

# Heroes

A Look at People,  
Organizations and Ideas for Social Change



## Introduction

This is a booklet on social change and the people, organizations and ideas that were, and are, instrumental in generating forward movement. Students voted on topics. Some of the information was well known to the class, but other information was not familiar at all. The booklet also served as a typography assignment, in which students learned how to create paragraph styles, character styles, and Parent pages while researching images and creating layouts using a grid with consistent design elements.

It was not easy!

The design training for this booklet included many critiques: we asked questions, offered feedback, and worked hard on improving our work. We hope you enjoy the results.

Graphic design by Miaoyuan Hu



PEOPLE



## Alice Waters

Alice Waters, is an American restaurateur, chef, and food activist promoting the “slow food” movement. She studied in France, where her love of farm-to-plate dining took hold. Her passion for whole, unprocessed foods inspired her to found a market-inspired restaurant, Chez Panisse, in Berkeley, CA, despite having little capital and no experience as a restaurateur. With a relatively untrained staff, a menu that changed daily, and an uncompromising dedication to a vision: Waters created meals using only locally grown seasonal ingredients. To do this, she to forged relationships with suppliers of these ingredients.

when Chez Panisse finally started turning a profit, Waters devoted herself to food activism, such as the Garden Project, which provided produce to the San Francisco county jail and work opportunities to its former inmates. She was known for the Edible Schoolyard, a program that planted a garden in the yard of Berkeley’s Martin Luther King Jr. Middle School. A cooking classroom was installed there, becoming a thriving educational tool. The program expanded to New Orleans and Los Angeles. Waters then went on to a new cause,

of increasing government funding to improve school lunch programs.

*The James Beard Foundation named Chez Panisse outstanding restaurant and Waters outstanding chef in 1992; the foundation also presented her with a lifetime achievement award in 2004. Waters wrote a number of cookbooks and We Are What We Eat: A Slow Food Manifesto.*



*Greta has been diagnosed with Asperger syndrome, characterized by abnormalities in social interactions but with normal intelligence and language development. People with Asperger syndrome tend to focus deeply on one idea or interest, and Thunberg’s cause became climate change.*

## Greta Thunberg

Greta Thunberg is a Swedish environmental activist who works to address the problem of climate change, founding movement known as Fridays for Future.

Greta first learned about climate change at eight years old, and changed her own habits, becoming a vegan and refusing to travel by airplane. Seeking a greater impact, Thunberg attempted to spur lawmakers into addressing climate change. For three weeks prior to the Swedish election in 2018, she missed school to sit outside parliament with a sign that read Skolstrejk för Klimatet (School Strike for Climate). Alone for the first day, she was joined each subsequent day by more and more people, and her story garnered international attention. After the election Thunberg continued to skip classes on Fridays. Her action has inspired hundreds of thousands of students to participate in their own Fridays for Future.

Thunberg has given speeches at the World Economic Forum in Davos, Switzerland, and at the European Parliament as well as

in front of the legislatures of Italy, France, the United Kingdom, and the United States. In September 2019 her appearance at a UN climate event in New York City—which she traveled to on an emissions-free yacht—drew particular attention for her impassioned comments: “You have stolen my dreams and my childhood with your empty words...We are in the beginning of a mass extinction, and all you can talk about is money, and fairy tales of eternal eco-

***“No One Is Too Small to Make a Difference”***

nomical growth. How dare you!” That month millions of protesters marched in climate strikes in more than 163 countries.

## Britney Spears



Often referred to as the “Princess of Pop”, Britney Spears is an American singer, songwriter, and dancer, credited with influencing the revival of teen pop during the late 1990s and early 2000s.

ritney.net penned a statement on why Britney does not need a conservatorship this far into her life and career. Fans have taken to the streets to protest on Britney’s behalf, demanding an end to her conservatorship, which ended in 2021.

For nearly half of her career, Britney hasn’t held full control of her life. She was under a conservatorship by her father, Jamie Spears, since her infamous breakdown, hospitalization and rehab. He petitioned courts for an emergency “temporary” conservatorship, claiming that his daughter was unable to manage herself amid her mental health struggles. Her father was given the legal right to oversee and make decisions regarding Britney’s finances, health, business deals, and personal life which he managed up until 2019. However, Britney’s career never faltered; she has continued to release albums, tour, star in a Las Vegas residency, and launch business ventures including her lucrative perfume and namesake lingerie lines.

