



TEXT PLEDGE

RISE UP

ACTIVITY BOOK

END ACTS OF VIOLENCE

GRADES 5 - 6



NAME: _____

ABOUT TEXT PLEDGE



Text Pledge is a nonprofit in Greater Grand Rapids, MI, that seeks to change the world one pledge at a time. Our pledges focus on ending some of the worst social issues affecting our communities, from distracted driving to acts of violence. Each pledge challenges members to practice compassion, and speak up when they witness injustice. We encourage you to help others in times of crisis. Together, we can make the world a kinder place.

Our pledge program includes the following elements available on our website www.textpledge.us and the Text Pledge App available on iOS/Google Play.

NATIONAL SMART CARD

EMERGENCY HOTLINES
AND RESOURCES



FREE
DOWNLOAD

NATIONAL STATISTICS

UPDATED MONTHLY
TO REFLECT THE IMPACT OF
EACH PLEDGE TOPIC IN OUR
WORLD



VISIT OUR
WEBSITE

EDUCATION PROGRAMS

ACTIVITY BOOKS
FOR AGES KINDERGARTEN
THROUGH GRADE TWELVE.
AVAILABLE ON THE TEXT PLEDGE
WEBSITE AND THE MOBILE APP.



DOWNLOAD
OUR
MOBILE APP

WWW.TEXTPLEDGE.US





A Message From Our Founder

Violence is when we use actions or words that can hurt others and make them feel sad or scared. One way we can avoid violence is to think about how our actions will make others feel. Is this something that will cause me or another friend pain, grief or hurt? Or will this cause Joy, excitement or happiness? Think before you act. Remind your friends, parents and loved ones to be kind.

In this lesson, we will identify various types of violence and the impact this violence will have on others.

*Have you witnessed acts of violence? **Crisis lines are available at textpledge.us***

Happy Learning!



Ms. Naomi
Founder at the TextPledge Project

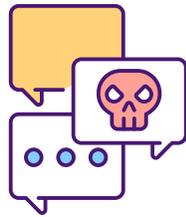


What is Bullying?

Bullying can encompass a wide range of behaviors, and its definition may vary from one person to another. Bullying is frequent and deliberate.



Being called names or teased.



Being threatened or intimidated in-person or online



Being hit, kicked or physically hurt



Being ignored and left out.



Having rumors spread about you.



Having money and other possessions taken away.



Being pushed or touched without consent.



Being humiliated and joked about.

These incidents can occur within the school or home environment, and they can extend into the digital realm, including online platforms and social networks. If you or someone you know is experiencing bullying, it's essential to **confide in a trusted adult**. They have the knowledge and experience to provide the necessary assistance and support.



Stand Up Against Bullying

Create a Barrier

Standing up confidently and not showing fear when confronted by bullies.

Use Your Voice

Speak up assertively, saying things like, "Stop it" or "That's not okay."

Seek Help

It's perfectly okay to ask for help from a trusted adult, like a teacher, parent, or school counselor.

Use Friend Groups

Gather support in your friend group who stand up against bullying together.



Which of the above actions would you choose if confronting a bully? You can choose as many as you like, as well as include your own options.

Identify a trusted adult to assist in the event you witness bullying. Write their name.

Identify a friend who would stand up to a bully. Write their name below..

What is Domestic Violence?

Domestic violence is when someone in a family or a close relationship hurts or frightens another person on purpose. It's not okay, and it can happen between grown-ups, like parents, or among other family members. Domestic violence can be physical, like hitting or pushing, but it can also be emotional, like saying mean things to make someone feel bad.



Domestic violence comes in many forms. Describe an example of domestic violence. Who is involved? What is happening? What is the impact?

List three words to describe how the example above makes you feel.

1. _____
2. _____
3. _____

Decoding the Domestic Abuse Hotline

Did you know there is a national hotline for domestic abuse? If you there is not a trusted adult to turn to, anyone can call this hotline for support and resources. They are connected with shelters that provide emergency shelter and safe spaces during a time of crisis.

Solve the math problem below to uncover the remaining four digits.

$$\underline{\quad} \underline{\quad} \underline{\quad} \underline{\quad} \underline{\quad} - \underline{\quad} \underline{\quad} \underline{\quad} \underline{\quad} \underline{\quad}$$

If the national domestic abuse hotline receives 2,411 calls each month, how many calls would they have received in three months? Show your work below.

7	8	9
*	0	#

Healthy Relationships

In order to grow and thrive, a healthy relationship needs the following:

Respect

Communication

Support

Think of someone you know who embodies all of these characteristics. Under each item, provide an example of how this person shows respect, communication and support.

