TEXT PLEDGE
RISE UP

ACTIVITY BOOK

END ACTS OF VIOLENCE
GRADES 9 – 12

HATE

 # STOP VIOLENCE

**NAME:** _____

ABOUT TEXT PLEDGE

TEXT PLEDGE
RISE UP

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

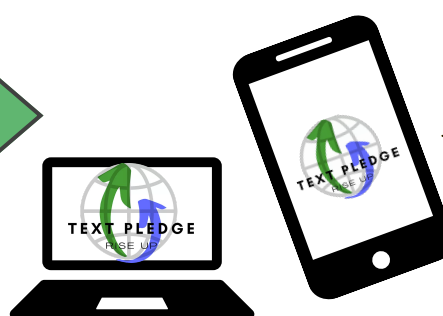**EMERGENCY HOTLINES AND RESOURCES**
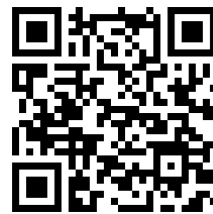
FREE DOWNLOAD

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

TEXT PLEDGE

RISE UP

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

Happy Learning!

Ms. Naomi
Founder at the TextPledge Project

IDENTIFY THE TYPE OF VIOLENCE

SEXUAL VIOLENCE

- Sexual violence encompasses any unwanted sexual activity or contact imposed on an individual without their informed and voluntary consent. It can include various forms such as rape, sexual assault, sexual harassment, and any non-consensual sexual behavior.

- **Key Characteristics:** Lack of consent, power imbalance, violation of personal boundaries.

PHYSICAL VIOLENCE

- 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.

- **Key Characteristics:** Involves physical harm or force, can lead to injuries.

DOMESTIC VIOLENCE (INTIMATE PARTNER VIOLENCE):

- 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.

- **Key Characteristics:** Occurs in close relationships, involves power and control dynamics, can affect all family members.

VERBAL AND EMOTIONAL VIOLENCE

- 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 atmospheres.

- **Key Characteristics:** Emotional harm, verbal abuse, psychological intimidation.

HATE CRIME

- 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.

- **Key Characteristics:** Targets individuals based on personal characteristics, driven by prejudice.

BULLYING	CYBER BULLYING
• 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. • **Key Characteristics:** Repeated aggression, intentionality, power imbalance.	• 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. • **Key Characteristics:** Occurs online or through digital communication, includes threats, harassment, and humiliation.

CHILD ABUSE

• 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.

• **Key Characteristics:** Victim is a child, involves mistreatment or neglect by caregivers.

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

Scenario 1: 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.	**Scenario 2:** Julia's parents engage in frequent arguments that escalate into physical altercations, causing her emotional distress and concern for her own safety.
Sexual Voilence	Domestic Voilence

Scenario 3: A group of students frequently target and humiliate Alex. They spread 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. David says it's because he loves her and can't control his temper.

Scenario 5: A group of teenagers at school constantly taunt and threaten another student, Charlie, at school. They do this 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. Sarah has showed 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. He has targeted her because of her sexual orientation, causing her emotional distress.

SURVIVOR STORY

MARIA'S JOURNEY TO EMPOWERMENT

Maria, a high school student just like you, faced a difficult situation in her life. She experienced bullying and cyberbullying from her classmates. The constant harassment left her feeling isolated and helpless. But Maria decided to take action and turn her life around.
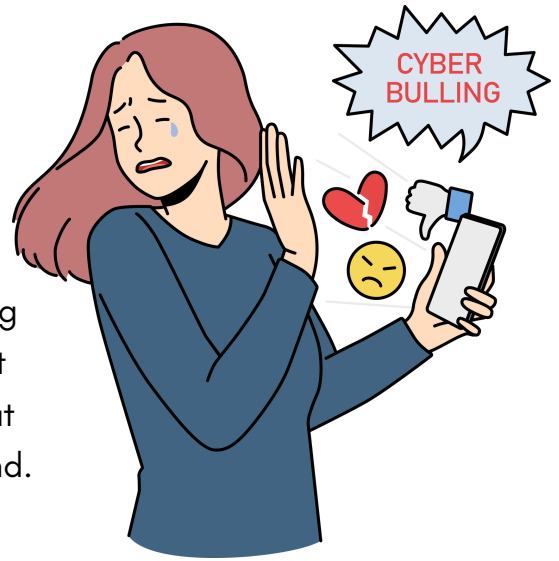
Maria's Journey:

Maria decided to speak up and seek help from her school counselor, who provided her with guidance and support. She also confided in a trusted teacher and some close friends. Together, they developed strategies to address the bullying and cyberbullying. Maria started attending workshops on self-confidence and self-esteem, where she learned valuable life skills.

