

We All Deserve A Fair Shake

Fair Shake: The FREE Nationwide Resource Hub

Loaded with information for you and your supporters to utilize!

A 'fair shake' can be defined as a 'just chance' or a 'fair deal'. What do you need, mentally and physically, to get a 'just chance' at building a satisfying life? At Fair Shake we will never tell you what you need or what you should do. We simply provide free information to everyone all the time, including: employment, education, health (mental and physical), housing and much more. Feel free to search and explore! We've designed the website to help you help yourself. Use the Quick Start Guide in this packet to learn where things are, or use the Search Bar in the upper right corner to search for specific topics. Get lost in discovery and open doors to new possibilities, including creating a satisfying life.... Contact us when you have questions! (info@fairshake.net)

Fair Shake is available both online and offline

- + FREE App: www.app.fairshake.net (or software) for use inside prisons and jails!
 - Let Reentry, Education, and the Library know!
- + FREE website: www.fairshake.net - unrestricted, anonymous and available to all 24/7.
 - Let your supporters know!

Here are just a few of the things Fair Shake offers:

- Nationwide **Reentry Resource Directory** for all states
- **Employment** support for formerly incarcerated people *and* the employers who hire them!
- An **Educate Yourself!** section with links to free and low-cost education resources.
- A **Free School:** Topics that we need to be free, but which we did not learn in school.
- **Member-only tools:** including digital storage and a Personal Web Page.
- **Reentry Ownership Manual (OM)**, a 196-page book that offers information for you build the most important resource that you'll ever need: YOU.

Hi. I'm Sue. I build, maintain and run Fair Shake by myself. I had to make sure it could support you and the people who support you, so I had to make it free to use and free from tracking.

Fair Shake is funded by donations alone and many of the donors are incarcerated. In fact, unless you sent a SASE, This ENVELOPE or STAMP was donated by an incarcerated person!

I want to clarify a few things: we don't advertise, we don't have a 'kit', and the Ownership Manual (formerly the Reentry Packet) is not full of local resources. Fair Shake's resources are all in our huge digital directory: online or in the app. If your letter asked for a free copy of the Reentry Packet, we can send the book for free, but you'll need to pay the postage: \$6. The book is free to print; whole or in parts!

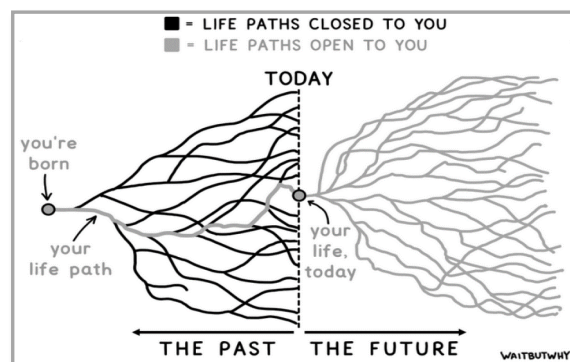
Currently, a fair shake is not given to us - it is something we must create, together. We can build success by sharing our gifts, creating opportunities, increasing volition, and meeting challenges. We all deserve a fair shake!

To our successful transitions!



Sue Kastensen – Founder and Director

* Sorry to offer so many website links. Sadly, few organizations offer addresses or respond to letters.



www.fairshake.net

Image from
waitbutwhy.com



Formerly and Currently Incarcerated People



NATIONAL REENTRY HELPLINE: 844-916-2577

This page is loaded with links for folks in transition.

Remember: many of our most highly treasured stories are redemption stories.

For those of you who are currently incarcerated and Corlinks please sign up for our newsletter: outreach@fairshake.net

THIS PAGE IS ALSO FOR FOLKS WHO ARE HELPING PEOPLE IN TRANSITION: Family, Friends, Advocates, Non-Profits, Ministry, Case Managers, et al

Employment



Looking for information to help you find a job? Check out our Find A Job page!

If you're getting ready to apply or interview, check out our Prepare For Work page!

Housing Search

Transitional Housing is supportive housing that helps fight the homeless problem in today's society.

Transitional housing is generally for a limited time period. Stays can be from two weeks to twenty four months.

