



TEXT PLEDGE

RISE UP

ACTIVITY BOOK

END DISCRIMINATION

GRADES 9 - 12



NAME: _____

www.textpledge.us

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



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WEBSITE

EDUCATION PROGRAMS

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



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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

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 or young they are.

**Racial
Discrimination**

When someone is treated differently due to a visible, 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, ethnicity or the color of their skin

**Disability
Discrimination**

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

Affirmative Action

Affirmative action is defined by the Oxford english dictionary as the practice or policy of favoring individuals belonging to groups regarded as disadvantaged or subject to discrimination.

Can you think of an example of affirmative action? Explain it below.

Anti-discrimination legislation

The Americans with Disabilities Act of 1990 or ADA is a civil rights law that prohibits discrimination based on disability. Use your internet research skills to learn more about this legislation. What does this mean for the following areas of society? Record your responses below.

Employment:

Education:

Travel & Transportation:

Cite Your Source(s):

Anti-discrimination legislation (cont.)

There have been many notable legal cases surrounding the ADA. Find a legal case study that you find interesting and respond to the questions below.

Plaintiff:

Defendant:

Summarize the legal claims made relevant to the ADA:

Summarize the verdict and any significant or interesting details.

Cite Your Source(s):

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

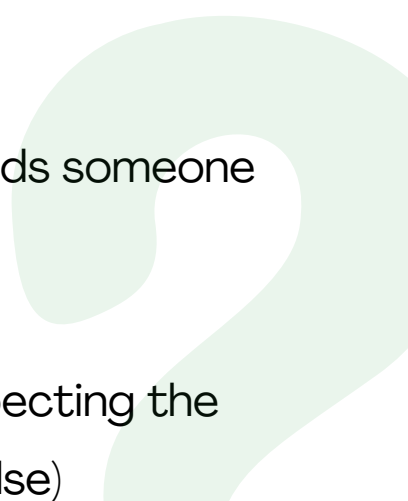
Intolerance or dislike of Jewish people, often leading to discrimination.

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)
- 

Affirmative Action for All

Have ever heard the term affirmative action? Did you know affirmative action exists in your schools? Continue reading to discover some of the affirmative action opportunities available to students.

Extra Help in School:

Imagine a student who has difficulty understanding certain subjects because they didn't have access to good teachers or resources in their previous school. Perhaps they have a learning disability. Affirmative action might mean that this student gets extra tutoring or help from teachers to catch up with their classmates.

Special Programs:

Some schools have programs specifically designed to help students from disadvantaged backgrounds. These programs might offer extra classes, workshops, or resources to support these students academically and socially. For example, many schools offer a free lunch program so students are nourished throughout the school day.

Scholarships and Grants:

Affirmative action can also mean providing scholarships or grants to students who come from low-income families or underrepresented backgrounds. This helps them afford college and pursue their dreams despite financial obstacles.

Equal Opportunities in Sports:

In sports teams, affirmative action could mean ensuring that everyone has a fair chance to participate, regardless of their background. This might involve providing sporting equipment, extra training, opportunities for students who haven't had as much access to sports programs.

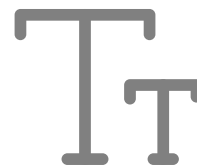
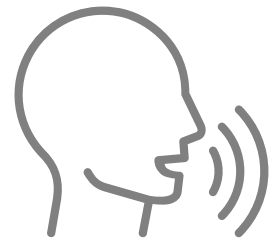
Accessible Facilities:

Making sure that public places like schools, parks, and buildings are accessible to everyone, including people with disabilities, is another form of affirmative action. This ensures that everyone can participate fully in their community.

Accessibility for All

Accessible technology has helped make the world a better place for all, not just people with disabilities. Below is a list of accessible technologies. How many of these do you use? Check the box if you benefit from accessible technology.