Lessons Learned:

- **Speak Up:** Maria realized that keeping silent was not the answer. It's essential to speak up when you're facing a difficult situation, whether it's bullying, domestic violence, or any form of violence.

- **Seek Support:** Reaching out to trusted individuals, like teachers and friends, can make a significant difference. Support networks can provide emotional assistance and guidance.

- **Self-Empowerment:** Maria's journey was a process of self-empowerment. She learned to build her self-esteem and confidence, which helped her overcome the effects of bullying.

- **Resilience:** Maria's story showcases resilience. No matter how challenging the circumstances, with determination and support, it's possible to overcome adversity.

Now, it's your turn to reflect on Maria's story. How do you think her experiences can apply to your own life, or the lives of those around you? Write about the lessons you've learned from Maria's journey and how you might apply them in your own situations or in helping others facing violence.

_____

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What is Domestic Violence?

Domestic violence is when someone in a family or a close relationship hurts or frightens another person on purpose. It's not okay, and it can happen between grown-ups, like parents, or among other family members. Domestic violence can be physical, like hitting or pushing, but it can also be emotional, like saying mean things to make someone feel bad.

In the event of domestic abuse, there are local resources available. Take a moment to research your local domestic abuse shelter and other resources in the space provided below.

_____

_____

_____

_____

_____

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

Analyzing Relationships in Short Stories

We're going to explore what makes relationships healthy or unhealthy. Identify warning signs of unhealthy relationships, discuss the elements of healthy ones, and learn how to maintain them. Be respectful, empathetic, and open-minded during discussions.

1 Scenario 1: Healthy Friendship

Alex and Taylor have been friends for several years. They communicate openly, respect each other's boundaries, and support one another's goals and interests. They often spend quality time together and value each other's opinions.

What are the signs of a healthy friendship in this scenario? How can these positive aspects be maintained or strengthened?

2 Scenario 2: Unhealthy Friendship

Jamie and Casey have been friends, but lately, Jamie has been pressuring Casey to do things they are uncomfortable with. Jamie gets angry when Casey wants to spend time with other friends and tries to control Casey's choices.

What are the warning signs of an unhealthy friendship in this scenario? How can Casey address this situation, and what might be the consequences of continuing this friendship?

3 **Scenario 3: Healthy Romantic Relationship**

Sarah and Jordan are in a romantic relationship. They communicate openly, listen to each other's feelings, and make decisions together. They respect each other's boundaries and have a balance between spending time together and apart.

What are the characteristics of a healthy romantic relationship in this scenario? How can these elements contribute to a successful and fulfilling partnership?

4 **Scenario 4: Unhealthy Romantic Relationship**

Emma and Liam are in a romantic relationship. Liam often tries to control Emma's actions, isolates her from her friends and family, and becomes verbally abusive when things don't go his way.

What are the warning signs of an unhealthy romantic relationship in this scenario? How can Emma seek help and support to address this situation?

MYTH BUSTING

Violence is a complex issue, and sometimes misconceptions can perpetuate harmful beliefs. Let's explore and correct some of these myths with accurate information.

MYTH

FACTS

| MYTH	FACTS
Violence is always physical.	Violence can be physical, but it can also be emotional, psychological, or verbal. All forms of violence are harmful and should not be tolerated.
Only strangers can be violent.	Violence can come from anyone, including people we know, such as family members, friends, or intimate partners.
Victims provoke violence.	No one ever provokes violence. Violence is the responsibility of the person who commits it, and no one deserves to be a victim of violence.
Violence only happens in certain communities or demographics.	Violence can happen anywhere and affect people from all backgrounds, regardless of age, gender, race, or socioeconomic status.
Violence is a private matter.	Violence should never be kept private. Reporting violence and seeking help is essential to protect individuals and stop further harm.

