



TEXT PLEDGE

RISE UP

ACTIVITY BOOK

END ACTS OF VIOLENCE

GRADES 2 - 4



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



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NATIONAL STATISTICS

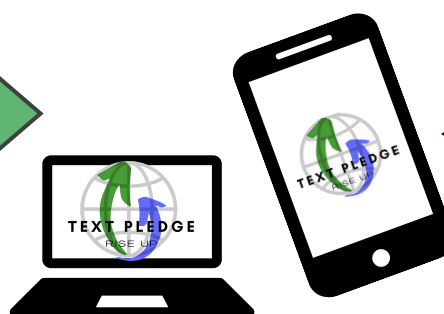
UPDATED MONTHLY
TO REFLECT THE IMPACT OF
EACH PLEDGE TOPIC IN OUR
WORLD



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WEBSITE

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AVAILABLE ON THE TEXT PLEDGE
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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

VIOLENCE?

Violence is **intentionally causing harm to a person, animal, or object**. It can be physical, such as hitting or pushing, or emotional, such as using hurtful words or bullying. **Acting violently means behaving in a way that causes harm to others or damages property.**

Always remember to treat others with kindness and respect. Match each image to the corresponding description to identify each example of violence.



Yelling

Fighting



Throwing or
breaking Objects

Holding someone
against their will



Taunting or Bullying

Using a weapon
to threaten



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

☒ PEACE

☐ UNITY

☐ KINDNESS

☐ RESPECT

☐ HARMONY

☐ EMPATHY

☐ SUPPORT

☐ STAND

☐ LOVE

☐ EQUALITY

☐ SAFETY

☐ CARING

☐ COMMUNITY

☐ TRUST

☐ COURAGE

☐ COMPASSION

☐ COMMUNICATION

☐ ACCEPTANCE

☐ TOLERANCE

☐ FRIENDSHIP

Stand Up, Speak Out STOP BULLYING

Read the scenario and answer each question.

Say "No" to Bullying

A group of friends is sitting together at a table in the cafeteria. Emily, one of the friends, brings lunch from home because she has a food allergy. She's careful about what she eats to stay safe. Her lunch looks a bit different from what the others are having.



Some of the other kids at the table start making fun of Sarah's lunch, saying it looks strange and doesn't have the usual snacks. They begin giggling and pointing at her food.

1. Why do you think these kids might be bullying Sarah?

2. Would you approach Sarah in this situation? Explain.

3. Would you approach the bullies in this situation? Explain.

Stand Up, Speak out **STOP BULLYING**



1. Why do you think some kids choose to bully others?

2. Have you ever experienced bullying? Circle your answer.

YES

NO

3. If yes, what were the emotions you felt? How did you cope with this?

4. Have you ever said something or done something unkind to anyone? If yes, why do you think you acted unkind?

No More Bullies

Fill in the blanks with the correct words from the list to complete the sentences.

Word list

acceptable

Speak up

cyber-bullying

Befriending

repeatedly



1. It is never to harm or hurt others.

2. a bullied kid can make a big difference.

3. Bullying is done to hurt others.

4. Bullying online is called .

5. We should whenever you see bullying happening.

TRUE OR FALSE

Read the sentences. Mark a box to show if they are True or False.

TRUE

FALSE

1. My friend should only be friends with me.

☐☒

2. Spreading rumors about someone is a form of bullying.

☐☐

3. If I bully others, I can be popular among friends.

☐☐

4. I can prevent bullying from escalating.

☐☐

5. Bullying is never okay, and we should always try to stop it.

☐☐

6. Bullying can happen with words, actions, or online.

☐☐

Do you notice bullying that happens online? What are people being bullied for online?

How Would You React?

A bystander is a person who is present at an event or incident but does not take part. What would you do as a **bystander** in these situations?



I would say "Please stop. It is not nice."

I would help the girl to remove the silly face from her t-shirt.

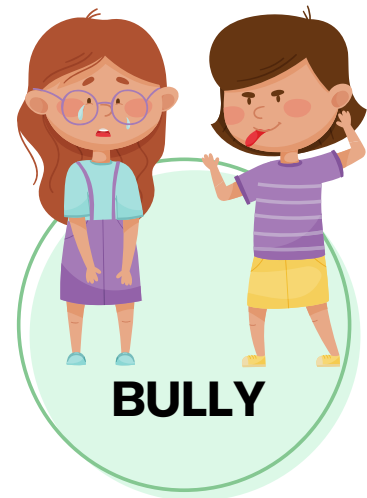
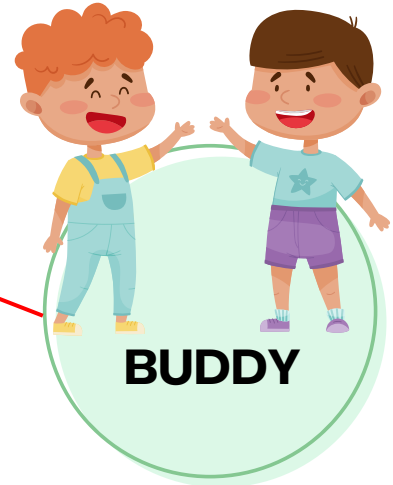


Be a buddy, not a bully

Read each sentence and decide if it describes a buddy or a bully.