Britney’s longtime fans have vocalized their dissatisfaction regarding the conservatorship, launching the #FreeBritney movement. FreeB-

*For me, success is a state of mind. I feel like success isn’t about conquering something; it’s being happy with who you are.”*

IDEAS



## Women's Suffrage

The women's suffrage movement was a decades-long fight to win the right to vote for women in the United States. It took activists nearly 100 years to win that right, and the campaign was not easy: disagreements over strategy threatened to cripple the movement more than once. The campaign began before the Civil War during the 1820s and 30s, most states had extended the franchise to all white men, regardless of how much money or property they had. In 1848, a group of abolitionist activists gathered in Seneca Falls, NY to discuss women's rights. The delegates to the Seneca Falls Convention agreed: American women were autonomous individuals who deserved their own political identities.

"We hold these truths to be self-evident," proclaimed the Declaration of Sentiments that the delegates produced, "that all men and women are created equal, that they are endowed by their creator with certain inalienable rights, that among these are life, liberty, and the pursuit of happiness." What this meant was that women should have the right to vote. Finally, on August 18, 1920, the 19th Amendment to the Constitution was ratified, enfranchising all American women and declaring for the first time that they

deserve all the rights and responsibilities of citizenship. On November 2 of that year, more than 8 million women across the United States voted in elections for the first time.

*In 1923, the National Woman's Party proposed an amendment to the Constitution that prohibited all discrimination on the basis of sex. The so-called Equal Rights Amendment has never been ratified.*



## LGBTQ+ Rights

In the U.S., LGBTQ+ rights are among the most socially, culturally, and legally permissive and advanced in the world. In 1962, all 50 states criminalized same-sex sexual activity, but by 2003 all such remaining laws were invalidated. In 2004, Massachusetts LGBT Americans won the right to marry, and all 50 states joined in by 2015. In many states, LGBT Americans are explicitly protected from discrimination in employment, housing, and access to public accommodations. Many LGBT rights have been established by the U.S. Supreme Court, which has struck down sodomy laws nationwide plus the Defense of Marriage Act, and it made same-sex marriage legal nationwide.

American public opinion is overwhelmingly supportive of same-sex marriage, with 74% of Americans believing same-sex marriage should be a guaranteed right. The Equality Act proposed in 2022, would outlaw discrimination based on sexual orientation and gender identity nationwide. Family law varies by state; adoption of children by same-sex married couples is legal nationwide since June 2015, but some states allow adoption by all couples, while others ban all unmarried couples from adoption. Hate crimes based on sexual orientation or gender identity

are punishable by federal law, but many states lack state-level hate crime laws that cover sexual orientation and/or gender identity. LGBTQ people of color face the highest rates of discrimination and hate crimes, especially trans women of color.

*A the Center in NYC, we fight for LGBTQ+ equality by:*

- 1. Ensuring Access to health and safety*
- 2. Promoting legal protections*
- 3. Championing economic empowerment*
- 4. Building community support*
- 5. Providing free legal aid*



## Black Lives Matter

BlackLivesMatter was founded in 2013 in response to the acquittal of Trayvon Martin's murderer. Its mission is to eradicate white supremacy and build local power to intervene in violence inflicted on Black communities by the state and vigilantes. By combating and countering acts of violence, creating space for Black imagination and innovation, and centering Black joy, we are winning immediate improvements in our lives. The project is now a member-led global network of more than 40 chapters providing an ideological and political intervention when Black lives are systematically and intentionally targeted.

As organizers who work with everyday people, BLM members understand significant gaps in movement spaces and leadership. Black liberation movements in this country have created room, space, and leadership mostly for Black heterosexual, cisgender men — leaving women, queer and transgender people, and others out of the movement or in the background. As a network, we recognize the need to center the leadership of women and queer and trans people. To maximize our movement, and to be intentional about not replicating harmful practices that excluded so many in past movements,

we have made a commitment to placing those at the margins closer to the center.