Respect

Communication

Support

WORD SEARCH



Find and circle the words in the word bank below.

Y H A R M O N Y D E U T D K P K
H P B C S M A F O S Y C L C X R
E Q U A L I T Y W F N O C O T M
L Z S R G Z P E A C E M O U O O
K R U I W L O V E I J P M R L S
S P P N A Q E P Q L L A M A E E
K L P G Q K O F X D U S U G R C
W F O U N I T Y I I I S N E A O
O F R I E N D S H I P I I U N M
V L T I O Q T R U S T O C S C M
N F W F S A F E T Y W N A T E U
K I N D N E S S D S J B T A F N
I R E S P E C T B L R O I N L I
S S S S E M P A T H Y S O D A T
A C C E P T A N C E S S N S S Y

- | | | |
|---|------------------------------------|--|
| <input checked="" type="checkbox"/> PEACE | <input type="checkbox"/> STAND | <input type="checkbox"/> COURAGE |
| <input type="checkbox"/> UNITY | <input type="checkbox"/> LOVE | <input type="checkbox"/> COMPASSION |
| <input type="checkbox"/> KINDNESS | <input type="checkbox"/> EQUALITY | <input type="checkbox"/> COMMUNICATION |
| <input type="checkbox"/> RESPECT | <input type="checkbox"/> SAFETY | <input type="checkbox"/> ACCEPTANCE |
| <input type="checkbox"/> HARMONY | <input type="checkbox"/> CARING | <input type="checkbox"/> TOLERANCE |
| <input type="checkbox"/> EMPATHY | <input type="checkbox"/> COMMUNITY | <input type="checkbox"/> FRIENDSHIP |
| <input type="checkbox"/> SUPPORT | <input type="checkbox"/> TRUST | |

In Your Own Words

There are many words we can use to describe healthy relationships. Choose three words from the previous word search activity. Using your own words, explain what this word means to you.

WORD #1 _____

WORD #2 _____

WORD #3 _____

Personal Safety Inventory

There are many things you can do to keep yourself safe. Take a moment to check the boxes next to your safe behaviors. Then, answer the reflection questions that follow.

- I have memorized my home address.
- I have memorized the phone number of a trusted adult.
- I do not communicate with strangers in person or online.
- I travel in groups whenever possible.
- I stay aware of my surroundings and pay attention to details such as street names and landmarks.

I have never posted the following personal information online

- Age/Birthday
 - Name of school
 - Home Address
 - Names/Pictures of friends/family
 - Home address
 - Sports or extra-curricular activities.
-
- I know how to use a fire extinguisher.
 - I look both ways before I walk into traffic.
 - I always wear my seatbelt.
 - I know how to swim.
 - I know where to find a first aid kit in my house.

Personal Safety Inventory (cont.)