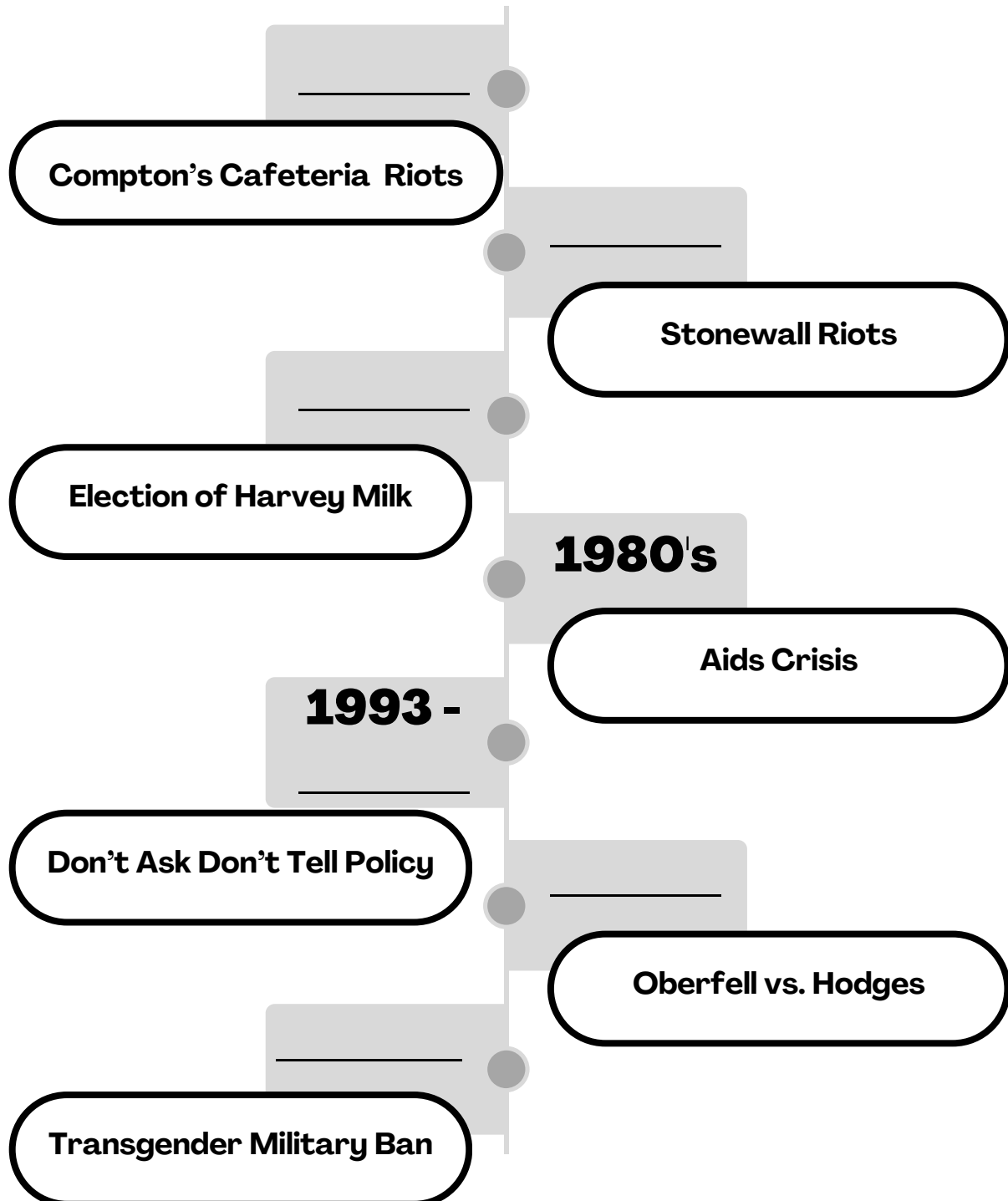
- ☐ Ramps & Elevators
- ☐ Automatic Doors
- ☐ Cross walks and signals
- ☐ Captions and Subtitles
- ☐ Voice Recognition
- ☐ Universal Design Principles
- ☐ Text to speech or speech to text
- ☐ Adjustable text sizes
- ☐ Touchscreens
- ☐ Audiobooks



LGBT RIGHTS TIMELINE

The following events, among others, have played pivotal roles in shaping LGBT rights movements and Pride celebrations, highlighting the ongoing struggle for equality and acceptance.

Use your internet research skills to uncover the dates of these historically significant events. Add the dates where prompted in the timeline.



LGBT RIGHTS TIMELINE (CONT.)

Choose one of the historical events listed in the timeline on the previous page. Use your internet research skills to answer the following questions.

1. Where and when did this event occur?
2. Who was involved in this historical event? Identify the key players/groups.
3. What was happening at this time in history? Explain the historical context.
4. What was the impact of this historical event? How did this event help or hinder the advancement of LGBT rights?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

VIOLENCE AGAINST LGBTQIA YOUTH

The LGBTQIA community is especially susceptible to acts of violence associated with their identity.

Take a moment to recognize just a few of the many young people who have been impacted by this discrimination and violence.

Matthew Shepard - October 6, 1998 - Laramie, Wyoming: Matthew Shepard, a gay college student, was brutally beaten, tied to a fence, and left to die in a hate-motivated attack. He succumbed to his injuries six days later. His death sparked national outrage and led to renewed efforts to combat anti-LGBTQ violence.



Larry King - February 12, 2008 - Oxnard, California: Larry King, a 15-year-old gay student, was shot and killed by a classmate in a school classroom. The murder was reportedly motivated by King's sexual orientation and gender expression.



Sakia Gunn - May 11, 2003 - Newark, New Jersey: Sakia Gunn, a 15-year-old lesbian, was fatally stabbed in a hate crime while waiting for a bus with friends. Her death highlighted the vulnerability of LGBTQ youth of color to violence.



Jamey Rodemeyer - September 18, 2011 - Buffalo, New York: Jamey Rodemeyer, a 14-year-old bisexual boy, died by suicide after experiencing relentless bullying and harassment because of his sexual orientation. His death sparked national conversations about the impact of bullying on LGBTQ youth.



Nex Benedict - February 8, 2024 - Owassa, Oklahoma: Nex Benedict, a 16-year-old nonbinary student, died a day after enduring a physical assault with students in a school bathroom. Nex's death was declared a suicide, but uncertainty remains surrounding the contributions of Nex's physical injuries to their death.



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 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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