*For generations, we've celebrated Juneteenth with family gatherings, cookouts, domino and card-playing, music, laughter, and an overall feeling of Black freedom and joy. Juneteenth celebrates our Blackness by honoring our Ancestors, affirming ourselves and our people, creating space for Black joy, and struggling unceasingly for freedom and justice.*

ORGANIZATION





## Greenpeace

**G**reenpeace exists because this fragile earth deserves a voice. It needs solutions. It needs change. It needs action. In 1971, our founders set sail to an island in the Arctic. Their mission? To stop a nuclear bomb. It was a journey that would spark a movement and make history. Greenpeace uses non-violent action to pave the way towards a greener, more peaceful world, and to confront the systems that threaten our environment.

For over 50 years, Greenpeace has been sailing the world's oceans fighting for environmental justice. From obstructing nuclear tests in the Pacific, to documenting plastics in our oceans; from conducting research into the effects of climate change in the Arctic, to stopping shiploads of illegal timber leaving the Amazon; from bringing humanitarian relief to communities devastated by extreme weather to collaborating with local authorities to arrest illegal fishing operations in West Africa – our ships are fundamental to Greenpeace campaigns.

**Our goal is to ensure the ability of the earth to nurture life in all its diversity. That means:**

- protecting biodiversity in all its forms
- preventing pollution and abuse of the earth's ocean, land, air and fresh water
- ending all nuclear threats
- promoting peace, global disarmament and non-violence

### Support Restaurants That Choose to Reuse

*Many of our favorite restaurants are overrun with single-use plastics: plastic straws, plastic cutlery, and plastic leftover boxes (and the boxes are put into plastic bags!). We can change this and prioritize the health of people and the planet. Take the reusable container challenge and join the movement that is changing the way we eat. Let's make reusable the new normal!*



## March for Our Lives

**Our Story: Not One More.**

**A**fter the tragedy at Marjory Stoneman Douglas High School in Parkland, FL, we had to make sure that what happened never happens again. We cannot allow one more person to be killed by senseless gun violence. We cannot allow one more person to experience the pain of losing a loved one. We cannot allow the normalization of gun violence to continue. We must create a safe and compassionate nation for all of us.

After the shooting on February 14, we organized the largest single day of protest against gun violence in history. Millions protested our political leaders' inaction. Inspired by the Freedom Riders of the 1960s, we toured the country on the Road To Change, registering over 50,000 new voters and meeting with family members, community leaders, and survivors of gun violence. We'll never forget each story and each ally in this fight for justice.

We spurred a historic youth turnout in the 2018 midterm elections, with a 47% increase over the last midterm election and the highest percentage of youth voter turnout ever. Voters made it clear that the status quo was no longer acceptable—a record 46 NRA-backed candidates lost elections that November. It will take all of us advocating for sensible gun violence prevention reforms to make it happen.

### Our Mission

*Born out of a tragic school shooting, March For Our Lives is a courageous youth-led movement dedicated to promoting civic engagement, education, and direct action by youth to eliminate the epidemic of gun violence. We aim to create safe and healthy communities and livelihoods where gun violence is obsolete.*



## The Trevor Project

LGBTQ young people are four times more likely to attempt suicide, and suicide remains the second leading cause of death among all young people in the U.S. Our mission is to end suicide among lesbian, gay, bisexual, transgender, queer & questioning young people. Our vision: a world where all LGBTQ young people see a bright future for themselves. Our goal is to serve 1.8 million crisis contacts annually, by the end of our 25th year, while continuing to innovate on our core services.

The Trevor Project's diverse staff and inclusive culture are critical, non-negotiable requirements to achieve its mission of ending LGBTQ youth suicide. We do this by turning volunteers into life-saving crisis counselors. Crisis counselors are trained to answer calls, chats, or texts from LGBTQ young people who reach out on our free, confidential and secure 24/7 service when they are struggling with issues such as coming out, LGBTQ identity, depression, and suicide. Counselors work closely with members of our team and have access to role-play scenarios, supervised support shifts, and one-on-one office hours to ensure that they are able to practice and apply their acquired skills in a supportive environment.

*Grammy-nominated global superstar Janelle Monáe is recipient of the 2022 Suicide Prevention Advocate of the Year award, which recognizes public figures who champion the LGBTQ community and advocate for mental health awareness. Marking September's National Suicide Prevention Awareness Month, Monáe joins Lil Nas X who was recipient of the award in 2021.*

## Photo Credit

### Citations

1. <https://www.biography.com/activist/greta-thunberg>
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