💡 Types of bullying ❓

Physical bullying	Verbal bullying	Social bullying	Cyber bullying
• hitting • kicking • spitting • pushing • tripping • blocking Stealing or destroying someone's possessions.	• teasing • insults • jokes • taunting • mean comments • threatening Commenting about someone's body or physical characteristics.	• ignoring someone • spreading rumors • embarrassing someone • lying about someone Sharing information or images that will have a harmful effect on the other person.	• making online threats • posting hurtful things • spreading comments or rumors. Sharing hurtful texts, images, videos or emails about someone.

SAY NO TO BULLYING
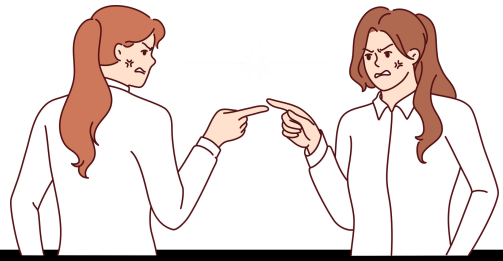
Provide an example for each of the following types of bullying:

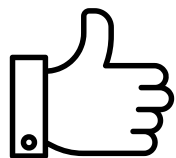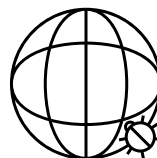## Verbal

Physical

Social

Cyber

PREVENT BULLYING

Let's take a stand against bullying and work together to create a more inclusive and respectful environment.

In this activity, you'll take the initiative to research information about bullying on the internet.

① **What is Bullying?** (Write short defination of bullying in space below)

_____

_____

② **The Impact of Bullying:**
Describe how bullying can affect a person's mental and emotional well-being. Use the space to write your thoughts.

_____

_____

_____

③ **Types of Bullying:**

List three types of bullying (e.g., physical, verbal, social).

Describe them:

_____   _____

_____   _____

_____   _____

④ **Recognizing Bullying:**
List signs or behaviors that could indicate someone is being bullied. It's essential to be aware of these signs.

_____

_____

_____

(5) Bystander Action:

Describe one action you can take as a bystander to help stop bullying.

_____

_____

_____

(6) Report Bullying:

Write down the contact information for a trusted adult or authority you can report bullying to.

_____

_____

_____

_____

(7) Create a Pledge:

Craft a personal pledge to stand up against bullying. Write your commitment to make a difference in your school or community.

_____

_____

_____

Remember, your actions and kindness matter. By understanding the impact of bullying on mental wellness, you can be an advocate for positive change. Stand up against bullying, support your peers, and contribute to a school environment that promotes mental well-being and respect. Together, we can make a difference.

The History and Significance of
ARTIFICIAL INTELLIGENCE

This worksheet provides a structured overview of the history and key achievements of artificial intelligence, helping you understand the evolution and impact of AI technology.

1940s-1950s   The Foundation

1943

Warren McCulloch and Walter Pitts publish "A Logical Calculus of the Ideas Immanent in Nervous Activity," proposing the first mathematical model for building neural networks.
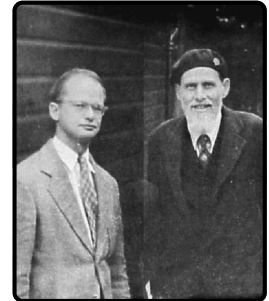

Image Source: McCulloch & Pitts Publish the First Mathematical Model of a Neural Network, https://www.historyofinformation.com/detail.php?entryid=782

1950

Alan Turing publishes "Computing Machinery and Intelligence," introducing the Turing Test to determine a machine's ability to exhibit intelligent behavior.

1956   The Birth of AI

The term "Artificial Intelligence" is coined by John McCarthy during the Dartmouth Conference, marking the official birth of AI as a field of study.

Image Source: John McCarthy: Computer scientist known as the father of AI, https://www.independent.co.uk/news/obituaries/john-mccarthy-computer-scientist-known-as-the-father-of-ai-6255307.html
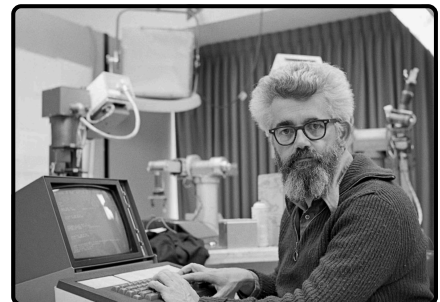
1960s   Early AI Programs
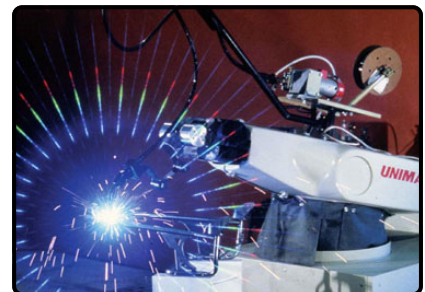
1961

Unimate, the first industrial robot, is introduced and used in General Motors to lift pieces of hot metal.

