

# ACTIVITY BOOKLET



“Not all those on the streets are lost; many are just trying to find a way back”.



*These activities are designed to help groups and individuals think through homelessness and its effects. Remembering that no two cases are alike and everyone is one life-altering event away from being without a home.*

## **ACTIVITY #1 – The REALITY CHECK: Hunger & Homelessness in the Lehigh Valley (Circle True or False for each statement below.)**

1. There are people in the Lehigh Valley who struggle to find a safe place to sleep.  
True / False
  
2. Some individuals experiencing homelessness still go to work or school every day.  
True / False
  
3. Everyone who is homeless lives outside or in a shelter.  
True / False
  
4. Hunger affects families, including children, right here in our local communities.  
True / False
  
5. People who face homelessness just don't try hard enough to change their situation.  
True / False
  
6. Not having a home gives people more freedom and less responsibility.  
True / False
  
7. Most people experiencing homelessness also struggle with addiction.  
True / False
  
8. Hunger and homelessness only happen in large cities, not in smaller towns.  
True / False
  
9. If we built more housing, homelessness would disappear completely.  
True / False
  
10. There's nothing an individual can do to help end hunger or homelessness.  
True / False

*\*answers on page 8*





## ACTIVITY #4 Poverty Quiz

- 1. Which racial or ethnic group has the highest poverty rate in the United States?**
  - a. White, non-Hispanic
  - b. Hispanic/Latino
  - c. Black/African American
  - d. Asian
- 2. True or False?**
  - a. More people in poverty live in suburban and rural areas combined than in cities.
- 3. What percentage of U.S. households spend more than 30% of their income on housing (considered “cost-burdened”)?**
  - a. About 10%
  - b. About 25%
  - c. About 50%
  - d. About 75%
- 4. Which of the following is not a government program aimed at reducing poverty?**
  - a. Temporary Assistance for Needy Families (TANF)
  - b. Social Security
  - c. Medicare
  - d. Federal Housing Assistance
- 5. In the Lehigh Valley, which of the following issues most contributes to local poverty?**
  - a. Lack of access to higher education
  - b. High cost of childcare
  - c. Limited affordable housing
  - d. All of the above
- 6. The minimum wage in Pennsylvania has remained at \$7.25 since what year?**
  - a. 2005
  - b. 2009
  - c. 2012
  - d. 2015
- 7. Which of the following best describes the “working poor”?**
  - a. Individuals who are unemployed and rely on public benefits
  - b. People working full-time but earning wages below the poverty line
  - c. Students working part-time while attending school
  - d. Retired individuals living on fixed incomes
- 8. Which age group is most likely to experience deep poverty (income less than half of the federal poverty line)?**
  - a. Children under 18
  - b. Adults ages 18–64
  - c. Adults over 65
  - d. College students
- 9. Which of the following factors most strongly influences generational poverty?**
  - a. Education access and quality
  - b. Weather patterns
  - c. Number of social media followers
  - d. Size of extended family
- 10. What is one of the biggest barriers to exiting poverty?**
  - a. Limited access to affordable healthcare
  - b. Owning a car
  - c. Saving money in a bank account
  - d. Having a college degree

\*answers on page 9







## \*ANSWERS, Activity #1

1. True

There are individuals and families in the Lehigh Valley who struggle to find safe and stable housing. Homelessness exists in every community.

2. True

Many people experiencing homelessness still work or attend school but cannot afford housing due to low wages or high living costs.

3. False

Not everyone without a home sleeps outside. Some stay in shelters, cars, motels, or temporarily with friends or relatives.

4. True

Hunger and homelessness affect children and families right here in our local neighborhoods.

5. False

Homelessness is not caused by laziness. It often results from complex issues like job loss, health challenges, or lack of affordable housing.

6. False

Living without a home is not freeing. It's stressful, unsafe, and filled with uncertainty.

7. False

Not all individuals experiencing homelessness struggle with addiction. Each person's situation is different, and many factors contribute to homelessness.

8. False

Hunger and homelessness occur in rural, suburban, and urban areas alike, not just in big cities.

9. False

Increasing housing helps, but homelessness is also tied to broader issues like income inequality, healthcare access, and support services.

10. False

There is always something we can do, volunteer, donate, advocate, or show compassion to help those facing hunger or homelessness.

## \*ANSWERS, Activity #4

1. (c) Black/African American  
Black Americans consistently experience the highest poverty rates nationally compared to other groups.
2. True  
Combined, suburban and rural poverty exceeds urban poverty in total numbers.
3. (c) About 50%  
Roughly half of U.S. renters are cost-burdened, spending over 30% of their income on housing.
4. (c) Medicare  
Medicare provides health insurance to seniors and some disabled individuals, not direct poverty assistance.
5. (d) All of the above  
All three—education, childcare, and housing—are key poverty drivers in the Lehigh Valley.
6. (b) 2009  
Pennsylvania's minimum wage has remained at \$7.25/hour since 2009.
7. (b) People working full-time but earning wages below the poverty line  
“Working poor” describes those who work yet still struggle to meet basic needs.
8. (a) Children under 18  
Children are most likely to live in deep poverty compared to adults or seniors.
9. (a) Education access and quality  
Education is one of the strongest predictors of breaking or perpetuating generational poverty.
10. (a) Limited access to affordable healthcare  
Healthcare costs and lack of coverage often prevent people from escaping poverty cycles.



# ONE NIGHT WITHOUT A HOME

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THANK  
YOU!