<https://www.transitionalhousing.org/>



SHELTERLIST.COM

They provide an online directory of shelters in cities where they found help for those needing shelter. <https://www.shelterlist.com/>



Low Income Housing: Find affordable rentals & housing options for low income families and individuals. <https://www.lowincomehousing.us>

New to Computers?

Need help with your computer skills? Learn more about using your computer on our Building Computer Skills page!

Keep your documents safe (ish) in the cloud!

Google online storage



The Affordable Connectivity Program (ACP) is a U.S. government program that helps many low income households pay for broadband service and internet connected devices. <https://affordableconnectivity.gov/>

Vital Documents

Social Security

- Supplemental Security Income
- What Prisoners Need To Know
- More Publications

Social Security Card

- <https://www.ssa.gov/ssnumber/>
- social-security-card-info.pdf

This is the ss-5 form.

- <https://www.socialsecurity.gov/forms/ss-5.pdf>
- social-security-card-form-ss-5.pdf
- Social Security info, no color document

Write For Vital Records - All States

Certificates of Birth, Death, Marriage, Divorce

- <http://www.cdc.gov/nchs/w2w.htm>
- vital-records.pdf

DMV Request Outline:

There are many reasons you may wish to write to the Department of Motor Vehicles (DMV) to request relief. Perhaps you have very old parking tickets, or your license was suspended, et al. You may find some leniency from the DMV to help you drive again, especially to get to work. This form has been created by folks in the FCI Sandstone Career Resource Center and is meant to be used as a template or outline for you to use to create your own.

DMV Change Request Outline

Tax FAQ's from the IRS

- Get Right With Your Taxes

Educate Yourself!



Need more math skills? Concerned about your grammar? Looking to pick up more knowledge or skills? Visit our Educate Yourself page.

Correspondence Schools

Financial Aid

Federal Student Aid Information Center
P.O. Box 84
Washington, D.C. 20044
1-800-433-3243
<https://studentaid.ed.gov/sa/>

A NOTE ABOUT PELL GRANTS

From the US Dept. of Education: The Department intends to implement the legislative changes to allow eligible students in college-in-prison programs to access federal Pell Grants beginning on July 1, 2023. Federal Pell Grants are usually awarded only to undergraduate students

2-1-1

A FREE national resource service available by phone or internet to help folks in need find resources they seek 24 hours a day, 7 days a week. They list resources for food, shelter, employment, education, housing, mental and physical health, specific services for veterans, special needs and reentry, a safe path out of physical and/or emotional abuse. A service of United Way. www.211.org

Find Help

<https://company.findhelp.com>

America's leading social care network, which features more than 300,000 human-verified programs that provide help to millions of people across the country.

Fair Shake Resource Directory

Find food, employment training, free stuff, housing, health care, family support, more than 12,000 resources and 450 reentry publications and links in our FREE Resource Directory!



Banking

FRSH Banking

Created specifically for people who have been incarcerated. The website says "We offer FREE bank accounts with debit cards to EVERYONE no matter what you did in your past. No fees (incl. no overdraft fees). No minimum balance. FRSH is forcing individuals to move from awareness to responsibility, to action."

Check them out here: myfrsh.com/banking

myFRSH, LLC
14555 Dallas Pkwy, #100
Dallas, TX 75254



Improve Your Financial Outlook!

Check out the Money Management page!

- Improve your Credit Score
- Build a Budget Worksheet

Annual Credit Report.com

www.annualcreditreport.com

Get a free copy of your credit report every 12 months from each credit reporting company. Ensure that the information on all of your credit reports is correct and up to date!

Wherever you are on your financial journey, you can prepare yourself to make informed financial decisions with these resources.

www.consumerfinance.gov/consumer-tools/

Ver página en español



INCHARGE offers a free credit counseling service that provides help with budgeting, solutions for becoming debt free and tips to successfully manage your money. The goal of credit counseling is to provide a solution that helps you achieve debt relief and get on a financially healthy path. The service can be done over the phone or online.

