



Office of Civil Rights

Department of Executive Services

Yes I CAN Activity

Yes I CAN Kit - Have your group collect clean soup cans. Paint the cans or decorate them with bright multiple colors! Fill the can with the following items:



Button - To remind you to “button your lips” to keep from saying hurtful things about others – including racist, sexist or homophobic remarks or jokes.



Lifesaver - To remind you that you can be a life saver to others by courageously standing up to negative statements that can erode an individual’s self-esteem.



Toothpick - To remind you to “pick out” the best qualities in everyone regardless of race, gender, age and so on.



Golden Thread - To remind you that friendship and kindness is the golden thread that ties together the hearts of everyone.



Mint - To remind you that you’re worth a “mint” to your school or organization by eliminating discrimination and harassment.



Eraser - To remind you that mistakes are unavoidable, and we need to erase our embarrassment by apologizing when a mistake is made.



Magnifying Glass - To remind you to look more closely at how you and your school or organization responds to acts of racism, ageism and other forms of discrimination.



Marker - To remind you to make your mark as a leader, to have fun and to always try to make people you work with feel special.

After your Yes I CAN kits are completed, your group can talk about these questions:

- Can you make new friends who don't look like you?
- Can you walk away from a disagreement without a fight?
- Can you be friends with boys and girls?
- Can you accept people who are different?
- Can you respect others just for who they are – even if they're not like you?
- Can you celebrate someone else's holiday?
- Can you refuse to laugh when someone else is put down?
- Can you be kind to someone who has been mean to you?
- Can you say "Not around me" when someone tells a racist joke?
- Can you learn a new language?
- Can you welcome people of a different race or religion to your neighborhood?

The answers to all of these questions are....

Yes I CAN !!

We thank the Pennsylvania Human Relations Commission for the use of this activity.
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