a good next step for you... ?

Q: Using some of the things we've talked about, what's one way you might be a good friend to the people in your life who's story includes incarceration?

Q: Take some time, even beyond this episode to imagine what it might be like to be in someone else's shoes, and consider... What if it was you?

