



# ACTIVITY BOOK

END ACTS OF VIOLENCE

GRADES 7 - 8



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



**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

*Violence comes in forms of verbal harassment, physical assault, threatening or intimidating behavior that could include the use of guns and weapons.*

*It's never appropriate to act out when someone or something has hurt you. Our emotions can get the best of us at times and sometimes can cause immediate reactions that are not appropriate. It's very important that you speak with a counselor or medical professional to help you work through any destructive feelings.*

*Avoid violence when you can and report it when it happens.*

***Crisis lines are always available at [TextPledge.us](https://www.textpledge.us)***

*Happy Learning!*



**Ms. Naomi**  
Founder at the TextPledge Project



# ACTS OF VIOLENCE TERMINOLOGY

Alot of words can be used to describe acts of violence. Take a moment to review some common terminology and draw a line to match the term to it's definition.

**Threaten**

behavior involving physical force intended to hurt, damage, or kill someone or something

**Harassment**

state one's intention to take hostile action against someone in retribution for something done or not done

**Intimidate**

make a physical attack on


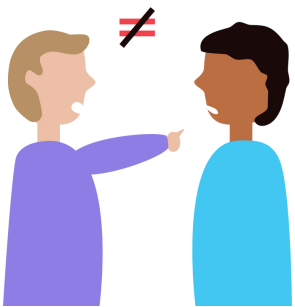
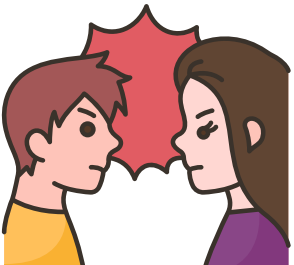
**Assault**


aggressive pressure or intimidation

**Violence**

frighten or overawe (someone), especially in order to make them do what one wants

# IDENTIFY THE TYPE OF VIOLENCE & HARASSMENT

SEXUAL	PHYSICAL	
<ul style="list-style-type: none"> <li>• <b>Verbal:</b> Making unwelcome sexual comments, jokes, or innuendos.</li> <li>• <b>Physical:</b> Unwanted touching, hugging, or brushing against a person's body.</li> <li>• <b>Visual:</b> Displaying sexually suggestive material, such as explicit images or videos.</li> <li>• <b>Online:</b> Sending explicit messages, images, or videos through social media or email without consent.</li> </ul>	<ul style="list-style-type: none"> <li>• Physical violence is the intentional use of physical force, such as hitting, pushing, or causing bodily harm to another person. It can lead to injuries and sometimes even death.</li> <li>• <b>Key Characteristics:</b> Involves physical harm or force, can lead to injuries.</li> </ul>	
<b>DOMESTIC VIOLENCE &amp; HARASSMENT (INTIMATE PARTNER VIOLENCE):</b>		
<ul style="list-style-type: none"> <li>• Domestic violence refers to a pattern of abusive behaviors, physical, emotional, psychological, or financial, within an intimate relationship or family setting. It often involves a cycle of control and harm.</li> <li>• <b>Key Characteristics:</b> Occurs in close relationships, involves power and control dynamics, can affect all family members.</li> </ul>		
	<b>VERBAL AND EMOTIONAL</b>	
<ul style="list-style-type: none"> <li>• Verbal and emotional violence includes using words, threats, or actions to cause emotional harm, such as humiliation, belittlement, and intimidation. It can take place in various relationships, including personal and professional.</li> <li>• <b>Key Characteristics:</b> Emotional harm, verbal abuse, psychological intimidation.</li> </ul>		
<b>HATE CRIME</b>		
<ul style="list-style-type: none"> <li>• Hate crimes occur when individuals or groups are targeted because of their perceived race, religion, nationality, sexual orientation, gender, or other personal characteristics. These crimes are motivated by prejudice and hatred.</li> <li>• <b>Key Characteristics:</b> Targets individuals based on personal characteristics, driven by prejudice.</li> </ul>		

