

An illustration of a diverse group of people of various ages and ethnicities sitting in a circle, looking up at a globe. The globe has a green recycling symbol (three arrows forming a triangle) on it. The text 'TEXT PLEDGE' is written in bold black capital letters across the globe, and 'RISE UP' is written in smaller black capital letters below it.

TEXT PLEDGE

RISE UP

ACTIVITY BOOK

END DISCRIMINATION

GRADES 5 - 6

NAME: _____

www.textpledge.us

ABOUT TEXT PLEDGE

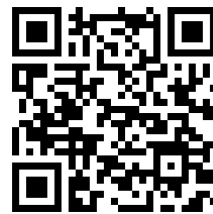


Text Pledge is a nonprofit in Greater Grand Rapids, MI, that seeks to change the world one pledge at a time. Our pledges focus on ending some of the worst social issues affecting our communities, from distracted driving to acts of violence. Each pledge challenges members to practice compassion, and speak 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

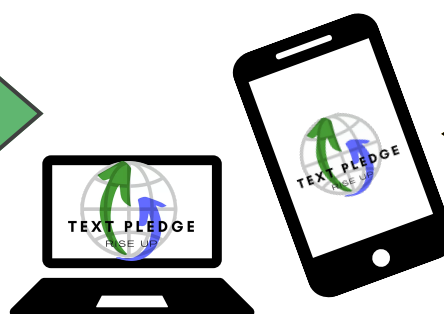
UPDATED MONTHLY
TO REFLECT THE IMPACT OF
EACH PLEDGE TOPIC IN OUR
WORLD



VISIT OUR
WEBSITE

EDUCATION PROGRAMS

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



DOWNLOAD
OUR
MOBILE APP

WWW.TEXTPLEDGE.US





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 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.

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.

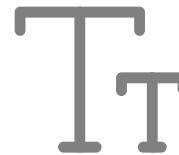
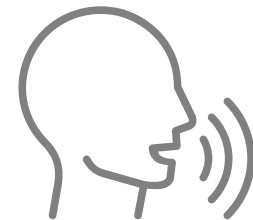


United way-call-211 Find any assistance you need now!

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



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LOVE FOR ALL

Imagine a big colorful rainbow. Each color of the rainbow represents different kinds of people. LGBTQIA is like a way of saying that there are lots of different kinds of people who love and live in different ways. Are you familiar with the terms below?



L stands for **Lesbian**, which means a woman who loves another woman.



G stands for **Gay**, which means a man who loves another man.



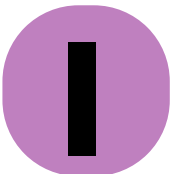
B stands for **Bisexual**, which means someone who loves people of both their own gender and other genders.



T stands for **Transgender**, which means someone who feels like they are a different gender than the one they were born as.



Q stands for **Queer**, is a way to describe someone who feels like they don't fit into the usual categories of boys liking girls or girls liking boys. They might feel like they're a special mix or just different



I stands for **Intersex**, which means someone who is born with a variation in their physical sex characteristics, like chromosomes, hormones, or reproductive organs, that don't fit typical definitions of male or female.



A can stand for **Asexual**, which means someone who doesn't feel a strong desire for romantic or sexual attraction to anyone, or **Ally**, which means someone who supports LGBTQIA people even if they're not LGBTQIA themselves.

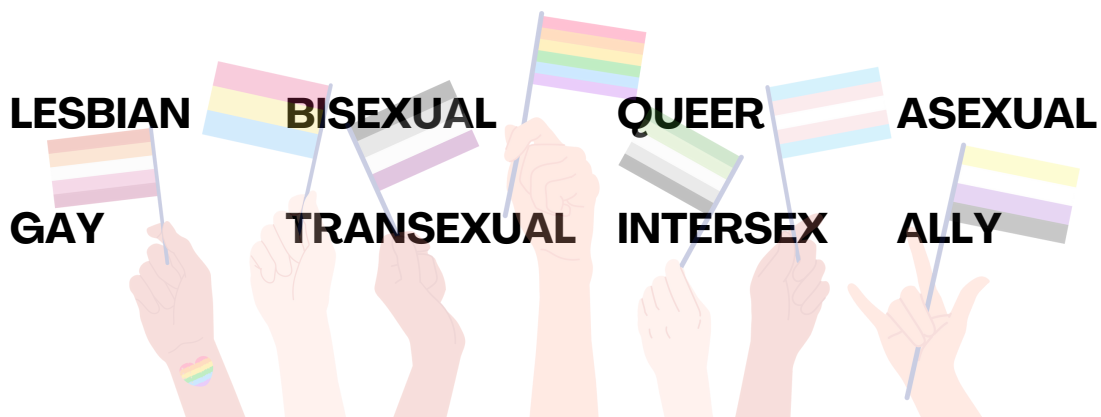


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LOVE FOR ALL (CONT.)