What was your score on this personal safety inventory? _____ / 16

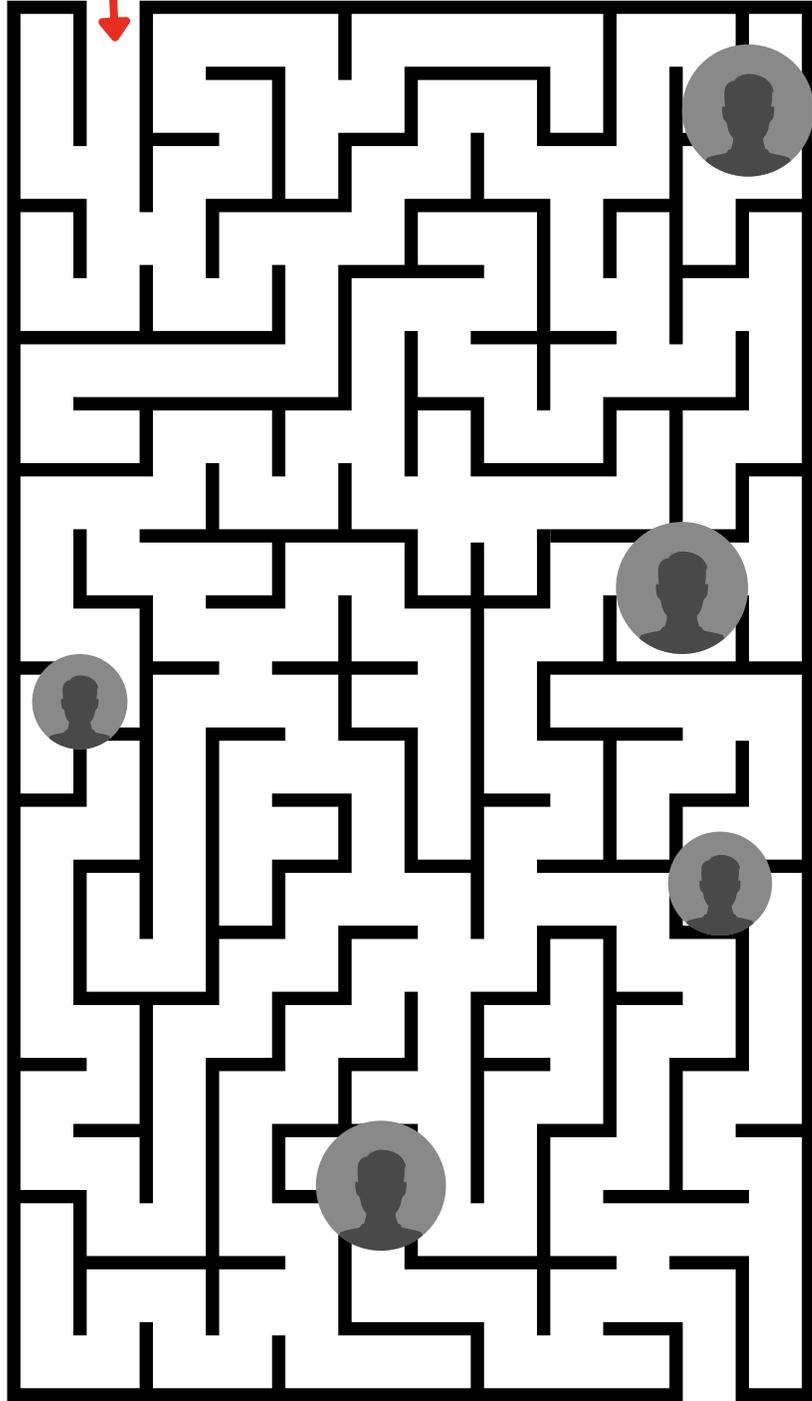
List any personal safety behaviors used that are not included on this list.

How do you feel about your own preparedness for personal safety?

List three things you could do to improve your personal safety.

Safety Maze

Assist Tonny in safely arriving at his destination.



Signs of Human Trafficking



Lost or Isolated

The sign "Lost or Isolated" in human trafficking means that the person, often a child, is kept away from people they know and trust. They may not be allowed to go to school, play with friends, or see their family.



Fearful or Depressed

"Fearful or Depressed" in human trafficking means that a person often looks very scared, anxious, or very sad. It's important to notice this because it could mean they're in a bad situation and need help.



Forced for begging

"Forced for begging" in human trafficking happens when someone is made to beg for money against their will. This can be a sign of human trafficking, especially if the person looks very young or scared.



Physical abuse

"Physical abuse" in human trafficking is when someone is hurt or harmed by others. It can be seen as bruises, cuts, or injuries that have no good explanation.

Human Trafficking Statistics

Solve the division problem below to uncover the statistic.

Show your work.

According to the International Labour Organization (ILO), in 2016, an estimated _____ **million** people were victims of modern slavery, which includes forced labor and forced marriage.

$$9 \sqrt{362.7}$$

Do you suspect human trafficking?

1-888-737-7888

or text "Help" to 233733



Congratulations!

You have completed the activity book. Taking this pledge is just one symbol of your commitment to make the world a kinder place.

What happens next?

Students can continue to make a difference through the following actions:

- Reflect and practice self-awareness.
- Speak up and confront social issues and injustices.
- Know where to find resources and support.



**Complete our survey for a chance to win
Text Pledge swag!**

Share your thoughts about our activities! We want to know how to make them better.



TEXT PLEDGE

RISE UP



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Commit to all ten pledges

- 
- 1** STOP DISTRACTED DRIVING
 - 2** END DISCRIMINATION
 - 3** END ACTS OF VIOLENCE
 - 4** PREVENT BULLYING AND CYBER BULLYING
 - 5** RAISE MENTAL HEALTH AWARENESS
 - 6** STOP DOMESTIC VIOLENCE AND ASSAULT
 - 7** END DRIVING UNDER THE INFLUENCE
 - 8** STOP HUMAN TRAFFICKING
 - 9** PROTECT ANIMAL RIGHTS
 - 10** PROTECT THE ENVIRONMENT

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