Fall 2017  

Fridays, 9am-12pm  
B798  
School of Social Work

Instructor  
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Office Hours: Friday 12-1pm, or by appointment

Course Description  
This foundation course for the Community Action and Social Change Minor is designed to prepare students to be informed and active participants in the process of community building and social change. The course uses a multidisciplinary framework to develop competencies that will help students envision what community action and social change look like, identify and implement steps towards social change, build on positive sources of power, indigenous knowledge and experiences of individuals, groups, and communities who are engaged in social change efforts.

Supporting Statement for Social Science Distribution  
This course meets the requirements for LS&A social science distribution in the following ways. The course material covers theories and practices of community action and social change through an interdisciplinary examination of examples in research and practice. The course focuses on individuals, groups and institutions and how they interact. The course examines empirical quantitative and qualitative studies that test social change methods and provides exposure to and experience with qualitative research methods such as ethnographic observation and interviewing and qualitative data-gathering. Students are engaged in a critical and contrasting assessment of community organizing and other social change methods.

Core Competencies  

Praxis: Reflection and action upon the world in order to transform it  
-Paulo Freire, The Pedagogy of the Oppressed

1. Students will examine their own identity development (race, class, gender, sexual/relational orientation, religion, nationality, ability, other), recognize multiple social identities, and engage in critical analysis of power, privilege and oppression.
2. Students will explore the meaning of community and social change.
3. Students will develop skills in interviewing, relationship-building, and group facilitation.
4. Students will gain awareness of historical framework and theory regarding community action and social change.
5. Students will engage in policy and structural analysis with regard to community action and social change.
6. Students will develop an understanding of community-building and organizing skills.

Readings/Class Texts

All readings will be posted to Canvas.

Grading and Assignments

The class requires a set of assignments aimed at:

1) gaining critical awareness about one’s self as a community change agent both inside and outside the classroom
2) building knowledge about core concepts, historical frameworks, and key people,
3) developing and engaging with peers in critical discussion of key ideas and issues, and
4) applying the lessons and learning to one’s current interest and future work

An outline of the assignment and due dates is listed in the assignment section of the syllabus for your reference.

Attendance Expectations and Computer Usage

Be in class on time, engaged and ready to start at 9:10 am. Come to class having read the materials and bring examples from the readings and from one’s experiences to share. We use computers from time to time in class, so you may choose to bring them to class. But I expect that you will not be using computers/social media/phones, and so forth, for things outside of class. Unless we are actively using the computers, computers must stay closed and away during class time.

I retain the right to lower an overall final grade by a minimum of ½ grade for any student who has excessive absences/tardiness or is highly disengaged in class (including ongoing/regular use of social media during class time).

Assignment Expectations

Due dates are firm. I expect that assignments will be turned in on the day they are due unless there are extenuating circumstances. I reserve the right to mark down papers ½ a grade for each day late in fairness to classmates who turn papers in on-time.

Expectations for Papers

All written assignments must be typed, double spaced, 12 point font (Times New Roman or Arial), one inch margins, have page numbers, and be edited for spelling and grammatical errors. Written assignments will be evaluated on following assignment directions, content, and style. In particular, your demonstrated ability to apply and integrate course material is one aspect of the evaluation process and the other centers on professional writing (i.e., coherent, concise, comprehensive, and correct spelling, grammar, punctuation, sentence construction, paragraph construction and referencing). Use APA style for references: https://owl.english.purdue.edu/owl/resource/560/01
Be conscious of the methods for citing references so that inadvertent plagiarism does not occur. If you
didn’t initially complete the analysis or write it, then a work should be cited. If you have concerns about a paper see me at least one week before due dates. In fairness to other students, papers cannot be rewritten for a higher grade except when the initial grade is C or below. In that case the paper can be rewritten and the grade will be the average of the first and second paper. The page limit will be enforced.

Plagiarism
I take plagiarism seriously. Plagiarism is when you attribute others’ ideas and/or exact words as your own. This includes ideas and/or passages from the readings, class activities, peers, and from the Internet, among others. I expect that all sources used will be cited or referenced. If I suspect plagiarism, I will follow the University’s protocol for disciplinary action. This could mean a loss of points, failure of a grade, and/or other consequences. If you have questions, please do not hesitate to ask.