- You may be able to:
- Lower your interest rates
 - Reduce monthly payments
 - Credit scores are not a factor
 - Eliminate fees and over-limit charges
 - Stop harassing calls from debt collectors
 - Consolidate credit bills into one monthly payment
 - Build a realistic budget and financial plan you can follow

InCharge Debt Solutions
5750 Major Blvd, Suite 300
Orlando, FL 32819 <https://www.incharge.org/>

Mental and Physical Health

- Visit the Swellness Page!
- Visit the Building Mental Strength! Page <https://www.fairshake.net/swellness/>
- Physical Health Page (just getting started!)

Help Yourself Therapy

[HelpYourselfTherapy.com](http://helpyourselftherapy.com)

HelpYourselfTherapy.com is a website that offers free, confidential, practical advice from a therapist. The Self-Therapy model is easy to understand and self-disclosure is never needed. Everything is completely confidential. Click on the link below to view the list of topics from the website.

<http://helpyourselftherapy.com/topics/index.html>



Fair Shake's (large and growing!) webpage for you and your supporters

...and we add more information all the time!



Education not found in school:

The School of Life explores unconventional education to assist people in the quest for a more fulfilled life.

Watch the introduction video here ->

Here are some topics we thought might interest you:

Self: <https://www.youtube.com/watch?v=PLwXNMBz8mpehIQO4c0E79Gj4fEj>

Relationships: <https://www.youtube.com/watch?v=PLwXNMBz8mpehIQO4c0E79Gj4fEj>

Work + Capitalism: <https://www.youtube.com/watch?v=PLwXNMBz8mpehIQO4c0E79Gj4fEj>

You can find more on the School of Life on the Educate Yourself page!

Fair Shake Ownership Manual

Our Reentry Ownership Manual is loaded with reentry information including tools and materials for building bridges of transformation and trust.

★ Fair Shake Ownership Manual

Individual Pages in the Packet

<https://www.fairshake.net/reentry-resources/reentry-packet/>

Fair Shake "Inside" Newsletter

★ Read the newsletters here

Sign up at outreach@fairshake.net

Looking for Books?

★ Check out our Free Books Programs page!

For Veterans

<https://www.fairshake.net/veterans-page/>

THANK YOU FOR YOUR SERVICE!

The veterans' page was created to assist veterans who have been incarcerated as well as their families. The programs and resources on this page can help reduce the pressures associated with reentry. Our hope is that you will find these resources helpful in providing relief as you face the challenges of finding and supporting an effective way of life after incarceration. Thank you for your service to our country.

The Transition Assistance Program (TAP) was established to meet the needs of veterans during their period of transition to civilian life by offering job-search assistance and related services. The guide books below were created specifically to support you by applying considerations from your service life to your job seeking. Check in with your local TAP program to find out about jobs that are available near you. To locate your local support office, click on this link: <http://www.benefits.va.gov/vowtap.asp>

Personal Appraisal & Career Exploration

Job Search Strategies & Interviews

Reviewing Job Offers & Support and Assistance

Become a Fair Shake Member!

- Personal Web Page
- Data Storage
- Save your Resources
- Tutorials

Become a Member. It's FREE!

Looking to get an Interstate Compact?

Interstate Commission for Adult Offender Supervision (ICAOS)

<https://www.interstatecompact.org/>

According to the ICAOS website: "The Interstate Commission for Adult Offender Supervision will guide the transfer of returning citizens in a manner that promotes effective supervision strategies consistent with public safety, accountability, and victims' rights."

Here are two documents that can help you get started:

Interstate Compact Overview

Interstate Compact Directory

PREPARING FOR PAROLE?

You might want to consider the info in these Parole Board Handbooks

Ohio Parole Board Handbook 2017

New Parole Board member (State, Federal, and Military) handbook

Bureau of Justice Statistics

Bureau of Justice Statistics

For Parents

It's important to stay connected!

Children of Incarcerated Parents - Bill of Rights

Children of Incarcerated Parents' Library

Biblioteca sobre niños de presos

Prison Parenting Programs - May 2016

Sesame Street: On Incarceration

Tips for Incarcerated Parents

Little Children, Big Challenges

Tips for Caregivers

Can you change your child support order?

State by State Guide

Changing a Child Support Order

Housing

We receive very little housing information, especially on a national scale. Recently however, the two-part document came to us from a HUD representative. So began my attempt to connect you to HUD.

