



TEACH SOMEONE ©

(Value #1: Service to Others)



Description:

“Teach Someone” is the most important way to create a better world. It’s what Cesar Chavez’ life was all about. But what does that mean?

We all know how important it is to help other people. We know we should feed the hungry, and give money to the poor.

But here’s something even better:

We can help other people to help themselves. And that helps them forever.

Maybe you’ve heard this saying: “Give a man a fish, and he will eat for a day. Teach a man to fish, and you feed him for a lifetime.”

Example from Cesar’s Life:

Farmworkers were poor. They worked very hard for little money. They couldn’t afford good health care when they got sick. They often lived in bad housing.

Cesar and his friends could have just collected some money to give to the farmworkers. But that would have only helped them for a while. And they would still have felt powerless, like they had to depend on others for hand-outs.

Instead, Cesar taught them to make their own lives better. He helped them join together as a group, called a **union**. Together, they would work for better working conditions -- permanently. Best of all, they could feel really proud for having done it themselves.

To win their union, the farmworkers used two important tools: the strike (or **huelga**, in Spanish) and the **boycott**. When workers call a **strike**, they decide that none of them will work until they are treated better. A **boycott** happens



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when people refuse to buy products from companies that treat their workers poorly.

The UFW grape workers voted to strike. To give the striking workers extra support, many people around the world **boycotted** grapes, too. Then the growers listened.

Example for Your Life:

Say your grandma wants to write an e-mail to your uncle, who's in the military overseas. But she doesn't know how to use the Internet. You, on the other hand, are an Internet whiz.

If you typed and sent the e-mail for her, you'd be helping her once. When she wanted to send another e-mail, she'd have to ask you for help again. But if you teach her how to do e-mails herself, you're helping her forever. You'd be surprised how much you already know and how your knowledge and experience can help others.

Activities: (These will help you to understand and practice helping others help themselves.)

- Teach someone to do something you know how to do. Some examples:
 - Teach your little brother to tie his shoes.
 - Teach your little sister to make a favorite snack, like “ants on a log” or a quesadilla.
- Read a book about a leader who helped others help themselves, like Martin Luther King, Harriet Tubman, or Cesar Chavez.
- Volunteer at school to help younger kids with their reading.
- Make something that will help another person.
- Example: a cool keychain for your big brother who just learned to drive and is always losing his keys.

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The Ten Values of Cesar Chavez

1. **Teach Someone** (Service to Others)
2. **Sacrifice for Others** (Sacrifice)
3. **Help Someone** (Help the Most Needy)
4. **Si Se Puede** (Determination)
5. **No Violence** (Nonviolence)
6. **We're All Different** (Accepting of All People)
7. **Respect Others** (Respect for Life)
8. **Be Proud** (Celebrating Community)
9. **Knowledge Is Power** (Knowledge)
10. **Be Creative** (Innovation)

TEACH SOMEONE PLEDGE

“I will start to understand the difference between doing something for someone and empowering that person. I will practice empowerment by teaching people to do things that I know how to do, helping them find resources that will give them in life, and supporting organizations that promote empowerment.”

Sign here after saying pledge: X.
