



César (SAY-zahr) Chávez came from a poor family. When he was still a teenager, he became a migrant farmworker to help his family.

Farmworkers had hard lives. They worked long hours for very little pay. Often workers got sick or hurt because they had to use unsafe chemicals and machines.

As a young man, César wanted to help the farmworkers. In 1962, he helped to start a new group. It became known as the United Farm Workers of America, or UFW. The UFW helped the workers ask for better pay and safer working

conditions.



At that time, César lived in the town of Delano, California. There were farms all around the town. At first, the farm owners there refused to listen to the UFW. So César told all the workers to stop picking the crops. Stopping work in this way is called a **strike**. César hoped the strike would make the owners pay more attention to the workers.

The owners still didn't listen. César took another step. He asked people to stop buying what the farms sold. This is called a **boycott**.

It took five years, but many of the farm owners finally gave in. They agreed to pay the farmworkers more. The owners also promised that they would make the work safer.

César Chávez helped to make Delano a better place for farmworkers. He went on to help farmworkers in many other places around the country. César helped them get better pay and safer ways of working.