HUD regional locations

Two Part Reentry HUD Housing Request

Since HUD does not offer any documents (that I could find) of their locations (the book does not even offer office locations, only links and email addresses) please ask your people outside to investigate further.

U.S. Department of Housing and Urban Development

451 7th Street S.W.

Washington, DC 20410

Telephone: (202) 708-1112

<https://portal.hud.gov/portal/hud>

HUD Programs

- Community Development Block Grants (CDBG) Program
- HOME Investment Partnership (HOME) Program
- Housing Choice Voucher Program (Section 8) at HUD
- Housing Choice Voucher Program (Section 8) at Benefits.gov
- Neighborhood Stabilization Program (NSP)
- Public Housing Programs
- Section 202 Supportive Housing for the Elderly Program
- Section 811 Supportive Housing for Persons with Disabilities

Voting Rights



According to The Sentencing Project: Felony disenfranchisement (the loss of voting and other civil rights) is an obstacle to participation in democratic life which is exacerbated by racial disparities in the criminal justice system (and creates a disproportionate impact on communities of color).

To find out more, please visit The Sentencing Project.

Voting in Jails:

<https://www.sentencingproject.org/policy-brief/voting-in-jails/>

Disenfranchisement:

<https://www.sentencingproject.org/reports/locked-out-2022-estimates-of-people-denied-voting-rights/>

NATIONAL INVENTORY OF THE COLLATERAL CONSEQUENCES OF CONVICTION

Collateral consequences are legal and regulatory sanctions and restrictions that limit or prohibit people with criminal records from accessing employment, occupational licensing, housing, voting, education, and other opportunities of a criminal conviction. This state / national resource is now a project of the Council of State Governments.

<https://nicc.nationalreentryresourcecenter.org/>

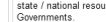
Free Member Benefits!

Full access available online only.

Sign Up Here

Click any item to learn more

Personal Web Page



Help Employers and Property Managers get to know you.



Reentry Resources

Information Center

Member Menu

About Fair Shake

Support Us

Donate!

We are a 501(c)(3) charity and all donations are tax deductible. Thanks Supporters!



Find a Job (or Start Your Own Business)

There are many approaches to earning income! Everyone's approach to looking for a job is different, so we offer many search engines, employment options and opportunities, and even information to help you start a business, prepare for work and consider other career options.

Jobs For Felons Hub
http://jobsforfelonshub.com/
A resource "website created by a few folks who have personally watched their loved ones struggle to get a job due to having a felony." http://jobsforfelonshub.com/start-here/

The Relaunch Pad
https://therelaunchpad.com/
Check out our search tool featuring over 1,000 companies we've personally contacted about their hiring policies for people with criminal records. Our team of industry experts even rated your likelihood of getting hired at each.

Job Search Engines
All search engines available online only
Job Applications
job-applications.com
We offer links to online application pages and printable job application forms from our comprehensive database. We feature information on 1,500 popular companies in major industries such as fast food, retail, grocery stores, hotels and restaurants. Each company listed has a page which includes company history, service offered and common job opportunities. https://www.job-applications.com/

Way Up
https://www.wayup.com/
We feel strongly that opportunity belongs to all, and that an individual should never be limited by their economic status, race, sexual orientation, gender, who you know, where you went to school, or where you're from.

glassdoor Glassdoor
https://www.glassdoor.com/
Glassdoor is one of the fastest growing jobs and recruiting sites. It holds a growing database of millions of company reviews, CEO approval ratings, salary reports, interview reviews and questions, benefits reviews, office photos and more. No other site allows you to see which employers are hiring, what it's really like to work or interview there according to employees, and how much you could earn.

GIGS: Single or multiple day opportunities
For an interesting temp option, you can check out the Craigslist in your area under "Gigs." You'll find opportunities that include moving furniture, doing yard work for a few hours, car dismantling, CDL temporary jobs, staff for weekend events, handyman, cleaning, carpentry, welding, electrical, plumbing, painting, brand ambassadors (reps) and much more. Many of these gigs have opportunities that can turn into jobs.
Keep the author's intent in mind when searching on Craig's list. Beware that some listings are quite sketchy...
https://newyork.craigslist.org/

URBAN TECH JOBS PROGRAM
The National Urban League and Google are working together to provide tech training and jobs... that will, ultimately, help them monitor you, nudge you and sell your data. This is how the master works. The bait is the job, so you will do the dirty work that undermines humanity, democracy and your self-determination.
https://nul.org/program/urban-tech-jobs-program

Employer Support
Give employers tools and information to help them hire.
Share this document with your potential employers to help them hire you.

