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# Four People Who Used Their Anger in a Good Way



**Dr. Martin Luther King Jr.** was angry because black people were being treated unfairly. He was a minister who led people in the United States to strike, boycott, and march together so that laws that were unfair to African Americans would be changed.



**Julia Butterfly Hill** was angry because logging companies were cutting down ancient redwood trees. Julia lived in an old redwood tree for two years to protect it from being cut down. Only when the logging company said it would not cut down her tree and would protect the area around it did she agree to come down.



## Things to do if you are a bully...



# A Crossword Puzzle

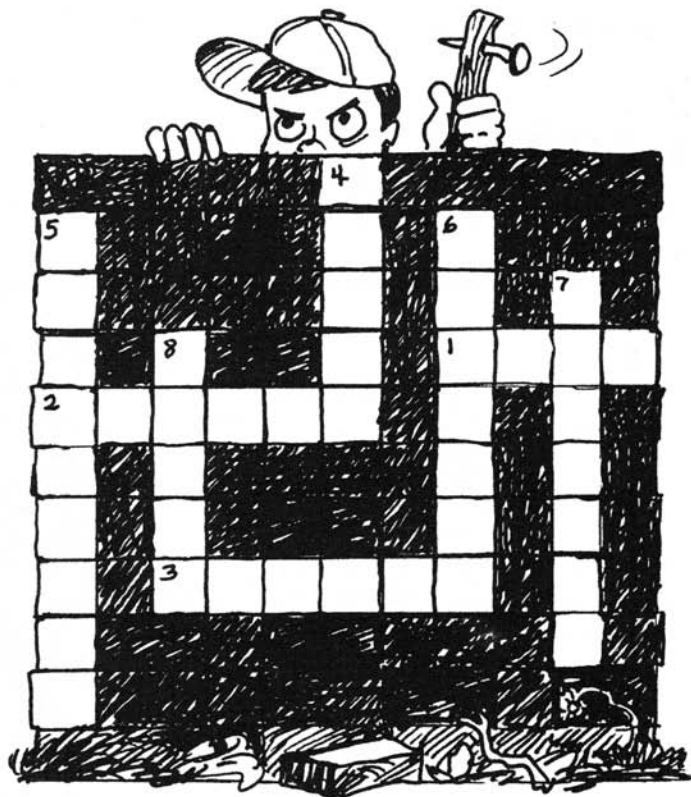
Bullies build walls of bad feelings.  
Kids don't like or trust them.

## ACROSS

1. A bully can be \_\_\_\_\_ or killed if someone fights back.
2. A bully knows he or she is doing wrong, so may feel \_\_\_\_\_.
3. A bully may feel \_\_\_\_\_ because he or she may be caught.

## DOWN

4. A bully feels \_\_\_\_\_ and takes it out on people.
5. It is \_\_\_\_\_ to be a bully.
6. After a bully hurts someone, he or she can feel \_\_\_\_\_.
7. A bully doesn't have many \_\_\_\_\_.
8. A bully \_\_\_\_\_ on smaller or younger people.



**WORD LIST:** GUILTY, ANGRY, DANGEROUS,  
FRIENDS, PICKS, HURT, SCARED, ASHAMED



## Things to do if there is a fight between your friends...

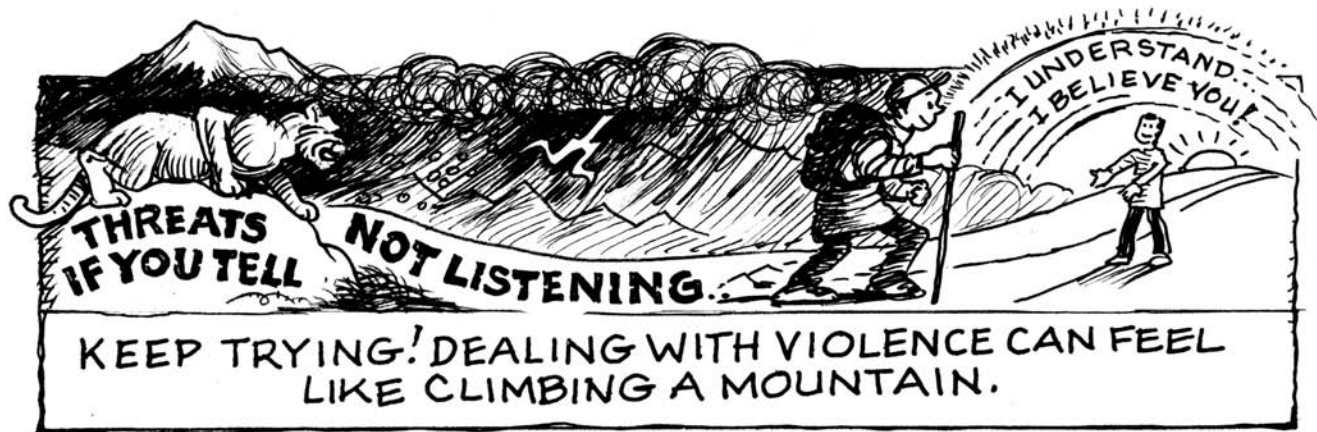


# Talking with Adults about Violence

It's always okay to talk about violence when it happens to you or around you.

Sometimes, if someone is hurting you, they will tell you that if you tell anyone they will hurt you more or hurt someone

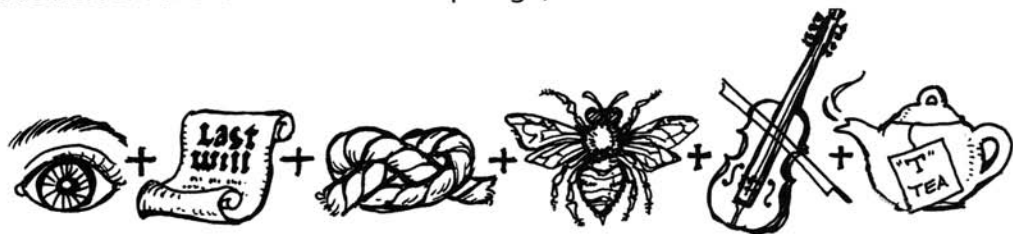
in your family. They are trying to make you too scared to get help. But it's even more important that you try to get help so that person will stop hurting you.



If you tell an adult about violence that is happening and he or she doesn't believe you, you may have to tell someone else. Keep trying, because you deserve to get help.

# My Pledge

(solve the puzzle below for the first line of the pledge)



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I WILL TRY NOT TO FIGHT

I WILL TRY TO MAKE THE PEACE

Signed \_\_\_\_\_

Date \_\_\_\_\_