



TEXT PLEDGE

RISE UP

ACTIVITY BOOK

END DISCRIMINATION

GRADES 5 - 6

NAME: _____

www.textpledge.us



TEXT PLEDGE IS A NONPROFIT IN GREATER GRAND RAPIDS, MI, THAT SEEKS TO CHANGE THE WORLD ONE PLEDGE AT A TIME. OUR 10 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, SPEAK UP WHEN THEY WITNESS INJUSTICE, AND HELP OTHERS IN TIMES OF CRISIS. TOGETHER, WE CAN MAKE THE WORLD A KINDER PLACE.





A Message From Our Founder

People come with their own shapes, colors, backgrounds and beliefs.

Discrimination happens when someone is treated differently because of how they look, how they act, or what they believe. The world is not free from discrimination. Compassion and empathy is lacking in today's world. When something this basic is in short supply, it becomes extremely valuable.

In this lesson, we will explore the topic of discrimination and identify behaviors that challenge it.

Crisis lines are always available at TextPledge.us

Happy Learning!



Ms. Naomi
Founder at the TextPledge Project



DO YOU KNOW THE DIFFERENT TYPES OF DISCRIMINATION?

Discrimination is the unjust or prejudicial treatment of different categories of people, especially on the grounds of ethnicity, age, sex, or disability. Draw a line to match each definition with the types of discrimination.

**Gender
Discrimination**

When people are treated unfairly because of how old they are.

**Racial
Discrimination**

When someone is treated differently due to a visible or invisible or intellectual disability.

**Religious
Discrimination**

When someone is treated unfairly and different because of their gender.

**Age
Discrimination**

When someone is mistreated because of their race or the color of their skin

**Disability
Discrimination**

When people treat others badly because of their beliefs or how they practice their religion.

ALL ABOUT US

Discrimination can occur without intention. It is important to proactively create environments of mutual respect. Draw a line to match each definition with the correct terminology.

Diversity

Ensuring that everyone has the resources and support they need to succeed, even if it means providing different resources or opportunities based on individual needs.

Inclusion

the practice or quality of including or involving people from a range of different social and ethnic backgrounds and of different genders, sexual orientations, etc.

Equality

the practice or policy of providing equal access to opportunities and resources for people who might otherwise be excluded or marginalized, such as those who have physical or intellectual disabilities and members of other minority groups.

Equity

Treating everyone the same way and giving everyone the same resources or opportunities, regardless of their differences.



ALL ABOUT US (cont.)

Discrimination can occur without intention. It is important to proactively create environments of mutual respect. Draw a line to match each definition with the correct terminology.

Antisemitism

Unfair treatment of a person or group based on their beliefs or background.

Prejudice

Negative beliefs or attitudes held about an entire group of people.

Discrimination

Intolerance or dislike of Jewish people, often leading to discrimination.

Stereotype

A fixed, oversimplified idea about a particular group of people.

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

Commit to all ten pledges

1

**STOP DISTRACTED
DRIVING**

2

**END
DISCRIMINATION**

3

**END ACTS
OF VIOLENCE**

4

**PREVENT BULLYIN 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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