Bonding, WOTC, and EEOC files
You are bondable Federal Bonding
Work Opportunity Tax Credit Filer
Equal Employment Opportunity Commission: Background Checks
More on Background Checks: What Applicants
Formerly Incarcerated Individuals' Job Restriction (US and Wisconsin) Created by the WIDOC

Prepare For Work!
www.fairshake.net/prepare-for-work/
-Resume Writing Ideas
-Letter of Explanation
-Prepare For Your Interview
...and much more!

Prepare for your employment future!
O'Net
Occupation Search! http://www.onetonline.org/
O'NET is a unique, powerful, continually updated occupational information research. By using a contemporary, interactive database and a common language to describe attributes, O'NET transforms mountains of focused occupational intelligence that are easily and efficiently.

Gary's Job Board: Truck Drivers wanted!
Gary can find you a better truck driving job, with or without a CDL.
Website: http://www.garysjobboard.com/

Looking for more information about trucking? Visit Fair Shake's **TRUCKING PAGE**
https://www.fairshake.net/employment-trucking-driving-jobs/

Non-profit Job Search Engines:
Idealist
workforce50
Philanthropy News Digest

Workforce 50
workforce50.com
Jobs for people 50+ yrs of age

Philanthropy News Digest
Philanthropy News Digest: all levels of non-profit jobs.
https://philanthropynewsdigest.org/jobs

Jobs That Help
https://www.jobsthathelp.com/
WISCONSIN JOB SEEKERS! Looking for a meaningful career that makes a positive difference in your community? Whether you are an experienced professional or an enthusiastic newcomer, you have come to the right place!

Start A Business
It's not easy, but for the creative, courageous and tenacious, it's often the right thing to do. Here are a few documents and links to help you get started.
From the Small Business Administration
Business Plan Template
Start A Business!
SBA Microloans
From the Consumer Information Center:
Planning and Goal Setting for A Small Business
Minding Your Own Business
How to Write a Business Plan
From the Fair Shake Ownership Manual
Self Employment

Formerly Incarcerated College Graduate Network
https://www.fcgn.org/job-leads
Discover career-related jobs that welcome formerly incarcerated applicants and see the value in your lived experience.

Trucking Career Onestop
Fair Shake's Guide to Driving Opportunities
TRUCKING TRUTH
All Trucking.com
ATA
ATA

Trucking Companies That Will Hire People With Felonies
https://www.truckingtruth.com/will-hire-people-with-felonies

Owner-Operator Independent Drivers Association
OOIDA-HEADQUARTERS
1 NW OODA Ct
Glen Valley, MO 64229
816-226-9791 800-444-4791
www.ooda.com

Gary's Job Board: Truck Drivers wanted!
Gary can find you a better truck driving job, with or without a CDL.
https://www.garysjobboard.com/

FIND A JOB PAGE

PREPARE FOR WORK PAGE

The Resume Writing Academy

www.resumewritingacademy.com
Resume Writing This document generously shared with Fair Shake by The Resume Writing Academy thanks to: Wendy Enelow, MRW, CCM, CPRW, JCTC and Louise Kursmark, MRW, CCM, CPRW, JCTC
Resume Examples
Top Tips & Techniques for Writing Best-in-Class Resumes
Best Resumes and Letters for Ex-Offenders
A resume guide that addresses special employment issues facing ex-offenders.