Learning Environment
While all of us come to this course with various experiences, skill sets, and values, it is important that we respect diverse opinions and perspectives. The class is designed as a co-learning environment and one where class members are encouraged to try new skills and take risks. Your contribution as a “teacher and a learner” in the class will enhance the learning for all class members. Classroom Discussion: Listen respectfully without interrupting, respect one another’s views, criticize ideas not individuals or people, commit to learning- not debating, avoid blame and speculation, and avoid inflammatory language. If you are an active talker and contributor in classes think “three before me” when talking in class. I will try to do the same.

Campus Commitment and "Expect Respect" Campaign
A respectful, supportive, and welcoming environment are necessary for student learning. The U of MI has developed this campaign as a University wide educational program that "provides clear definitions of discrimination and harassment prohibited by University policy, as well as contact information for University resources and ways to report concerns. Its goal is to contribute to an environment of civility and respect in which all members of the University community can work and learn." For more information read http://hr.umich.edu/oie/cc/index.html.
Please contact me if you have any concerns about these issues as they relate to our class or your experience at the UM in general.

Personal Issues and Special Accommodations
Please see me if you have any concerns about the class, your participation in the class, or have personal issues that relate to the class. I am more than happy to meet with you at any point to discuss your situation or to address any special accommodations. I am also available to assist you with accessing school or university-based resources you may need during the semester. If you need an accommodation for a disability please let me know as soon as possible. Many aspects of this course, the assignments, the in class activities, and teaching methods can be modified to facilitate your participation and progress throughout the semester. The U of MI and the SSW are committed to providing equitable and accessible resources for all students. The University’s Office of Services for Students with Disabilities (SSD) provides assistance regarding academic, economic, social, and recreational activities for students who have documented disabilities. Students must register with SSD to be eligible for services. If you disclose your disability, I will (to the extent permitted by law) treat that information as private and confidential. For more information and resources, please contact the Services for Students with Disabilities office at G664 Haven Hall, 505 South State Street; (734) 763-3000; TDD: (734) 615-4461; VP: (734) 619-6661; Fax: (734) 936-3947. ssdoffice@umich.edu
Religious Holidays
Although the University of Michigan, as an institution, does not observe religious holidays, it has long been the University's policy that every reasonable effort should be made to help students avoid negative academic consequences when their religious obligations conflict with academic requirements. Absence from classes or examinations for religious reasons does not relieve students from responsibility for any part of the course work required during the period of absence. Students who expect to miss classes, examinations, or other assignments as a consequence of their religious observance shall be provided with a reasonable alternative opportunity to complete such academic responsibilities. It is the obligation of students to provide faculty with reasonable notice of the dates of religious holidays on which they will be absent. Such notice must be given by the drop/add deadline of the given term. Students who are absent on days of examinations or class assignments shall be offered an opportunity to make up the work, without penalty, unless it can be demonstrated that a make-up opportunity would interfere unreasonably with the delivery of the course. Should disagreement arise over any aspect of this policy, the parties involved should contact the Department Chair, the Dean of the School, or the Ombudsperson. Final appeals will be resolved by the provost.

Grading Rubric
Scores on the preceding assignments are cumulative and will be converted to a final letter grade at the end of the semester according to the following scale:

94-100 = A
91-93 = A-
87-90 = B+
84-86 = B
81-83 = B-
77-80 = C+
74-76 = C
71-73 = C-
67-70 = D+
64-66 = D
60-63 = D-

ASSIGNMENTS

Reminder: Due dates are firm. I expect that assignments will be turned in on the day they are due unless there are extenuating circumstances. I reserve the right to mark down papers/projects/assignments ½ a grade for each day late in fairness to classmates who turn papers in on-time.

There are 5 main assignments:
1. Core Concept Map: October 13th
2. Participation (reading questions, in-class activities): Ongoing
3. History Project: October 27th
5. Final Reflection Paper: December 15th

Core Concept Map Final Version DUE: Oct 13th (10%)

Students will create a map of the core concepts of community action and social change. The map will help students define key ideas, develop key questions, and showcase their understanding of the basic terms. The
goal is to help build critical thinking around CASC. The maps can be creative and should reflect the students best understanding of what community action and social change is as a concept. We’ll generate ideas in class (Sept 29th) and have students workshop their draft maps in class (Oct 6th).