<b>BULLYING</b>	<b>CYBER BULLYING</b>
<ul style="list-style-type: none"> <li>Bullying involves repeated, intentional, and harmful actions or behaviors targeted at a person or group. It creates an imbalance of power, causing emotional, psychological, or physical harm.</li> <li><b>Key Characteristics:</b> Repeated aggression, intentionality and power imbalance.</li> </ul>	<ul style="list-style-type: none"> <li>Cyberbullying involves the use of digital technology, such as social media, or text messaging, to harass, threaten, or intimidate others. It can lead to significant emotional distress and harm.</li> <li><b>Key Characteristics:</b> Occurs online or through digital communication includes: threats, harassment, and humiliation.</li> </ul>
<b>CHILD ABUSE</b>	
<ul style="list-style-type: none"> <li>Child abuse encompasses the physical, emotional, sexual, or neglectful mistreatment of children by caregivers or adults in positions of trust. It can result in long-lasting physical or psychological damage.</li> <li><b>Key Characteristics:</b> Victim is a child, involves mistreatment or neglect by caregivers.</li> </ul>	

Here are scenarios representing different types of violence and harassment. Identify the type of violence portrayed as the examples below:

<p><b>Scenario 1:</b> Jane is receiving explicit and unsolicited messages of a sexual nature from an acquaintance at her school. She has repeatedly told the person to stop, but they continue sending these messages.</p>	<p><b>Scenario 2:</b> Julia's parents engage in frequent arguments that escalate into physical altercations, causing her emotional distress and concern for her own safety.</p>
Sexual Violence	Domestic Violence

**Scenario 3:** A group of students frequently targets and humiliates Alex, spreading false rumors about him online and at school, making him feel isolated and afraid to attend class.

**Scenario 4:** Sophia's partner, David, becomes physically aggressive when he is angry, often pushing her or grabbing her forcefully during arguments. He says, it's because he loves her and can't control his temper.

**Scenario 5:** A group of teenagers at school constantly taunts and threatens another student Charlie, because of his nationality and cultural background, making him feel unwelcome and unsafe.

**Scenario 6:** At a party, Sam witnesses his friend making unwanted sexual advances toward a fellow partygoer Sarah, despite her clear discomfort and verbal objections.

**Scenario 7:** Emma's older brother Mark, constantly belittles her, calling her names and making her feel worthless. He threatens to harm her if she tells their parents.

**Scenario 8:** Mark posts hurtful and offensive comments on social media about a classmate Lisa, targeting her because of her sexual orientation, causing her emotional distress.



# Violence in Pop Culture

Harassment and violence are shockingly common in popular culture. Think about the video games you have played and the movies you have seen. You have likely seen every single type of violence in pop culture. Let's take a moment to reflect. Think about where in pop culture you may have seen each type of violence listed below. Write your answers.

Sexual Violence:

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Physical Violence:

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Domestic Violence:

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Verbal/Emotional Violence:

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Child Abuse:

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Hate Crime:

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Bullying/Cyberbullying:

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# Types of bullying

## Physical bullying

- hitting
- kicking
- spitting
- pushing
- tripping
- blocking

Stealing or destroying someone's possessions.

## Verbal bullying

- teasing
- insults
- jokes
- taunting
- mean comments
- threatening

Commenting about someone's body or physical characteristics.

## Social bullying

- ignoring someone
- spreading rumors
- embarrassing someone
- lying about someone

Sharing information or images that will have a harmful effect on the other person.

## Cyber bullying

- making online threats
- posting hurtful things
- spreading comments or rumors.

Sharing hurtful texts, images, videos or emails about someone.



# CYBER BULLYING TERMINOLOGY

Cyber bullying encompasses various behaviors and tactics used to harass, intimidate, or threaten individuals online. Draw a line to match each behavior with the correct description.

**Trolling**

Creating fake profiles or accounts to impersonate and deceive others, leading to reputational damage or harassment.

**Impersonating**

Making a false report to law enforcement about a serious incident, such as a bomb threat or hostage situation, in order to provoke an armed police response to someone's location.

**Cyberstalking**

Deliberately posting provocative or offensive messages online to elicit strong reactions from others.

**Hate Speech**

Online communication that promotes violence, discrimination, or prejudice against individuals or groups based on attributes such as race, religion, ethnicity, sexual orientation, or gender identity.

**Swatting**

Using electronic means to repeatedly harass or threaten someone, causing them emotional distress or fear for their safety.

# WORD SEARCH



Find and circle the words below.

- Control
- Harassment
- Intimidation
- Prevent
- Bullying
- Fighting
- Violence
- Respect
- Victim
- Cyberbully
- Conflict
- Sympathy
- Abuse
- Power
- Empathy

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

# Gun Safety Essentials

According to the Pew Research Foundation, *gun deaths among children and teens in the USA rose by 50% between 2019 and 2021*. Increase your awareness and safety by reviewing the following gun safety essentials.

