

# TRANSCRIPT: 'CAN'T NOBODY MAKE YOU CHANGE. YOU GOT TO CHANGE YOURSELF.'

Milli, Tilley, and Trilly | April 15, 2021

Judge Patricia H. Clark Children and Family Justice Center | Seattle, WA

*Three young men reflect on change: what they want to change about themselves, and what they want to see changed in Seattle in order for youth to thrive.*

[MUSIC FADES IN]

**Milli:** What's happenin' it's Milli.

**Tilley:** What's good, it's your boy Tilley,

**Trilly:** What's poppin' it's your boy Trilly. And this podcast is gonna be about change.

**Tilley:** And what youth need in order to change.

**Milli:** The question we got today is: What would you need for change once you got released into society?

[MUSIC FADES OUT]

**Trilly:** So getting released into society, I would think that to change, you need to change your mindset. Basically, think of doing better things. Because if you go out and think of doing what you was doing when you was out, you're not gonna-- you're gonna have a fixed mindset. So you need to have a growth mindset when being released into society. Like, think about getting a job, think about staying in school, even if you have people around you telling you not to, you should still have a growth mindset on thinking that you want to do that.

**Tilley:** And what I would need is like to change my relationships. Because, if I'm hanging around with the same people that's the reason why I got in here, you feel me, I'm not gonna be able to do better. Because they're gonna keep wanting me to do the same thing that got me here. And that means they're not trying to see you winnin' like that. So you just need to change who you be around.

**Milli:** And me personally, I feel like just more opportunities in the community, for people that might have made mistakes and got out and got released-- just open this door for them, instead of looking

at them in a certain type of way, or aspect, just help them better themselves, help them realize that there's still opportunities for them in the community, that they're not outcasts, that they still got people that care for them, you know? Because at the end of the day, most people that get incarcerated are getting released, sooner or later. They're not spending their whole lives in jail. So I feel like as a whole community, we need to embrace these people with open arms, instead of making them feel ashamed of themselves, ashamed of the mistakes that they made.

**Trilly:** We all make mistakes, but you got to learn from your mistakes. When you're in here, sometimes it's good to sit down for a second because you got some time to think about when you get out how, oh, how I got here. And when you're in here, thinking about how you got here, you can think about what you can do, that's not gonna make you get here again.

**Tilley:** And just not everybody-- not everybody who you think is your friend is your friend, because some of them want to see you down. It's not a-- you know, that's not good people to hang around. So you got to change who you be with, you feel me?

**Milli:** Definitely, definitely, there's people that claim to be your friends, but they got all like-- they got different motives. Once they see you up, they're gonna try to drag you down. So just recognize the people that really do care about you, and the ones that are just there for the beneficial reasons.

**Trilly:** Yeah, because a good friend is not going to tell you, 'Oh, you should do this bad thing with me.' That's a bad friend. A good friend is really going to be on your back telling you to do good and better yourself in life. That's a good friend.

**Milli:** Exactly. And I know for myself, I was incarcerated for two years. And those whole two years, I didn't really learn anything. I thought I learned stuff. I thought I was really bettering myself. But I was still trying to portray that life, one foot in one foot out. When in reality, it's the best, the best thing you can do is separate yourself and distance yourself from that sort of life. Because like, like everyone says, I know people heard this before: There's only three outcomes to gang banging or being in the streets, it's jail, hospital or in the grave. So you know, at the end the day you really got to want to change. Can't nobody make you change. You got to change yourself.

**Tilley:** Yeah, like, like, people really think this stuff is cool. But like, people lose their family members over this, you know, like, there's like, even their lives too. You know, like some people, they'll just be like, 'Aw yeah that's fast money right here,' duh duh duh. But then you're dying. So where's your money gonna go, you know? It's not gonna go to your family, it's gonna go to the people who killed you, you know, because they're gonna take it out your pocket. And like so. So what I'm basically trying to say is just keep the bonds while you got them, trying to you know, stay out the street.

**Trilly:** Yeah, and quick money, quick money can really get to you real fast. Because it really-- if you see money coming really fast, you're gonna want to keep doing what you're doing that's making you get that money. But a lot of times, it's good to do like something that's like some slow money, like, get a job, fill out some job applications. Help change others too. Because when you change yourself, that can change others around you.

**Milli:** Definitely. Change. Change is a major key. I feel like, we're all down in a certain way. So try to find a way to come up out of it. Like, try to find something that you can do to get you out of that situation, become an entrepreneur, play sports, do music, like, find something that makes you happy, genuinely happy.

**Milli:** Questions that I got for the group: Like, what do you do for joy?

**Tilley:** For joy? Honestly, we just, you know, when we go to the gym, we play threes and stuff, we play threes basketball, and that makes me happy. Because then you know, whether we win or lose, we're still having fun. You feel me?

**Trilly:** Yeah like when we play threes in the gym, when we lose, we change what we did that made us lose. So change is always going to be around you. So you just got to help yourself change.

**Milli:** Exactly. That's filthy. You gotta, you gotta see your mistakes, and instead of committing the same mistakes over and over again, right those mistakes. Like change what you were doing. Another question I got for the group: What do you wish people knew about youth incarceration?

**Trilly:** I feel like youth incarceration, some people might not need it. But some people might need that youth incarceration. So a little bit of time, like a maybe a month, just a couple of months to sit down and think about what they're gonna do when they get out because they'll just get out in a week and just go back and do the same thing. And there'll be right back here. So youth incarceration might help a lot of people sometimes.

**Milli:** To be honest with you, I feel like taking a little break, a little sit down to regroup, like think about your life, is important. I really do feel like it. But at the same time, I feel like instead of incarceration, it should be rehabilitation. Like helping these kids, teaching them trades, teaching them really how to get out and do different things. So they don't fall back into the same routine that they was living. I feel like that's really what we need to focus on as a society in the community. Teach people how do you do certain things. Because a lot of people say, 'Oh, get out and do this or do that.' But how are you going to get out and do that if you don't got no one that taught you how to do that? Definitely.

**Milli:** Another question that I have for the group: what needs to change about Seattle in order for youth to thrive as a community?

**Tilley:** I'd say probably, like more community centers. Because there's a lot of youth that like going to community centers. And like either goes to hoop, you know, or to go just chill with their friends or whatever. But since there's not that much, it's like, it's too far for them to want to go. So then they're just like, 'Oh, I'm gonna just go chill in the streets or whatever,' you know, and they, that's not gonna help nobody thrive, because then that's gonna help them make bad decisions that they couldn't have did if they would have had a community center.

**Trilly:** More programs in Seattle for youth, instead of like incarceration, there should be like a youth center. Basically.

**Tilley:** What do you think about this shit, Milli?

**Milli:** I think there has to be a lot of change in Seattle. There has to really be someone to sit down with the kids and talk to them. Let them know that the streets isn't the only outcome, it's not the only way to really do something. Teach them trades. Like just have sort of like mentors that help go to the community, help these kids have someone in the community. Not just like police just drive around to the community and stuff, but like if the police was to stop and have like, try to have a relationship with the people in the community. I feel like that would really help out the whole city of Seattle like, really notice and see that things can change, that people are trying to do better, people are trying to help them out. I feel like that's really what needs to change and what needs to happen.

**Milli:** But hey man, it's been real. It's your boy Milli.

**Tilley:** It's your boy Tilley.

**Trilly:** And it's your boy Trilly. We out.