**Participation (15%)**

Students are expected to participate in class. Generally, students are expected to come to class, having read the materials, and be prepared with examples to share- own experience, from current events, and historical knowledge. Class will include discussion, and small group and engaged activities. I will grade on overall attendance, effort, engagement, completion of small outside activities (e.g. worksheets, current events, developing reading questions) meant to enhance in class discussion and engagement. Two class absences without permission of instructor results in a point reduction at the end of the term. To make up a session find out from other students what was covered in the missed sessions and develop a make-up plan to be submitted via email for my approval. The plan should focus on the topic of the missed session, and should involve three hours of effort.

**Learning from History Project DUE: Oct 27th (25%)**

Students will select a historical social justice movement or organization from a selected list. Alternative topics options are also possible but must be approved. A list of topics will be provided in class on September 22nd.

The purpose is to explore historical examples and to apply history to current CASC efforts.

Students will conduct research and write a 6-8 page double spaced research paper based on your research.

Product must include the following information:

1. Why did you choose this topic? What drew you to this topic? (10 points)
2. Discuss an overview of the movement/person and activities: (30 points)
   - Why did/does the movement occur? What are the social justice issues that it is/was trying to challenge/change? Provide the background and history needed.
   - What were some of the underlying principles/frameworks/core values of driving the work?
   - What were some of the examples of their efforts for community action and social change? What/how did the movement organization approach its work?
3. Provide a critical assessment of the work’s strengths and limitations based on your analysis: (30 points)
   - What were/are some of the strengths to their efforts? What were their accomplishments? What were/are some the challenges and/or limitations to their approaches/efforts? Why? What is your analysis of their efforts?
4. Learning from History/Applying Ideas (30 points)
   - What can you learn from this movement for your own work?
   - Why and how does this movement matter for CASC?
   - What are the takeaways for you?
In addition to the paper, students will prepare a short handout to share with the class. The fact sheet should cover an overview of the movement and the learning from history” takeaways. We’ll use the class on October 27 for each student to provide a brief overview of their paper and then for small group informal presentations of learnings from the paper and the fact sheet.

**Semester-Long Project of Community Action and Social Change (30%) – Due Dec 8**

Students will develop a semester-long project based on their passion or interest/desire to learn about or further your own efforts in Community Action & Social Change. The goal is to learn to plan and implement an idea that relates to your interests. Project Materials, Work Log & Reflection Paper will be due on December 8.

**Step 1: Proposal-Due October 20th:** Students will prepare a short proposal to discuss the issue they are working on, why they picked this issue, why this issue is important to CASC, the project they plan to pursue, and the questions they hope to learn from the project. Students will be asked to develop a “Root Cause Tree” as part of their proposal. Be creative. https://www.google.com/search?q=root+cause+tree+examples&rlz=1C1GGRV_enUS749US749&tbm=isch&tbo=u&source=univ&sa=X&ved=0ahUKEwjkoKqq8pPWAhUiw4MKHaDPDr4QsAQLw&biw=1920&bih=1094#imgrc=CCi1HOvUKrB9UM: In addition to describing their project, students should include any areas they feel they will need support. Students will get feedback (either written or in person) to support their project plan.

**Step 2: Action Project:** Students will develop an action project. The goal is to do something that you care about or want to learn about that relates to CASC. The project should be roughly 15 hours of work time outside of class (not including the project paper). Students are expected to keep an activity log to document work and activities.

**Examples of projects include:**

- Prepare a resource guide for student groups (like an annotated bibliography) with curriculum, websites around a topic (e.g. educational justice, prison reform, racial justice) or approach to community change work (e.g. community organizing, community facilitation, popular education).

- Develop an organizational strategy/action plan for an organization, program or a campaign for campus (could be current or proposed).

- Engage in a current campaign/action on a current issue. Provide plans and materials from campaign/action.

- Organize an event/activity around a social justice issue that you care about. Provide plans and materials from event/activity.

- Develop a one-day workshop curriculum on a specific social justice topic that could be implemented in the community/on campus with related curriculum and resources.

- Conduct at least 3 Interviews with current social justice leaders on an issue/topic that you are interested in, transcribe/provide a detail summary of the interviews. Be prepared to turn in transcripts/summaries.

- Watch a least 3 social justice movies and develop a guide for how these movies could be used in a
student organization/class to raise issues, further social change.