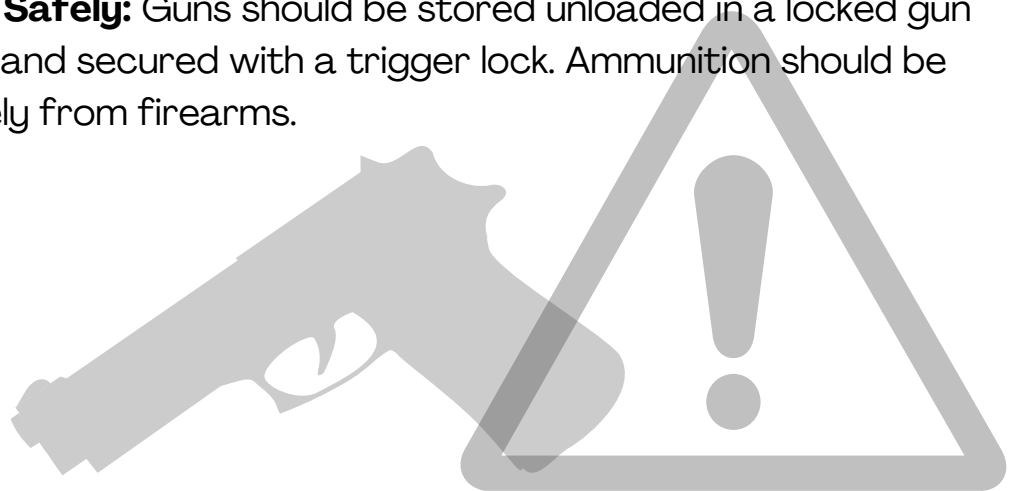
**Always Treat Every Firearm as if it's Loaded:** Regardless of whether you think the gun is unloaded or not, always handle it as if it's loaded. This rule helps prevent accidental discharges.

**Keep the Gun Pointed in a Safe Direction:** Always point the gun in a direction where an accidental discharge would cause minimal damage or injury. Never point a gun at yourself or others.

**Keep Your Finger Off the Trigger Until You're Ready to Shoot:** Keep your finger outside the trigger guard and off the trigger until you have made the decision to shoot. This helps prevent accidental firing.

**Know Your Target and What's Beyond:** Be aware of your target and what lies beyond it. Bullets can penetrate walls and other objects, so always be sure of your target and what is around and behind it.

**Store Firearms Safely:** Guns should be stored unloaded in a locked gun safe or cabinet, and secured with a trigger lock. Ammunition should be stored separately from firearms.



# Gun Safety Essentials (cont.)

According to the Pew Research Foundation, *gun deaths among children and teens in the USA rose by 50% between 2019 and 2021*. Increase your awareness and safety by reviewing the following gun safety essentials.

**Ask for Permission:** Never handle someone else's firearm without their explicit permission. Even if you are familiar with firearms, always respect other people's property and rules.

**Get Proper Training:** If you're interested in firearms, seek out proper training from certified instructors. Understanding how to safely handle and shoot a gun is essential.

**Avoid Drugs and Alcohol:** Never handle a firearm if you are under the influence of drugs or alcohol. Your judgment and coordination are impaired, which increases the risk of accidents.

**Report Unsafe Behavior:** If you see someone mishandling a firearm or behaving unsafely, report it to a responsible adult immediately.

**Be Mindful of Peer Pressure:** Don't succumb to peer pressure. If someone is encouraging you to handle a firearm in an unsafe manner, refuse and remove yourself from that situation.





# Weapons and Pop Culture

Take a moment to think about how we associate the appearance and use of weapons in popular culture. Here are some examples:

## **Lightsabers (Star Wars):**

Lightsabers are iconic weapons in the Star Wars franchise. They are energy swords used by Jedi and Sith, characters from the Star Wars movies. The Jedi, like Luke Skywalker and Rey, use lightsabers for defense and combat against their enemies.

## **Thor's Hammer (Mjolnir, Marvel Comics/MCU):**

Thor, the Norse god and Marvel superhero, wields a magical hammer called Mjolnir. The hammer grants him incredible strength and the ability to control lightning. Only those deemed worthy can lift Mjolnir.