Hloom

https://www.hloom.com/ Free Resume writing tools and templates.
Here I am - Resume Writing That Gets Noticed
The Complete Guide to a Winning Resume Cheat-Sheet
Discussing Your History In the Interview
Discussing Criminal History in the Interview

Other Employment Support

Jails to Jobs
https://www.jailstojobs.org/
Jails to Jobs is an organization that gives ex-offenders the tools they need to find employment. On this website you'll find a step-by-step plan to follow as you carry out your job search.

career.com

career.com offers great tools and resources for exploring careers, whether you're searching for a new job or considering a career change - See more at:

https://www.ilcareer.com/quintessential/career-exploration

how2become.com

how2become.com offers a resource guide that provides detailed insight into how to answer certain questions, body language and more.

https://www.how2become.com/resources/interview-skills/

Fair Shake Employment Documents


- Available Online and Offline
- (Be sure to also check out the Information we have on Employers page to help the Interviewer hire you!)
- Employment Tips
- Resume Guide
- Interview Tips
- Interview Questions for You to Ask
- Sample Interview Questions
- Computer and Internet Tips

Just a few of the pages from the Reentry Ownership Manual (formerly called the Reentry Packet)

FairShake REENTRY RESOURCE CENTER

Managing Anger

Flying off the handle sometimes causes hammers and humans to lose their heads...as well as their effectiveness. ~ William Arthur Ward



Between a Rock and a Hard Place
Managing Anger 14

Everyone gets angry.

We are all familiar with anger; we see it demonstrated frequently. We see angry people in TV shows and movies; we hear angry politicians and radio hosts. Sometimes we experience anger with others around us, and we also experience anger in ourselves.

People sometimes try to use anger to solve problems or to relieve stress...but that often creates more problems, more stress and even more anger.


We can't eliminate anger, but we can manage it. We can make it a useful tool instead of one that demolishes relationships and other things.

Anger is often glorified as a key to unlock hidden strength and passion. Anger *feels* powerful.

FairShake REENTRY RESOURCE CENTER

How to Watch TV

The media is the most powerful entity on earth. Because they control the minds of the masses. ~ Malcolm X



How to Watch TV 14

Americans watch a lot of TV. Even though we are also obsessed with our phones (texts, tweets, Facebook, email and much more), the average American still finds time to watch more than 5 hours of TV per day. Only a very tiny fraction of us watch 0 hours of TV each day. I am one of those people. "No TV" includes no cable, no "smart" TV, no Netflix or other movies (except when I'm on my bicycle wind trainer in the basement during inclement weather) and no flat-screen-monitor hanging on the wall in the living room. Or the kitchen. Or the bathroom, bedroom, office, car, etc.

I have gone as far as to get a device that turns TVs off. When I feel attacked or trapped by loud, offensive commercials, news stories or shows being broadcast in public places, I just turn them off. Most people don't notice. Those that do usually just shrug their shoulders and do something else.

FairShake REENTRY RESOURCE CENTER

Exploring IDENTITY

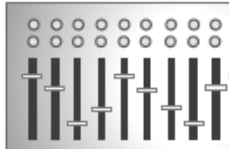
What Makes You YOU?

Who we are - at any given time - is a compilation of our experiences, our interests and intentions, our environment, our body, our mind (whatever that is) and our spirit (whatever that is). Mind and spirit are very important to us. They are at the foundation of our values and beliefs, and drive our desires, fears, goals and relationships, yet they cannot be located or clearly defined. That is a good thing. They defy empirical observation and they can't be quantified. This is our 'special sauce' of unlimited potential!

"I am what time, circumstance, history, have made of me, certainly, but I am, also, much more than that. So are we all." - James Baldwin

In a very real way, we became who we are today because of our relationships. Civilization is made up of people...including those who have been here and left their mark, and those with whom we currently share this planet. Other people have guided our lives and our development since we were born and other people continue to shape us today. We learned how to be a person from other people. We are who we are today because of who we all are (people in our family, our community, our region, our nation and our world). This is the foundation of the philosophy of UBUNTU. (We explore this philosophy more deeply in this booklet, but for now let's just explore YOU.)

I created a MIXING BOARD METAPHOR for this exploration so we can see the 'hard-wired' aspects of ourselves that are so frequently cited (and feel inauthentically limiting) and the 'plastic' aspects... which are the areas where we are always changing.



Mixing Your Unique Identity!

Although it may sometimes feel like other people are shaping us, we are not. We can be directed, controlled, or limited in one way or another, but our mind will respond. We can surmount limitations by gently questioning our given to us when we were too young to question them. We can learn, do things that our family, friends, culture or the status quo may not do. fit into roles. But times are changing; the roles may no longer apply.