The words in our previous activity are used by many people to describe their identity. Take a moment to reinforce this terminology. Locate the words below.

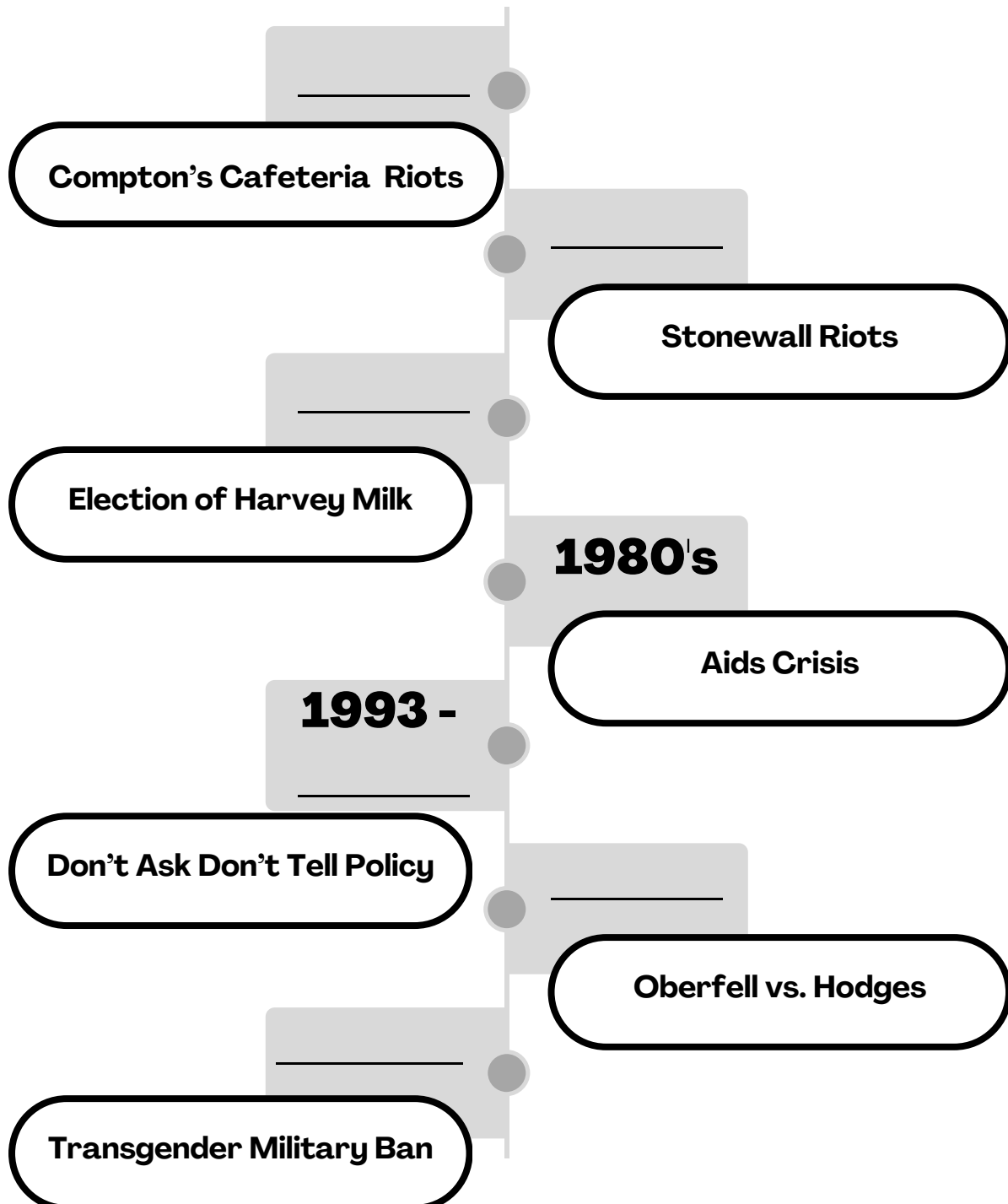
F K D W W O F J R U S B I B V
J Y V H C B I M L O Z Q B M P
A X L U T B D O M E D O P F D
S O J S E R I G Z V S A O P P
E O L K L L A S K Y T B J J S
X T G B C O U N E T B Q I F P
U D L C J M J X S X H B K A S
A S Q I E P A Q H G U H S C N
L J U N J R B L U U E A J G A
H K I T C U B D L E Q N L A M
R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



LGBT RIGHTS TIMELINE

The following events, among others, have played pivotal roles in shaping LGBTQ 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.



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.

Looking for Answers?



**Scan this code to view the
answer key for this activity book**



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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