



**TEXT PLEDGE**  
RISE UP

# ACTIVITY BOOK

**END DISCRIMINATION**

GRADES 7 - 8



**NAME:** \_\_\_\_\_

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**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.**



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## **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](https://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, race, religion, 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 or young they are.

**Racial  
Discrimination**

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

# Tough Terminology

In our vast community, everyone is unique, yet specific terms shape our social interactions. Your task is to **write your OWN definition** for each word, reflecting what these terms mean to you and our community.

**Diversity**

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**Inclusion**

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**Equality**

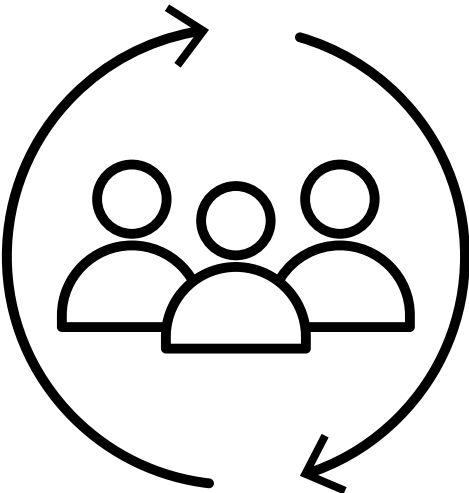
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**Equity**

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# 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.

**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.



# True or False?

Circle the correct answer.

- **Antisemitism** is a form of respect for all religions.  
(True/False)
- **Discrimination** means treating people unfairly based on their background. (True/False)
- **Stereotypes** are accurate representations of a group of people. (True/False)
- **Prejudice** is a positive attitude towards someone different from us. (True/False)
- **Tolerance** means accepting and respecting the differences between people. (True/False)





# 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**

**6**

**STOP DOMESTIC  
VIOLENCE AND ASSAULT**

**2**

**END  
DISCRIMINATION**

**7**

**END DRIVING UNDER  
THE INFLUENCE**

**3**

**END ACTS  
OF VIOLENCE**

**8**

**STOP HUMAN  
TRAFFICKING**

**4**

**PREVENT BULLYIN AND  
CYBER BULLYING**

**9**

**PROTECT ANIMAL  
RIGHTS**

**5**

**RAISE MENTAL HEALTH  
AWARENESS**

**10**

**PROTECT THE  
ENVIRONMENT**

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