Image Source: Unimate - The First Industrial Robot https://www.automate.org/robotics/engelberger/joseph-engelberger-unimate

1966

ELIZA, an early natural language processing computer program created by Joseph Weizenbaum, simulates conversation with a human.

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1970s — AI Winter and Development

1972 — The introduction of PROLOG, a programming language used for AI research.

Mid - 1970s — AI research faces reduced funding and interest due to unmet expectations, leading to the first AI Winter.

1980s — Expert Systems and Revival

1980 — The development of expert systems like DENDRAL (chemistry) and MYCIN (medical diagnosis) demonstrate practical AI applications.

Image Source: By Michael L. Umbricht and Carl R. Friend (Retro-Computing Society of RI), CC BY-SA 3.0, https://commons.wikimedia.org/w/index.php?curid=9578114

MYCIN

1980 — The backpropagation algorithm, essential for training neural networks, is popularized by David Rumelhart, Geoffrey Hinton, and Ronald Williams.

1990s — Expansion and Successes

1997 — IBM's Deep Blue defeats world chess champion Garry Kasparov, showcasing the power of AI in strategic games.

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2000s   **AI in Everyday Technology**

2005 | Stanley, an autonomous vehicle created by Stanford University, wins the DARPA Grand Challenge, highlighting advancements in self-driving technology.

2006 | Geoffrey Hinton and his team publish a paper on deep belief networks, contributing to the rise of deep learning.

2010s   **AI in the Modern Era**

2011 | IBM's Watson wins Jeopardy! against human champions, demonstrating advanced natural language processing capabilities.

2012 | AlexNet, a deep convolutional neural network, wins the ImageNet competition, drastically improving image recognition performance.

2011 | Google's DeepMind AlphaGo defeats Go champion Lee Sedol, a milestone for AI in complex strategic games.

2010s   **Current AI Innovations**

2020 | OpenAI releases GPT-3, a state-of-the-art language model capable of generating human-like text.

2021 | DeepMind's AlphaFold solves the 50-year-old protein folding problem, revolutionizing biology and medicine.

Significant Achievements in
ARTIFICIAL INTELLIGENCE

Read this page to learn about significant achievements in artificial intelligence over the years.

1950

The Turing Test

Proposed by Alan Turing, this test evaluates a machine's ability to exhibit intelligent behavior indistinguishable from a human. It laid the groundwork for thinking about machine intelligence.

1966

ELIZA

Developed by Joseph Weizenbaum, ELIZA was one of the first programs capable of mimicking human conversation, marking a significant step in natural language processing.
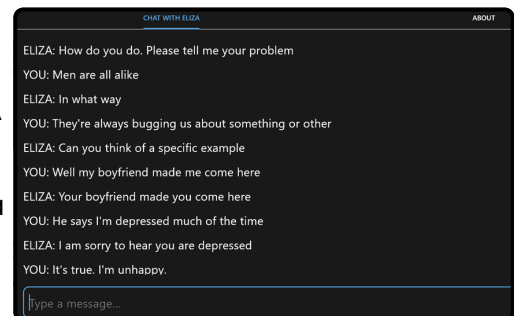

CHAT WITH ELIZA   ABOUT

ELIZA: How do you do. Please tell me your problem
YOU: Men are all alike
ELIZA: In what way
YOU: They're always bugging us about something or other
ELIZA: Can you think of a specific example
YOU: Well my boyfriend made me come here
ELIZA: Your boyfriend made you come here
YOU: He says I'm depressed much of the time
ELIZA: I am sorry to hear you are depressed
YOU: It's true. I'm unhappy.

Type a message...

