



What should I already know?

Strap line

I am aware of personal, social and health needs whilst understanding how to be a good citizen in modern Britain.

Technical vocabulary

Stereotype	<i>Is an assumption about what someone will be like (e.g. their personal qualities or attributes) based on a group they belong to</i>
Prejudice	<i>An unfair and unreasonable opinion or feeling, especially when formed without enough thought or knowledge'</i>
Extremism	<i>The fact of someone having beliefs that most people think are unreasonable and unacceptable.</i>
Extremist	<i>A person who holds extreme political or religious views, especially one who advocates illegal, violent, or other extreme action.</i>

Key learning 1: Sense of belonging

- Belonging is being part of something. This could be a family, class or something bigger like a community.
- To belong can feel like home, you have a voice, an identity or comfortable.
- Surrounded by people who share interests of feelings and can help you feel safe.
- How can we make someone have a sense of belonging? Invite them into our games, conversations, share your interests.
- Network of support – people you know and trust to seek support.
- How can we make a new class member welcome? Show them around, ask them questions, find out their likes and dislikes.

Key learning 2: Personal identity

- What would the world be like if we were all the same? No diversity; like an alien or robot land; dull and uninteresting; no one would have any special talents or skills; everyone would like the same things.
- Some things that contribute to identity: These might be physical things, such as how someone looks (outer) or their blood type (inner); or intangible things, such as talents they share with others (outer) or likes/dislikes (inner).
- Personal qualities such as: kindness, determination, courageous, hard-working can all make up someone's identity. People can demonstrate their identity through what hobbies they do, how they speak, how they look, sharing things they enjoy, their behaviour and being with other people.
- Individuality – although we are all similar, everyone is an individual and people chose to express their individuality in different ways.
- Self-worth plays a key part in someone's identity. Everyone should recognise self-worth everyone is a special person.
- Sometimes people can feel bad for not being the same as everyone else, and sometimes we need reminding how special and individual we all are. If this happens to someone you should talk to a person they trust.
- ChildLine (0800 1111) has trained counsellors who are able to talk to people who have worries or concerns, including about identity, individuality, self-worth and confidence.

Key learning 3: Stereotypes

- Stereotyping can relate to many things, such as gender, age, religion, race, nationality, disability, job, area someone lives.
- Sometimes we make unfair assumptions because we've been influenced by stereotypical thinking.
- Negative messages that stereotyping can sometimes promote (e.g. only boys like football, only girls enjoy playing with dolls).
- Stereotypes effect people because they can be rude or offensive; they're not true of everyone in the group; they might stop people doing what they want to do; people might get bullied for not 'fitting in'; they put people under pressure to behave in certain ways).
- Sometimes we make assumptions about people which are entirely unfair because we have been influenced by stereotypical thinking.
- We can reduce the impact of stereotypes by challenging someone's opinion.

Key learning 4: Extremism

- Things that might influence a persons beliefs: include family members, friends, teachers, celebrities, advertising, television, online content, newspapers, politicians, religious leaders/religious beliefs.
- However, a very small minority of people hold views which are far beyond what most people think of as acceptable, are offensive and not in line with the values the vast majority of people share (in this country often referred to as British values); that expressing such views can be illegal and that sometimes people use manipulation, persuasion, or violence to try to influence others to take on their views.
- Explain that there may be times in people's lives when they feel lonely, excluded, or unhappy, or they might feel a bit uncertain about the way their life is going or unsure about what to do next. In turn, this might then make them more open to being influenced in a negative way by someone else's views or opinions.
- To combat this influence you could: stop hanging around with the group, talk to a trusted adult, go to a different place, speak to a teacher, talk to a friend or ring the police.
- Adopting prejudiced or extreme views about people or situations will not help and can be dangerous.