# Learn

**If you’re not ready to start taking action, Go Learn**

* If you’re not sure about where to start and want to learn more before getting involved, check out the following videos and articles:
  + Watch [Ava Duvernay’s 13th](http://www.avaduvernay.com/13th/), a Netflix documentary on criminal justice in the US
  + Watch Melvin Russell’s free [TED Talk](https://www.ted.com/talks/melvin_russell_i_love_being_a_police_officer_but_we_need_reform) on police reform: Melvin was a police officer in Baltimore’s toughest communities
  + Listen to This American Life’s free podcast “[Cops See it Differently](https://www.thisamericanlife.org/radio-archives/episode/547/cops-see-it-differently-part-one),” a story about the division between people who distrust the police and people who see cops as a force for good
  + Check out a [summary](http://www.chicagotribune.com/news/local/breaking/ct-justice-department-chicago-police-fact-sheet-20170113-htmlstory.html) of the US Department of Justice’s 2016 report on the CPD
  + Listen to some episodes from the free [Embedded podcast](http://www.npr.org/podcasts/510311/embedded), which investigates instances of police
  + Read [Project NIA’s](http://www.project-nia.org/education.php) research on Chicago law enforcement
  + Read the [ACLU’s 2017 Community Action Manual](https://www.aclu.org/other/fighting-police-abuse-community-action-manual)

# Connect

**If you’re ready to start having conversations, Start Connecting with People**

*Connect with Your School*

* There are plenty of people at your school you can reach out to ask questions, find support, or just share what’s on your mind:
  + Talk to your **Guidance Counselor**, **School Psychologist**, or **Social Worker**: their job is to help you if you have issues or things on your mind
  + If you have a closer relationship with a **Trusted Teacher** or **Coach**, feel free to talk to them as well: they care about you and your success
  + If you’re curious about what a law enforcement officer does or want to share some positive feedback, feel free to talk to your **School’s Security or Police Officer** or simply say “hi” the next time you see them

*Connect with Local Police*

* Review your local police [Beat Meeting Guide](http://home.chicagopolice.org/wp-content/uploads/2014/12/BtMtgPmphlt.pdf)
  + The “Beat” is the location that a police officer is responsible for patrolling every day
* Look up your local police beat [HERE](http://home.chicagopolice.org/community/districts/)
* Check out their events and attend a meeting
  + Consider taking a friend or going with a family member
* For information on how to get involved in community policing, call 312-744-CAPS
  + “Community Policing” is when police officers get to know the people in the neighborhood that they’re patrolling
* Attend the monthly public CPD [meeting](https://www.cityofchicago.org/city/en/depts/cpb/provdrs/public_meetings.html)
  + This can help you learn about what’s on CPD’s mind or hear concerns from other people in the city
  + You can also ask to speak at this meeting if you submit your request early enough on the [website](https://www.cityofchicago.org/city/en/depts/cpb/provdrs/public_meetings.html)
* If you have a complaint that you want to share with CPD, go ahead and send it [HERE](http://home.chicagopolice.org/online-services/file-a-complaint/)

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*Connect with Local Government*

* Find your local ward and alderman’s office [HERE](https://www.cityofchicago.org/city/en/depts/mayor/provdrs/your_ward_and_alderman/svcs/find_my_alderman.html)
  + Your alderman is your local representative, in charge of voicing your concerns
  + Go to your alderman’s website to find their phone number or email
  + Contact them and tell them what you think, including any concerns you have about law enforcement or showing that you want to get involved

*Connect with a Youth or Community Center*

* You can ask your local YMCA, Boys & Girls Club, or other youth center to host events on promoting more positive community - police relations
  + Find your closest Boys & Girls Club [HERE](http://www.bgcc.org/about_us/club_locator/)
* Project Nia offers several [volunteer opportunities](http://www.project-nia.org/volunteer-opportunities.php), so if you’re interested, reach out to Mariame Kaba through email ([mariame@project-nia.org](mailto:mariame@project-nia.org)) or phone (773-392-5165)

*Connect with Religious Centers*

* Talk to the youth minister, pastor, or other leader in your religious community about any concerns you might have on community - police relations
  + Feel free to ask your church, synagogue, mosque, or other religious center to invite a police officer to your next meeting
  + Here’s a great example of what your religious center can do to promote social justice and conversations with law enforcements via [Trinity United Church of Christ](https://trinitychicago.org/social-justice/)
  + Consider reaching out to a well-known person religious leader in Chicago who has shown interest in issues of community and police engagement, like Father Pfleger of [St. Sabina Church](http://saintsabina.org/)

# Get Help

**If you need immediate help, Get Help Now**

* Chicago [First Defense Legal Aid](https://www.first-defense.org/) (FDLA) provides free, 24-hour, legal representation to people held by CPD and educates Chicagoans about how to protect their constitutional rights
* Read the FDLA’s guide on [Knowing Your Rights](https://www.first-defense.org/community/) when you are held by a police officer
* If you or someone you know is being held by the CPD call 1-800-LAW-REP-4 for a free lawyer, 24 hours / day, all year long