Image Source: ELIZA 1966 – The First Chatbot, Example chat with ELIZA, from the original paper https://apps.microsoft.com/detail/9nq4v4hqb4n2?hl=en-gb&gl=PK

1997

Deep Blue Defeats Garry Kasparov

Proposed by Alan Turing, this test evaluates a machine's ability to exhibit intelligent behavior indistinguishable from a human. It laid the groundwork for thinking about machine intelligence.

Image Source: Deep Blue
https://www.ibm.com/history/deep-blue

Significant Achievements in
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This worksheet provides a structured overview of the history and key achievements of artificial intelligence, helping students understand the evolution and impact of AI technology.

2005 — Stanley Wins DARPA Grand Challenge

The autonomous vehicle Stanley, developed by Stanford University, won the DARPA Grand Challenge, advancing the field of self-driving cars.

Image Source: Online Speed Adaptation Using Supervised Learning for High-Speed, Off-Road Autonomous Driving.
https://www.researchgate.net/figure/Stanley-won-the-2005-DARPA-Grand-Challenge-by-completing-a-132-mile-desert-route-in-just_fig1_220812767

2011 — Watson Wins Jeopardy!

IBM's Watson AI system beat human champions in the quiz show Jeopardy!, showcasing advancements in AI's natural language understanding and processing.

Image Source: IBM's Watson Supercomputer Wins Practice Jeopardy Round
https://www.wired.com/2011/01/ibm-watson-jeopardy/

2016 — AlphaGo seals 4-1 victory over Go grandmaster Lee Sedol

DeepMind's AlphaGo defeated Go champion Lee Sedol, achieving a major milestone in AI's ability to handle complex and strategic games.

Image Source: Deep Blue
https://www.theguardian.com/technology/2016/mar/15/googles-alphago-seals-4-1-victory-over-grandmaster-lee-sedol

Significant Achievements in
ARTIFICIAL INTELLIGENCE

This worksheet provides a structured overview of the history and key achievements of artificial intelligence, helping students understand the evolution and impact of AI technology.

2020 — GPT-3

OpenAI's GPT-3, a powerful language model, demonstrated unprecedented capabilities in generating human-like text, advancing natural language processing and understanding.
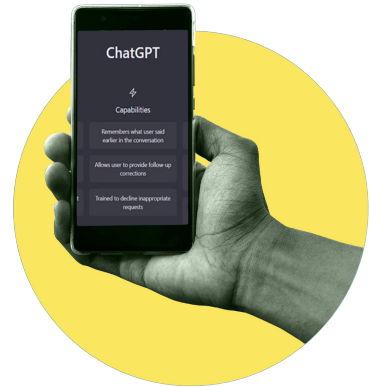
2021 — AlphaFold Solves Protein Folding

DeepMind's AlphaFold AI system made significant breakthroughs in predicting protein structures, impacting biology and medicine profoundly.

Steps to Create an

EFFECTIVE AI PROMPT

Do you know how to write an effective Ai prompt? Learn more and practice using the acronym R.I.S.E.N.

R | Role

Define the **role the AI should take**. For example, specify if it should act as a teacher, advisor, customer service agent, etc.
- Before: "Explain photosynthesis."
- After: "As a science teacher, explain the process of photosynthesis to a class of high school students."

I | Instruction

Provide **clear and detailed instructions**. Tell the AI exactly what you want it to do or what information you need.
- Before: "Tell me about the French Revolution."
- After: "Provide a brief overview of the key events and causes of the French Revolution, including important dates and figures."

S | Specific

Include specific **details or constraints** that the AI should consider while responding. This helps in narrowing down the scope and improving accuracy.
- Before: "Describe a healthy diet."
- After: "Describe a healthy diet for a vegetarian, including recommended daily intake of protein, vitamins, and minerals."

Steps to Create an

EFFECTIVE AI PROMPT

Do you know how to write an effective Ai prompt? Learn more and practice using the acronym R.I.S.E.N.

E — End Goal

State the **desired outcome** or the **main objective** of the prompt. This helps the AI to understand the context and deliver more relevant responses.
- Before: "Help me with my resume."
- After: "Review my resume and suggest improvements to make it more appealing to employers in the tech industry."

N — Nuances

Mention any nuances, such as **tone**, **style**, or **specific preferences**, that the AI should keep in mind. This ensures the response aligns with your expectations.
- Before: "Write a blog post about digital accessibility."
- After: "Write a friendly and engaging blog post about the importance of digital accessibility, focusing on practical tips for web developers to make their sites more inclusive."