## **Katniss Everdeen's Bow and Arrows (The Hunger Games):**

Katniss Everdeen, the main character from The Hunger Games series, is skilled with a bow and arrows. She uses her archery skills as a weapon during the Hunger Games competition and in the fight against oppression.

What is another example of how weapons are portrayed and associated in popular movies/books/video games...etc? Write your answer below.

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# ROLE MODELS AGAINST VIOLENCE

**Introduction:** Many individuals have taken a stand against violence and worked tirelessly to create positive change in their communities. Let's learn more by researching the role models below. What makes each of these people role models against violence? Write your answers below.

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**MALALA  
YOUSAFZAI**



**NELSON MANDELA**

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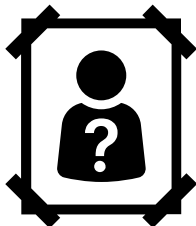
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**MAHATMA  
GANDHI**



**CHOOSE YOUR  
OWN ROLE MODEL**

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# Recognizing Signs of Human Trafficking

Human trafficking is a very serious and illegal crime. It's when people are taken or tricked into situations where they're forced to do things they don't want to do.

## 1. Physical Signs:

- Victims of trafficking may show signs of physical abuse, malnourishment, or injuries.
- They may have visible tattoos or branding marks that indicate ownership.

## 2. Behavioral Signs:

- Victims may exhibit fear, anxiety, depression, or withdrawal.
- They may not speak for themselves, seem controlled by someone else, or be reluctant to share personal information.

## 3. Working Conditions:

- Trafficked individuals may work excessively long hours in poor conditions.
- They may not have control over their wages and earnings.

## 4. Living Conditions:

- Victims may live in overcrowded, unsanitary, or locked environments.
- They may lack personal belongings and identification documents.

## 5. Lack of Freedom:

- Victims may not be free to come and go as they please.
- They may be constantly monitored or restricted from contacting family and friends.

## 6. Inconsistent Stories:

- Victims may provide inconsistent or scripted stories when questioned about their circumstances.



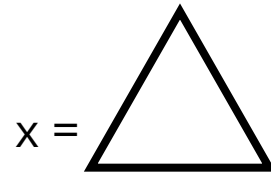
# Report Human Trafficking

Did you know there is a national hotline to report human trafficking?  
Uncover the phone number by solving the math problems below.

Solve for x.

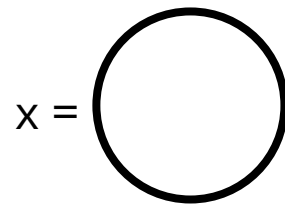
$$x^2 + 7 = 56$$

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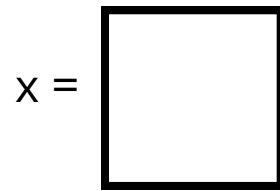
$$x^2 - 64 = 0$$

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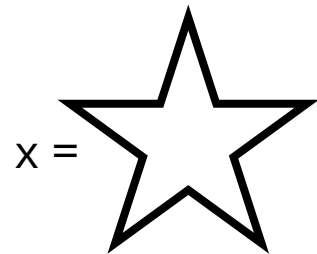


$$2x + 3x - 8x + 25 = 1$$

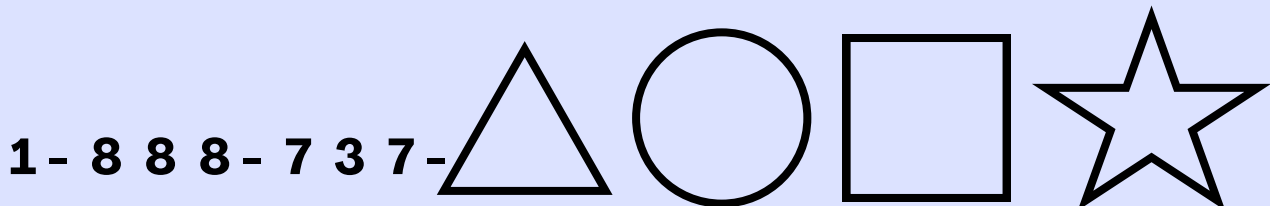
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$$(x - 1)(6 + 2) = 56$$



Do you suspect human trafficking?



**or text "Help" to 233733**

# 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.
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- 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.

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

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

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# 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



# 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**

[www.textpledge.us](http://www.textpledge.us)