TEXT PLEDGE
RISE UP

ACTIVITY BOOK

END DISCRIMINATION
GRADES 7 - 8

NAME: _____

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

DOWNLOAD TODAY!

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 BOTH WEBSITE AND THE MOBILE APP.

DOWNLOAD OUR MOBILE APP

WWW.TEXTPLEDGE.US

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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 <u>unjust</u> or <u>prejudicial</u> 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

Racial Discrimination

Religious Discrimination

Age Discrimination

Disability Discrimination

When people are treated unfairly because of how old or young they are.

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

When someone is treated unfairly and different because of their gender.

When someone is mistreated because of their race or the color of their skin

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

Inclusion

Equality

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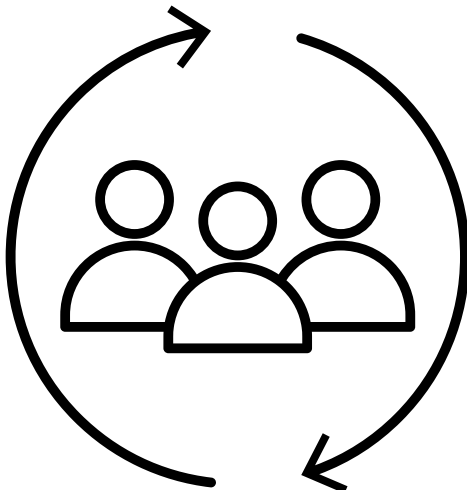
Equity

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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

Prejudice

Discrimination

Stereotype

Unfair treatment of a person or group based on their beliefs or background.

Negative beliefs or attitudes held about an entire group of people.

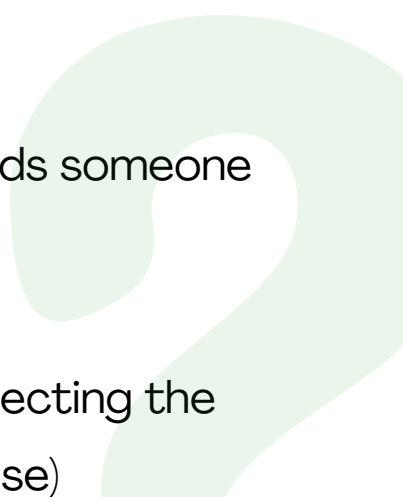Intolerance or dislike of Jewish people, often leading to discrimination.

A fixed, oversimplified idea about a particular group of people.

Personal Reflection

Can you think about a time where you experienced or witnessed discrimination? If neither, is there a specific situation in which you fear discrimination?
Define the type of discrimination. Describe the situation and how it made you feel.

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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 nurished 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
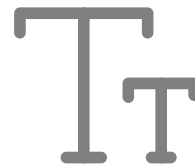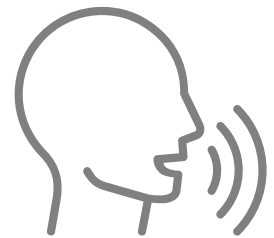
LOVE FOR ALL

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? Use the word bank to fill in the blanks.

L **L** stands for _L_ _E_ _S_ _B_ _I_ _A_ _N_ , which means a woman who loves another woman.

