

# Freedom Riders and Sit-ins: Nonviolent Resistance

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## Understanding the Courage of the Civil Rights Movement

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Answer the following questions based on what you learned about the Freedom Riders and the sit-in movement.

1. What was the main goal of the Freedom Riders?
  - A. To promote segregation
  - B. To challenge racial segregation
  - C. To create violence
2. Explain how young people showed courage during the Civil Rights Movement. Include specific examples from the lesson.

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3. The sit-in movement involved peaceful protests at segregated lunch counters.

True       False

4. Jesus taught us to love our enemies and pray for those who \_\_\_\_.

5. Why is nonviolence considered a powerful method of protest?

- A. It encourages violence
- B. It promotes hate
- C. It shows strength through calmness

6. What can we learn from the actions of the Freedom Riders and sit-in participants about standing up for what's right?

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7. The Freedom Riders used violent methods to challenge segregation.

True       False

8. According to Romans 12:21, we should not be overcome by evil, but overcome evil with \_\_\_\_.

9. What did protesters do when faced with violence during their demonstrations?

- A. They fought back
- B. They remained calm
- C. They left the protests

10. If you were a Freedom Rider, what would you have done in their situation? Explain your reasoning.

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### Answer Key

1. To challenge racial segregation 2. Young people showed courage by participating in nonviolent protests like the Freedom Rides and sit-ins, even when faced with hostility. They stood up for their rights peacefully, which inspired many others to join the movement. 3. True 4. persecute you 5. It shows strength through calmness 6. We learn that standing up for what's right can be done peacefully. Their actions teach us that love and courage can create change, and that we should respond to conflict without violence. 7. False 8. good 9. They remained calm 10. If I were a Freedom Rider, I would participate in the rides to challenge segregation peacefully. I believe it is important to stand up for justice and show that love and courage are stronger than hate.