- Conduct a research project on a social justice topic that could inform campus or community action.


**Step 3: Paper:** Students will be asked to write a 5-7 page paper (plus additional attachments) that reflects on the project work and includes the following:

- Describe the topic and why you picked it? (5)
- What you did for your project? (5)
- What did you learn specifically from this work? How did this match what you hoped to learn? (20)
- Why does your project this matter for CASC work, generally? How does it relate to core themes/concepts/ideas that we have talked about in class? (20)
- Based on your project learning and class learning (topics, themes and readings), what are three key takeaways for you for future CASC work? (20)

**Attachments (in addition to the 5-7 pages):**
- Work log: Detailed description of activities and time/effort put into project (Can be an excel file or word document) (15)
- Project artifacts (e.g. resource guide, materials, curriculum, transcripts, plans, event flyers, meeting notes) (15)

**Step 4: Project Sharing:** Students will be prepared to share projects with class in a 10 minute presentation.

**Final Paper – Letter to Our Future Selves (20%) – Due Dec 15th**
This final paper is meant to be a way to apply class concepts and learning in meaningful ways. For this assignment you will write a letter (range of 3-5 pages, could be longer) to your future self. In the letter, please think about what you want to remind yourself about community action and social change. Be prepared to synthesize across the class learning, readings, activities, and assignments. Be as creative as you want, but the letter should reflect your learning from the class and your ability to apply the ideas and concepts to your own life.

**Extra Credit (each worth points up to 5 points total – 2.5points/ per) – note these CANNOT be used to complete action project activities**

- Attend a movie, rally, meeting, speaker, concert that relates to social justice or an issue you are passionate about. I can suggest some and post the information as well.
- Provide some kind of documentation about your participation.
- Write a 1 page summary of your experience and why/how this matters to your own work for CASC.
- Two extra credit summaries can be turned in over the course of the semester. All extra credit must be turned in by December 8th.
## 305 Assignment Schedule

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<td>2</td>
<td>Sept 15</td>
<td>Worksheet on Story</td>
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<td>3</td>
<td>Sept 22</td>
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<td>4</td>
<td>Sept 29</td>
<td>Concept Map Brainstorming</td>
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<td>Oct 6</td>
<td>Concept Map Draft</td>
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<td><strong>Concept Map Final Due</strong></td>
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<td>8</td>
<td>Oct 27</td>
<td><strong>Learning from History Paper Due</strong></td>
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<td><strong>12</strong></td>
<td><strong>Nov 24</strong></td>
<td><strong>Thanksgiving Break</strong></td>
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<td>13</td>
<td>Dec 1</td>
<td>All components of Final Project of Community Action and Social Change (action project &amp; reflection paper)</td>
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<td>Class Presentations</td>
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<tr>
<td>14</td>
<td>Dec 8</td>
<td>Class Presentations</td>
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<tr>
<td>No class</td>
<td>Dec 15</td>
<td>Final Paper Due –Letter to Selves</td>
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CLASS CALENDAR

BUILDING COMMUNITY & EXPLORING FOUNDATIONS (Weeks 1-3)

Week 1: Introduction to Community Action and Social Change (Sept 8th)
This class will be a general introduction to CASC and to SW 305. In particular, we’ll look at the relationships between CASC and Social Work values and ethics. We will also get organized for the semester, review the class structure and assignments, discuss expectations, and begin to build our class community. Please be ready to think about a goal for you in the class and a critical question/issue you would like to learn/think about.

Readings:
• SW Ethics, Intro to Social Work (National Association of Social Workers)
• Forward Spaces Guidelines
• Boggs, G. Ch. 1 “These are the Times to Grow Our Souls”, The Next American Revolution

Week 2: Understanding our Story: Being aware of who we are as Change Agents. What informs our perspectives? What skills do we bring? (Sept 15th)
In this class, we will spend time looking inward to discuss what drives our interest in social justice work, to explore our own stories, and how our perspectives are shaped by who we are. We will explore being vulnerable and our understanding about the power and potential of storytelling as a method of community change work. We will also do an activity that examines how we think about ourselves as social justice leaders and how we need to be aware of why, who, and how we engage in social justice work.