"Between stimulus and response there is a space. In it to choose our response. In our response lies our growth."

www.fairshake.net

Identity Scale / Fair Shake Ownership Manual

FairShake REENTRY RESOURCE CENTER

Fair Shake Technology Tools


Fair Shake Technology Tools

Do you need to learn to use a computer? How to navigate websites? Or just brush up on your skills?

Check out our Computer Basics tutorial!

We cover these topics:

- Mouse
- Keyboard



Desktop Basics

Welcome to Computer Basics

FairShake REENTRY RESOURCE CENTER

Between a Rock and a Hard Place
Working Through Depression

Working Through Depression

Depression *noun* Severe, typically prolonged, feelings of despondency and dejection, typically felt over a period of time and accompanied by feelings of hopelessness and inadequacy. (source: the Oxford (online) Dictionary)

As Americans, it is common to feel like we are supposed to be happy. TIME magazine* recently announced "Americans are wired to be happy", and reminded us that we made the pursuit of happiness "a central mandate of the national character" when we declared it a basic human right.

With so much emphasis placed on feeling good, it should come as no surprise that when we don't feel happy, we may feel like something is wrong.

In fact, when we feel lonely, inadequate or disheartened as we search for meaning in our lives, our friends and family and even professionals often encourage us to strive to feel good again - as soon as possible - whether through distractions (shopping, media and superficial social connections, etc.) or pain relievers.

FairShake REENTRY RESOURCE CENTER

Between a Rock and a Hard Place
Resisting Influence 1/8

(This content created by Dr. Philip Zimbardo and Cindy X. Wang)

Resisting Influence

This is a shortened version of the original which was prepared by Dr. Philip Zimbardo and Cindy X. Wang. You can view the full Resisting Influence Guide here: <http://www.lucifereffect.com/guide.htm>

Our daily lives are wrought with compelling social tensions. Many of us hope that we are immune to compliance tactics, have the courage to resist unjust authority, and would never abandon our core beliefs and principles in the face of social pressures.

This document was created for learning how unwanted and unjust influence can impact your daily life and to better equip you to resist these forces. By understanding the contexts of influence and social compliance, we hope you will be able to identify the principles and strategies that professional agents of influence may use to gain your compliance.

We will look at frameworks to understand social influence and identify how you can apply these ideas to your own life, we will discuss ways to utilize your new understanding of the principles of social influence for positive social change, and finally we provide hints from Dr. Z on how to resist unwanted influences.


FairShake REENTRY RESOURCE CENTER

Swelling

Swelling
(Yes, it is spelled correctly)

Health. Strength. Tenacity. Flexibility. Durability. Resilience. Power. Discipline. Vigor.

These words can be used to describe both mental and physical characteristics. Swelling is the idea that our physical and mental well-being cannot be separated; they are dependent upon each other. It is the belief that we must take care of our mind to take care of our body, and we need to take care of our body to take care of our mind; that health is psychosomatic / somapsychotic and that those words can be applied to wellness as well as to illness. Swelling exists in those who have overcome illnesses and physical setbacks with powerful positive beliefs about their ability to survive and thrive. Swelling is not a goal, it is a continuous process.



From the Dictionary:

Swell - noun: a full shape or form adverb: excellently; very well

Swellingness - is a state of excellently full form.

A few considerations for healthy minds and healthy bodies:

- When our minds are in turmoil, often our guts and/or our muscles are, too.
- When our neck and shoulders ache from stress, we may struggle to feel happy or optimistic.

We need:

- Strength in our: heart, character, muscles, mind

UBUNTU!

Ubuntu is an ancient, sub-Saharan philosophy that means:
I AM WHO I AM BECAUSE OF WHO WE ALL ARE

Desmond Tutu says: *Africans have a thing called ubuntu. There is no such thing as a solitary individual. A person is a person through other persons. We believe that my humanity is caught up, bound up, inextricably, with yours. When I dehumanize you, I dehumanize myself. The 'solitary human being' is a contradiction in terms. Therefore, you seek to work for the common good because your humanity comes into its own in community, in belonging.*

Nelson Mandela shared this: *Ubuntu acknowledges both the right and the responsibilities of every citizen in promoting individual and societal well-being.*



QUICK START GUIDE! or How to use the website.

