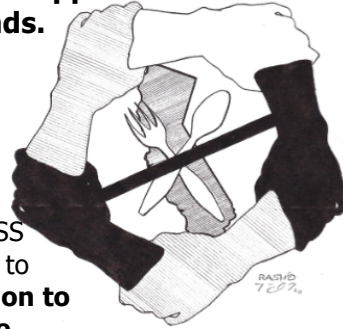


Support CA Prisoners! End Solitary Confinement!

In July & September of 2011, thousands of prisoners in over 13 CA state prisons joined in solidarity across boundaries of race & geography to protest the torturous conditions in Security Housing Units (SHU) by going on hunger strike. Supporters are continuing to support the prisoners in winning their demands.

How to Support:

1. **Help PHSS continue legal visits!** The PHSS legal team has steadily organized legal visits to Pelican Bay this whole year. **Make a donation to help sustain legal visits to hunger strike representatives at Pelican Bay!** Donate to CA Prison Focus (prisons.org) or send checks to CA Prison Focus/1904 Franklin St, Suite 507, Oakland CA 94612 (Make sure to put "PHSS" in the memo!)
2. **Organize an Educational Event in Support of the Hunger Strike in your city/town!** For support with talking points and program ideas, contact us!
3. **Support prisoners make grassroots media reflecting on the hunger strike!** Do you write to people who participated in the strike? Contact us for more info!
4. **Become a pen-pal!** PHSS is starting a pen-pal network for hunger strike supporters to write with CA prisoners. If you're interested in joining, contact us!



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CA Hunger Strike: 5 Core Demands

1. End Group Punishment & Administrative Abuse
2. Abolish the Debriefing Policy & Modify Active/Inactive Gang Status Criteria
3. End Long-term solitary confinement
4. Provide Adequate & Nutritious Food
5. Expand & Provide Constructive Programming for Indefinite SHU Prisoners

What is the SHU?

California's maximum security units

Prisoners are kept in solitary confinement, some for decades

Cells: 6 x 10 ft, windowless

No human physical contact, work or communal activities

Exercise is limited to 1 hour per day in a concrete yard

The SHU has been characterized as "inhumane and degrading" by the United Nations

Solitary confinement, even for brief periods of time, has been shown to cause or exacerbate serious mental health problems



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