Due Today: Worksheet on Story

Readings:
• Kahn, S., Ch. 7 Strengthen the Story, Creative Community Organizing??
• Pyles, Ch. 2- Self-Aware Organizer, Progressive Community Organizing
• B. Tatum, Complexity of Identity, From Readings in Diversity and Social Justice
• Burghart , S. Know Yourself: A Key to Better Organizing, Tactics and Techniques in Community Organization
• Mast.R (Eds.) Organizing for Survival at the Grassroots, Detroit Lives (at least pick one story to read)

Week 3: Understanding Community Action and Social Change Terms & Perspectives (Sept 22nd)
This class will “unpack” the concept of Community Action and Social Change through exploring key terms and examining fundamental concepts embedded in social justice and social change work, such as social justice, power, privilege, discrimination, oppression, empowerment, and equity. It’s important that we begin the semester with shared understanding. We will also spend time discussing critical questions/challenges that emerge in social justice work here on campus, such as entering communities, working with others, and combatting “savior complexes.”

Readings:
• Bell, L, 21-26 (Theoretical Conceptions) ,and Johnson 15-20 (Social Construction of Difference) in Readings for Diversity for Social Justice
• Lawthom & Whelan, Ch. 1 Understanding Communities
• McIntosh, P. Unpacking the Knapsack of White Privilege
- Checkoway, B. Core Concepts for Community Change

FRAMEWORKS, APPROACHES, AND HISTORY (WEEKs 4-8)

Week 4: Community Change as a Process: Systems, Power & Impacts (Sept 29th)
This class will look at community change as a system that has impacts on individuals, groups, communities, institutions, and society. We’ll explore concepts of power- both power on a system and power that can be created by people – and we’ll begin to develop a concept map of the various ideas.

Readings:
- Warren, M. Ch. 1- How Community Organizing Works, Match on Dry Grass
- Chambers Ch 1- The World as it is and the World as it Should Be, Roots for Radicals
- Readings for Diversity and Social Justice, p. 45-58 “Cycle of Socialization” and “Cycle of Liberation”

Week 5: Exploring Approaches: CASC in Practice (Oct 6th)
Guest Speaker: Jim Toy, long-time LGBT activist, community organizer, and considered a pioneer among LGBT activists in Michigan.
Jim will give you an overview of his organizing experience starting in the early 70’s. This class will focus on the different approaches groups take working for change. The readings show different models and approaches to change. We will also look at examples of organizations that are working for change and explore the approach(es) they take. We will also explore the benefits and limitations to approaches and look at important ideas that should be present, regardless of approach. Review rough draft of concept map.

Readings/Materials:
- Gamble & Weil, Ch. 2 Conceptual Frameworks and Models for Community Practice (focus on the 8 models)
- Pyles, L. Ch. 5 Critical Organizing Frameworks, Progressive Community Organizing
- Shepard, B. Ch. 11, From Social Movements to Social Services, 113-118

- Visit and Review Web Examples of the following organizations:
  - Jim Toy Community Center: https://www jimtoycenter.org/
  - Southern Echo: http://southernecho.org/
  - Chicago Freedom Schools: http://chicagofreedomschool.org/
  - Neutral Zone: http://neutral-zone.org/wp/
  - Center for Story Based Strategy: http://www.storybasedstrategy.org/
  - Californians United for Responsible Budget: http://curbprisonspending.org
  - Interfaith Coalition for Peace and Justice: http://www.icpj.net/program-areas/
  - Allied Media: https://www.alliedmedia.org/
Week 6: Exploring CASC in Action: Focus on Youth Organizing Work (Oct 13th)

Guest Speaker(s): TBD

This class we will hear from a guest speaker and explore examples of CASC in action. We’ll focus on youth organizing work. This will be an opportunity to begin to link concepts and ideas to real experiences. We’ll explore/discuss an example of youth organizing. Then, we’ll hear from a team from a local organization doing youth organization and youth leadership work. Please come to class having read the readings and be prepared to discuss questions to ask our guest speaker(s).

Readings
- Ho Sang, D. Youth and Community Organizing Today, Funders Collaborative on Youth Organizing
- Corner Health Center Youth Leadership work: http://www.cornerhealth.org/?module=Page&slID=ylc&from=getinvolved
- Metro Youth Policy Fellows Report: Listen to Us

Due Today: Concept Map

Week 7: Learning From Grace (Oct 20th)

Guest Lecturer-TBD

This class will focus on learning from Grace Lee Boggs, an activist and social change agent with a legacy of social justice, community action, and social change. We’ll watch her documentary together, and then discuss the lessons learned from her work and life for us. What are the critical questions for consideration about community action and social change? What are critical issues for practice?