WELCOME TO FAIR SHAKE! → www.fairshake.net

PRINT THIS PAGE to guide you as you explore the Fair Shake Do-It-Yourself Reentry Resource Center. There is a lot of information on the website! This guide will help you get find your way around.

3 important items for you to remember:

1. If you ever get lost on the website (or any website), click on the logo to return to the home page. →
2. Words in blue are links to pages on our website, other websites or documents that you can also print. → [Resource Directory](#)
[Resource Directory](#)
3. Icons you will see:
 - Available off-line and on-line
 - Available on-line only
 - Documents available off-line and on-line

Fair Shake Website Home Page: → www.fairshake.net



Do It Yourself!

- You are unique! No one knows what you need better than you do
- Explore new opportunities!
- No tracking, nudging, or monitoring



Find RESOURCES:

Resource Directory – search our huge data base!
 Resource Guides – local, regional, and national brochures, books, and interactive websites

Find EMPLOYMENT

Prepare For Work
 Find A Job (also includes Start Your Own Business)
 Help an Employer Hire You!

Explore LEARNING OPPORTUNITIES

Formal, Informal, Non-formal
 Higher Ed, Life Skills, Lifelong Learning

And Improve COMPUTER SKILLS!

Step-by-Step Tutorials and Internet Safety Tips

Fair Shake Reentry Tool Kit

- > Resource Directory
- > Ownership Manual
- > Building Computer Skills
- > Find a Job
- > Become a Member!
- > Educate Yourself!
- > Fair Shake Newsletter

SEARCH the entire Fair Shake WEBSITE

It is like a REENTRY, DEVELOPMENT and COMMUNITY-BUILDING LIBRARY!

You can find all the pages on our website from almost any location on our website! By hovering over the four menu tabs on the left side of our home page, you will activate the menu bar to reveal links to pages organized under headings.

STEP BY STEP:

Look to the left side of any page and you will see a dark purple column. Do you see the words: Reentry Resources, Information Center, Member Menu and About Fair Shake? Hover your cursor (don't click) over the words Reentry Resources at the top of the column. To 'hover', move the cursor – which usually looks like an arrow – over a tab. You will see the cursor switch to the image of a hand. The Menu Title will then change to light-purple and the Menu will appear to the right. Next, you can move your cursor over the words in the menu. Hover over any of the titles and the color will change to orange and a line will be added underneath. Click on the title that interests you, and you will go to that page on the website.

The screenshot shows the Fair Shake website interface. On the left is a vertical navigation menu with four tabs: "Reentry Resources", "Information Center", "Member Menu", and "About Fair Shake". The "Reentry Resources" tab is active, showing a list of links under various categories: "FS RESOURCE DIRECTORY", "OWNERSHIP MANUAL", "BECOME A MEMBER", "FAIR SHAKE TUTORIALS", "BUILDING COMPUTER SKILLS", "STAKEHOLDERS", "HOUSING SEARCH", "EMPLOYMENT", "GET INVOLVED", and "FREE SCHOOL". The main content area on the right displays a grid of links corresponding to these categories. At the top right, there is a quote: "The mind, once stretched by a new idea, never returns to its original dimensions." and an illustration of two people.

This screenshot shows the Fair Shake website with the "Information Center" tab selected. The navigation menu on the left is dark purple, and the "Information Center" tab is highlighted in light purple. The main content area is divided into three columns: "GENERAL INFORMATION", "MEDIA CENTER", and "GET INVOLVED". Each column contains a list of links. A hand cursor is shown hovering over the "Information Center" tab. At the bottom left, there is a "Donate!" button with a sun icon. At the bottom right, there is a "Support Us" button.

Most websites work like Fair Shake:

- Click on the logo to return to the home page
- Find the sitemap at the bottom of almost every page
- Words that change color are often links
- Learn about an organization's Mission and Vision by visiting the "About Us" page.

Found at the bottom of each webpage, the Sitemap also shows all of the pages on the website:

Home / Sitemap / Privacy Policy / Help / Contact Us / Back to Top