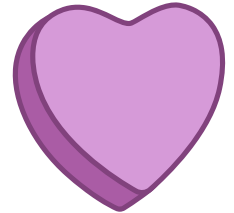
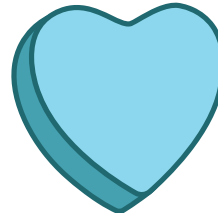
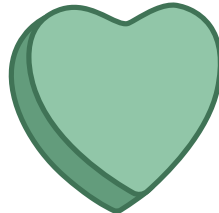
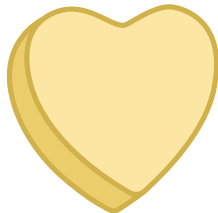
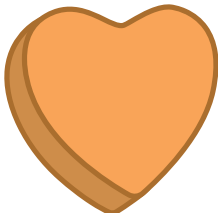
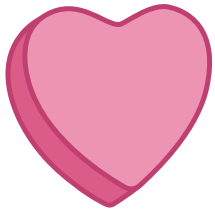




# The Stall Street Journal

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## Speak Up Against Bias & Stereotypes

The language that we hear and see in school affects our ability to feel safe and learn. We can all commit to speaking up against bias and stereotypes using four strategies:

**INTERRUPT:** Think about what you'll say ahead of time so you're prepared to act instantly. Try saying: "I don't like words like that," or "That phrase is hurtful."



**QUESTION:** Ask simple questions to find out why the speaker made the offensive comment. Try asking: "Why do you say that?" "What do you mean?" or "Tell me more."



**EDUCATE:** Explain why a term or phrase is offensive. Encourage the person to use a different expression. Try saying: "Do you know the history of that word?"



**ECHO:** If someone else speaks up against hate, thank them and reiterate their anti-bias message. Try saying: "Thanks for speaking up. I agree that word is offensive and we shouldn't use it."



## THC & Marijuana & Mental Health, Oh My!

THC is the main active chemical in marijuana that produces a "high," and it's also the chemical linked with mental health concerns. THC in marijuana has increased dramatically over time, and it's now up to **7 times stronger** than it was in 1995. According to the *Partnership to End Addiction*, "Essentially, it is a different drug with different side effects."

**Increased THC means increased likelihood of mental health problems**, such as increased anxiety, more suicidal thoughts, and addiction.

So during this month of Valentines, show yourself some love by **choosing not to use marijuana**, and practicing self-care. "Plan a fun night with friends, make a list of at least 3 things you love about yourself, wear something that makes you feel good, or take some down time." (More self-care ideas at [Mental Health America](https://www.mentalhealthamerica.net).)



## Roses are red, violets are blue, we've got some Valentine's Day Jokes for you!

**What did the calculator say to the pencil on Valentine's Day?**

*You can count on me.*



**What did the scientist say to their date?**

*I think of you periodically.*

**What did the shoe say to the lace on Valentine's Day?**

*You're my sole-mate.*



**Why do oars make the best Valentines?**

*They are so row-mantic.*

**What does a ghost call their partner?**

*Their ghoul-friend.*



**What do you call a romance that starts at the aquarium?**

*Guppy love.*



**What did one recliner say to the other?**

*I chair-ish you.*

**What did the two rocks pledge on Valentine's Day?**

*To never take each other for granite.*



**What's the perfect thing to say to a coffee-lover on Valentine's Day?**

*Words cannot espresso what you mean to me.*