Readings:
- Boggs, G. Boggs, “These are the Times to Grow Our Souls”, Next American Revolution
- Web Site for James and Grace Lee Boggs Center, www.boggscenet.org
- MOVIE (in class): Grace Lee Boggs

Due Today: Project Proposal

Week 8: Learning From History (Oct 27)

In this class we’ll focus on our history examples that we have been learning about. We will share the examples from our papers and think about some of the major movements, organizations, and individuals that have shaped community action and social change work. In particular, through our sharing and learning we will discuss the lessons and ideas that we can draw from these examples for our own work.

There are no readings for today- come prepared to share and present your example from your paper.

Due Today: History Paper & Presentation
SKILLS & PRACTICES FOR CASC (Weeks 9-11)

**Week 9: Building Relationships & Facilitating Participation: Role of Social Media and Technology (Nov 3rd)**
In this class, we’ll begin to look at HOW to engage in community change work. Among the most important skills is the ability to build relationships. In this class will look specifically at the idea of how to build relationships and what skills are needed to build relationships and facilitate participation. We’ll also spend time in class talking about the role of social media. In what ways does media does it help? In what ways does it hurt? What are the implications for our own work? How do we see the future of social media for our own social change efforts?

Readings:
- Chambers, E. Ch. 2. The Relational Meeting, *Roots for Radicals: Organizing for Power, Action & Justice*
- Hardina, D. Ch. 2. Enter the Community and Using Interviewing Skills to Find Out about People, *Interpersonal Practices for Community Organization*

**Week 10: Strategy, Planning and Action (Nov 10th)**
This class will focus specially on the importance of planning and strategy for community change. Once you have an idea, how do you begin to move forward to making change? Strategy, in particular, is critical for community organizing efforts. In this class, we’ll also hear from a community organizer about how they use strategy in their work.

Readings:
- Ganz, M. What is Community Organizing?
- Bobo, K, et al. Ch. 4 , Strategy, Organizing for Social Change
- Campus Organizing Guide

**Week 11: Allyhood, Coalitions, & Working Together (Nov 17th)**
In this class will look more specifically at the skills needed to work together for change. We know that community action and social change is not an individual activity and that it is strengthened with different ideas and perspectives are brought together. What are the skills needed to work together and facilitate participation across differences? What can we learn from other coalitions? We will use class to share ideas and practice skills.

Readings:
- Edwards, Allyhood
- Messages to Allies and Aspiring Allies
- Young, et al. Creating Spaces for the Next Generation of Civil Rights Workers: Mississippi Safe School Coalition
- Civic collaboration: [http://www.ssireview.org/blog/entry/accelerating_civic_innovation_through_strategic_doing](http://www.ssireview.org/blog/entry/accelerating_civic_innovation_through_strategic_doing)

**Week 12: Thanksgiving Break Nov 23 – Nov 26**
**SHARING OUR WORK AND TAKING CASC FORWARD (Weeks 13-14)**

**Week 13: Pulling it Together: CASC in Action - CLASS PRESENTATIONS (Dec 1st)**
In this class, we will focus on our action projects. We will have opportunity to hear about each other’s projects and reflect on the common themes and learning across the projects. There will be no readings this week.

**Due Today: Final Project and Reflection Paper**

**Week 14: Our Future Selves - Takeaways and Reflections - CLASS PRESENTATIONS (Dec 8th)**

In our final class together, we will reflect on the learning from the semester and discuss our takeaways. We’ll discuss ways to sustain our efforts as community change makers as well as to think about what we want to remember to tell our future selves. If needed, we’ll also finish the presentations from the week before.

- The Disease of “Busyness”: [https://onbeing.org/blog/the-disease-of-being-busy/](https://onbeing.org/blog/the-disease-of-being-busy/)
- Letters to Ourselves as Future Activists—Michelle Kuo, Pg. 215–219 (From Letters From Young Activists, Ed. Berger, Boudin, & Farrow, 2005)
- Szakos & Szakos “Advice to Organizers”

**Due December 15th: Final Paper – Letter to Our Future Selves**

**ENJOY YOUR BREAK**