

# Are You a Change Maker?

“Racism . . . cannot be rooted out by contest and conflict. It must be supplanted by the establishment of just relationships . . .” –Bahá’í Writings

**T**urning a patch of weeds into a growing garden is a major transformation! You dig deep to pull up every weed. Then you plant new seeds and make sure they get water and sunlight. It’s a lot of work! But in time, your garden bursts with new life.

Our human family is like a garden. Just as different plants and flowers make a garden beautiful, diverse people make our world bloom. But like harmful weeds, racism and injustice block growth.

We want every person to thrive, so we have major changes to make. When we see racist words or actions, we can speak up or talk about it with family and friends. If we spot our own prejudiced thoughts, we can uproot them. We can cooperate with others to help our communities blossom and grow.

Ending racism is a huge task that seems overwhelming. But each of us can make a difference. With love and perseverance, we can help diversity flourish!

**Do you help change take root? Circle your answers, then add up your points.**

1. I try to make friends with people of all backgrounds and help everyone feel welcome in my school and community.  
Often = 3 • Sometimes = 2 • Rarely = 1

2. Using empathy and compassion, I listen to diverse people and different points of view.  
Often = 3 • Sometimes = 2 • Rarely = 1

3. I learn about the experiences of people from different races, religions, and backgrounds.  
Often = 3 • Sometimes = 2 • Rarely = 1

4. I speak up when I see unfairness in my school or community.  
Often = 3 • Sometimes = 2 • Rarely = 1

5. I talk with friends and family about racism and what we can do to help end it.  
Often = 3 • Sometimes = 2 • Rarely = 1



9. I watch out for racist ideas, actions, or characters in movies, books, and media.  
Often = 3 • Sometimes = 2 • Rarely = 1

10. I look at my own attitudes and try to overcome prejudices.  
Often = 3 • Sometimes = 2 • Rarely = 1

11. I make a point to encourage others and tell them what I admire and appreciate about them.  
Often = 3 • Sometimes = 2 • Rarely = 1

6. I focus on changes I have the power to make, even if they’re small.  
Often = 3 • Sometimes = 2 • Rarely = 1

7. I learn new skills and develop virtues I can use to help the world.  
Often = 3 • Sometimes = 2 • Rarely = 1

8. I pray and reflect on the need for unity in diversity so I can stay motivated.  
Often = 3 • Sometimes = 2 • Rarely = 1

12. I get involved in or help create service projects with diverse people.  
Often = 3 • Sometimes = 2 • Rarely = 1



## MY SCORE

**36–28 POINTS** Your change-maker skills are flourishing! You uproot the weeds of racism to help diversity thrive.

**27–20 POINTS** You’re learning how to nurture oneness with diverse people. Choose a tip from the quiz to practice.

**19–12 POINTS** Keep going! To help your garden grow, choose a few ideas from the quiz to strengthen your skills.