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

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

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

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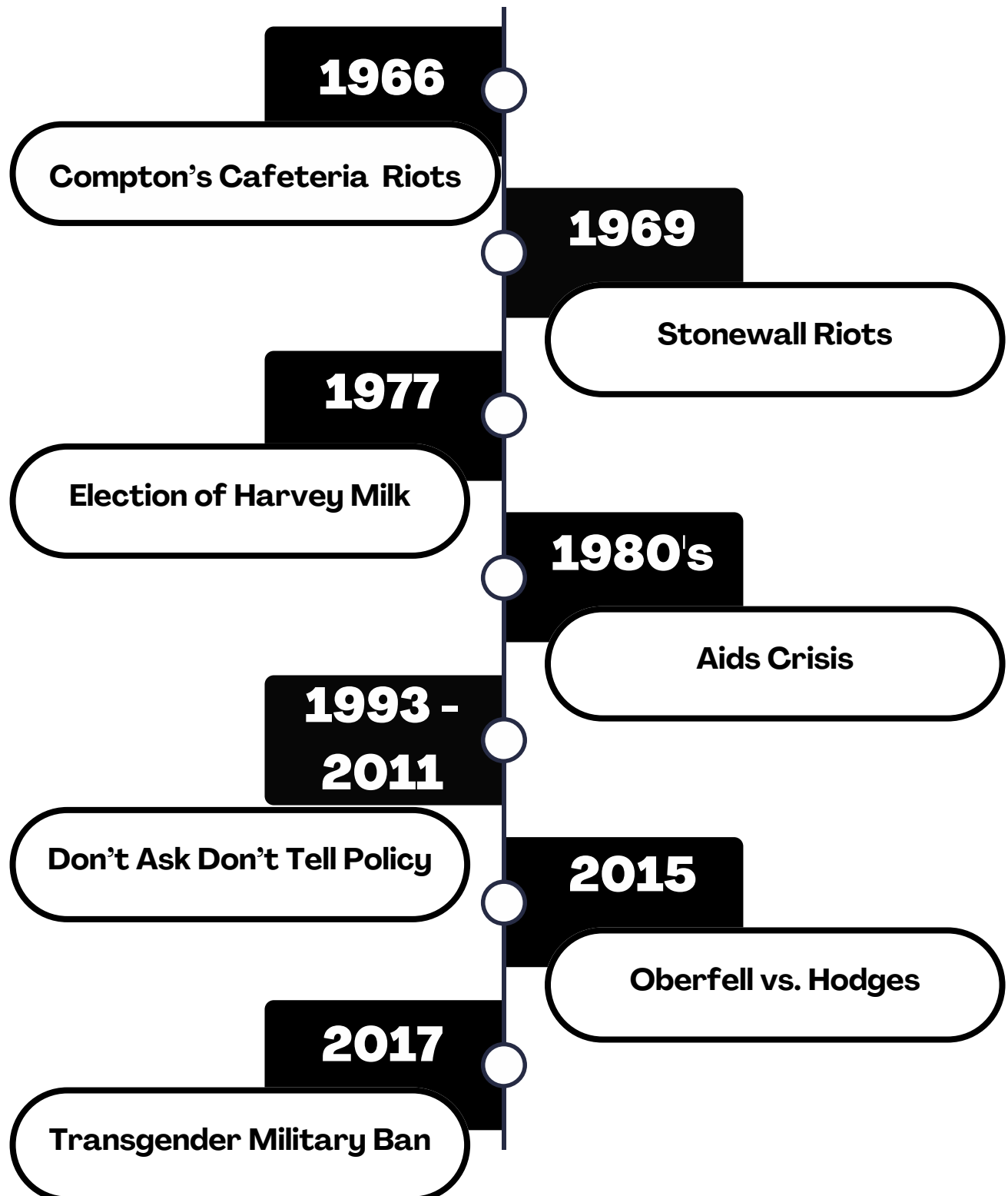
A **A** can stand for ___ ___ ___ ___ ___ ___ ___ , which means someone who doesn't feel a strong desire for romantic or sexual attraction to anyone, or Ally, which means someone who supports LGBTQIA people even if they're not LGBTQIA themselves.

LESBIAN   **BISEXUAL**   **QUEER**   **ASEXUAL**

GAY   **TRANSGENDER** **INTERSEX**   **ALLY**
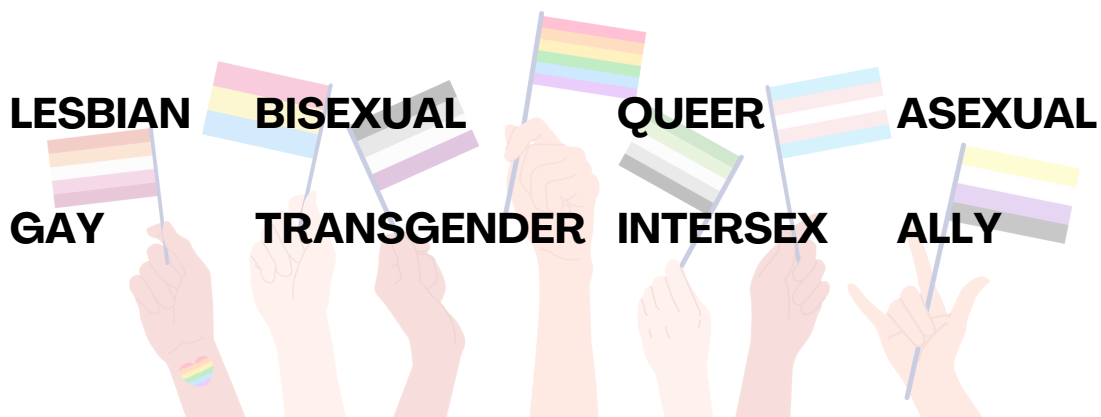
LGBT RIGHTS TIMELINE

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.

1966

Compton's Cafeteria Riots

1969

Stonewall Riots

1977

Election of Harvey Milk

1980's

Aids Crisis

1993 - 2011

Don't Ask Don't Tell Policy

2015

Oberfell vs. Hodges

2017

Transgender Military Ban

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?

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RISE UP

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

www.textpledge.us