Draw a line to match the sentences.

- Respect others.
- Take turns and shares.
- Help other people.
- Pushes and hits other people.
- Call others mean names.
- Use kind words.
- Spreads rumors about others.



Write down some things you can do to be a good friend to others.

Be a good listener.

LET'S STAY SAFE

Read the questions and provide the answers.



1. Have you seen any movies involving guns?

☐

Yes

☐

No

2. If yes, write the name of the movie.

3. Why do you think people/characters use guns in movies?

4. Do you think the use of guns in movies is different from how people use guns in real life?

☐

Yes

☐

No

5. For what reasons do people in real life use guns?

Code Breaker Challenge

SAFETY STEPS

Gun violence is when people use guns to hurt others, and it's very unsafe. It is important to remember that using guns is not a good way to solve problems. Instead, we should talk to each other and find peaceful ways to solve disagreements. If you ever see a gun, don't touch it, and tell a grown-up you trust. Staying safe and being kind to each other is the best way to improve the world.

Solve the math problem to reveal a safety message.

$$\begin{array}{r} 15 \\ + 9 \\ \hline 24 \\ \hline \end{array} \quad \mathbf{H}$$

$$\begin{array}{r} 14 \\ - 7 \\ \hline \\ \hline \end{array} \quad \mathbf{I}$$

$$\begin{array}{r} 78 \\ - 6 \\ \hline \\ \hline \end{array} \quad \mathbf{D}$$

$$\begin{array}{r} 78 \\ - 25 \\ \hline \\ \hline \end{array} \quad \mathbf{G}$$

$$\begin{array}{r} 20 \\ + 20 \\ \hline \\ \hline \end{array} \quad \mathbf{E}$$

$$\begin{array}{r} 18 \\ + 5 \\ \hline \\ \hline \end{array} \quad \mathbf{R}$$

$$\begin{array}{r} 42 \\ + 8 \\ \hline \\ \hline \end{array} \quad \mathbf{U}$$

$$\begin{array}{r} 32 \\ + 68 \\ \hline \\ \hline \end{array} \quad \mathbf{F}$$

$$\begin{array}{r} 9 \\ + 12 \\ \hline \\ \hline \end{array} \quad \mathbf{N}$$

$$\begin{array}{r} 880 \\ - 523 \\ \hline \\ \hline \end{array} \quad \mathbf{T}$$

Look at the letters near each math problem and write it in the boxes.

23 50 21

24 7 72 40

100 7 53 24 357

Reveal a safety message.

Run, Hide, Fight

In our previous activity we decoded a safety message. That message was “**RUN, HIDE, FIGHT**”. What does this safety message mean?

"Run, hide, fight" is a safety strategy that helps people know what to do if there is a dangerous situation where someone trying to hurt others.

1. **Run:** If there is a safe way to escape, you should run away as fast as you can. Find an exit or a way out of the dangerous place and go to a place where you can be safe.
1. **Hide:** If you can't run away safely, find a place to hide. It should be a spot where the person causing the danger can't see you. Stay quiet and don't make any noise so they won't know where you are.
1. **Fight:** If you can't run or hide, and the dangerous person is very close to you, you might need to fight to protect yourself. This means trying to defend yourself and others around you.

Remember, it's really important to listen to adults, like teachers or other grown-ups, if they tell you what to do in these situations. They are there to keep you safe.



Safe and Happy Homes

Domestic violence is when family members hurt each other by using mean words or actions which is not okay. It is important to be kind and loving at home. We should always tell a trusted grown-up if we see or experience domestic violence, so they can help and keep us safe. Remember, everyone deserves to be safe and happy at home.

Healthy Relationship - people treat each other with kindness and respect.

Unhealthy Relationship - there can be hurtful or unkind actions.

Write examples of behaviors that belong in each column.

Healthy Relationship Behaviors	Unhealthy Behaviors
Family members respect each other.	Yelling and Shouting.

Have you ever seen or experienced domestic violence? Did you report it to anyone?

Call the Domestic Violence Hotline
1-800-799-7233

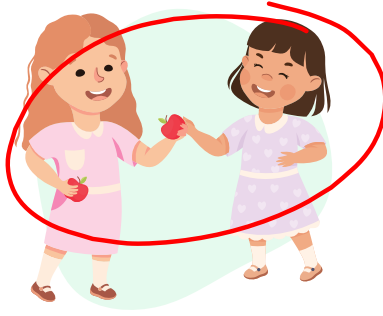


Kind or Unkind?

Circle the acts that show kindness, and put an 'X' on the acts that does not.



Pulling someones hair.



Sharing something with others.



Laughing someone behind their back.



Listening to a friend who is upset.



Offering a seat to someone.



Intentionally ignoring someone.



Helping someone to feel safe.



Hitting someone.



Teasing someone.



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RISE UP



**A SMART PLEDGE PROGRAM
DESIGNED WITH STUDENTS IN
MIND**

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