The R.I.S.E.N. model provides a structured approach to crafting effective AI prompts, ensuring clarity, specificity, and contextual relevance. By incorporating these elements, students can significantly enhance the quality of interactions with AI systems.

Steps to Create an
EFFECTIVE AI PROMPT

Now that you have an understanding of creating effective AI prompts, review the example prompts below and revise them to achieve better outcomes. Use the given space to write your answer.

Example 1

Original Prompt: "Give me health tips."

Revised Prompt: _____

_____

_____

Example 2

Original Prompt: "Tell me about climate change."

Revised Prompt: _____

_____

_____

Example 3

Original Prompt: "Create a list of famous athletes"

Revised Prompt: _____

_____

_____

SPOTLIGHTING 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 about some of these inspiring role models and encourage you to research and present your own role models.

MALALA YOUSAFZAI:

Malala advocated for girls' education despite facing violence and adversity. Her bravery earned her the Nobel Peace Prize.
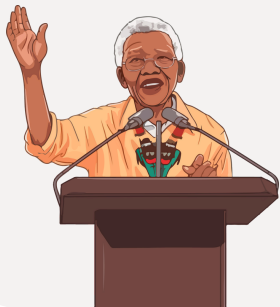
NELSON MANDELA

Mandela's fight against apartheid in South Africa was a powerful example of nonviolent resistance and reconciliation.

ROSA PARKS:

Parks is known for her role in the Civil Rights Movement. By refusing to give up her bus seat, she became an icon of peaceful protest.

MAHATMA GANDHI

Gandhi's nonviolent resistance played a pivotal role in India's fight for independence.

YOUR ROLE MODEL

Choose a Role Model: Select someone who has worked against violence and inspired you. It could be a local community leader, an activist, or anyone who has made a positive impact.

Research: Gather information about your chosen role model. Learn about their life, achievements, and the impact they've had in combating violence.

LIFE:

ACHIEVEMENTS:

IMPACT HE HAD IN COMBATING VIOLENCE:

CITE THE SOURCES:

CONFLICT RESOLUTION

MULTIPLE CHOICE

Instructions: Test your knowledge of conflict resolution with this multiple-choice quiz. Choose the best answer for each question.

1 What is the primary goal of conflict resolution?

a) To prove that you are right.

b) To avoid the conflict altogether.

c) To find a peaceful and mutually agreeable solution.

2 Which of the following is an essential step in resolving conflicts peacefully?

a) Ignoring the conflict and hoping it goes away.

b) Engaging in physical confrontation.

c) Listening actively to the other party.

3 When conflict arises, what is the importance of active listening?

a) It demonstrates respect and understanding.

b) It helps you prepare counterarguments.

c) It allows you to dominate the conversation.

4 What is the role of empathy in conflict resolution?

a) To solve conflict.

b) To understand and acknowledge the other party's emotions and perspective.

c) To prove your own point.

5 What should you do if you witness bullying or violence in your school?

a) Ignore it and mind your own business.

b) Confront the perpetrators physically.

c) Report it to a trusted adult or authority figure.

6 **Who may be considered a trusted adult to report violence in your school?**

a) Parents

b) Teachers/administrators

c) All of the above

7 **In a bullying situation, what should a bystander do to prevent the issue?**

a) Ignore the situation and mind their own business.

b) Intervene or report the incident to a trusted adult.

c) Take pictures or videos for social media.

8 **Which approach is the most effective in finding a win-win solution in a conflict?**

a) Collaborating and seeking mutually beneficial solutions.

b) Forcing your viewpoint on the other party.

c) Avoiding the conflict.

9 **When is it acceptable to use physical violence in self-defense?**

a) When you believe you can win the fight.

b) As a form of retaliation against the attacker.

c) Only when there are no other options and your safety is at risk.

10 **What is the most common form of sexual violence?**

a) Catcalling on the street.

b) Unwanted sexual touching or groping.

c) Verbal harassment on social media.

d) All of the above.

Download a crisis card and learn more at www.textpledge.us

WORD SEARCH

Find and circle the words related to acts of violence.

- Control
- Prevent
- Violence
- Cyberbully
- Abuse

- Harassment
- Bullying
- Respect
- Conflict
- Power

- Intimidation
- Fighting
- Victim
- Sympathy
- 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

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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