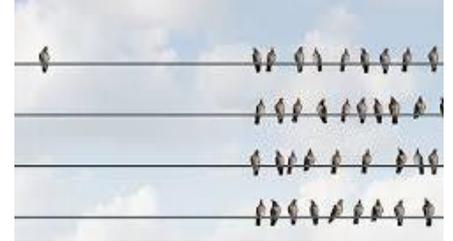


Question: What is PSHE?

PSHE stands for **Personal, Social, Emotional and Economics**. In this subject you will learn the knowledge and skills needed to manage your lives, now and in the future. PSHE will help you to stay healthy, safe and will prepare you for life and work.

Discrimination - The bigger picture:

This term in PSHE the topic you will be learning about is Discrimination. You will learn about discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia.

**What might be the reasons why people discriminate against others?**

There are reasons why someone might discriminate against another person. This could include fear of the unknown or perhaps their upbringing. However this does not mean it is acceptable. Recognising and appreciating each individual important.

Key words & Definitions

Discrimination: the unjust treatment of different categories of people, especially on the grounds of race, age, or sex.

Self-esteem: confidence in one's own worth or abilities; self-respect.

LGBT+: the acronym for lesbian, gay, bisexual and/or trans. + is used as a way of including all other sexual, gender and romantic diversities who may or may not identify as lesbian, gay, bisexual &/or trans.

Racism: harmful or unfair things that people say, do, or think based on the belief that their own race makes them more intelligent, good, moral, etc. than people of other races.

Religious discrimination: is treating a person or group differently because of the particular beliefs which they hold about a religion.

Disability: a physical or mental condition that limits a person's movements, senses, or activities.

Sexism: prejudice, stereotyping, or discrimination, typically against women, on the basis of sex.

Homophobia: encompasses a range of negative attitudes and feelings toward homosexuality or people who are identified or perceived as being lesbian, gay, bisexual or transgender.

Biphobia: dislike of or prejudice against bisexual people.

Transphobia: dislike of or prejudice against transsexual or transgender people.

Group think: the practice of thinking or making decisions as a group, resulting typically in unchallenged, poor-quality decision-making.

Racism

Racism can be most simply understood as someone behaving differently towards another person based on the colour of their skin or their culture.

Some people are picked on because they look different or speak a different language. Some people wear certain styles of clothing because of their religion and may get bullied because of this.

The UK is full of people who follow lots of different faiths and religions.

Most of the time they all get along and people are free to live the way they want to.

However, some groups are targeted because of their beliefs, and because of events that people blame them for - even if this is incorrect.

For example, **Islamophobia** is when **Muslims** are the victims of attack just because of their religion.

What do we mean to be empathetic?

If you are empathetic, you are able to understand and share the feelings of others.

Why is empathy important?

Why Anti-Racist?

A clear distinction has been made about being 'anti-racist'.

Anti-Racism includes beliefs, actions, movements and policies adopted to oppose racism. Put simply; it is important that we all understand what is right and wrong and make every effort to **do** something about it.

This does not mean you have to protest or make statements on social media. Simply educating yourself and others, raising awareness or correcting people who use racist terms is a start.

It is not enough to non-racist, we must be anti-racist.

-Angela Davis

You may remember this year hearing of 'Black Lives Matter' on social media and/or the news.

Black Lives Matter is an international activist group. They are working to end violence and racism towards black people and raising awareness on what we can do to help make society anti-racist.

People are supporting the movement through taking part in peaceful protests, donating to fundraisers, signing petitions, reading up on anti-racism, and raising awareness on social media.



It is a crime to be racist to someone in the United Kingdom. According to UK law, a person is committing a 'hate crime' if they direct hostile behaviour at someone based on that person's race and they can face criminal charges.

In 2019, there were almost 80,000 hate crimes in the UK. That's 10% more than the year before.

It can be really damaging to persons wellbeing when experiencing racism. Racism is known to cause feelings of sadness, anger and depression.

Useful terms:

Ethnic minority: a group within a community which has different national or cultural traditions from the main population.

BAME: this stands for Black, Asian and minority ethnic and is used to refer to members of non-white communities in the UK.

Gender Identity

Useful terms:

Gender Identity: a person's internal, self-perception of their own gender.

Gender Fluid: refers to a person who does not identify with a fixed gender.



Here are some key facts about Gender Identity:

- Gender is assigned at birth, depending on biological characteristics. However, some people do not feel that they identify with their biological gender.
- Trans is an umbrella term used to describe how someone may identify in terms of their gender.
- Being Trans is not a choice. The gender that someone feels that they are inside does not always match their body and this is very real.
- Some people identify as being more than one gender and move between them. This is called being 'gender fluid'.
- Some trans people do go through extensive, and painful, surgery to change their bodies to reflect the gender in which they identify. However, many trans people choose not to do this and instead choose to present themselves in their identified gender in other, non-permanent ways, such as clothing, hairstyles,

Unfortunately, sometimes pupils who don't conform to gender stereotypes experience homophobic, biphobic and transphobic language, simply because they like activities or dress in ways that don't fit with others' views about 'what boys are like' or 'what girls are like'.

Homophobic language includes language, jokes or 'banter' that is negative or disrespectful, or continues stereotypes about, lesbian or gay people.

Phrases like '**that's so gay**' or '**you're so gay**' is the most common form of homophobic language. 99% of lesbian, gay and bisexual young people report hearing the casual use of these phrases in school.

These comments are sometimes directed towards people who actually, or perceived to be, lesbian or gay.

However, they are most often used to mean that something is bad or 'rubbish', with no conscious link to sexual orientation at all, for example 'those trainers are so gay' (to mean uncool) or 'stop being so gay' (to mean stop being so annoying).

SELF-ESTEEM

84% of lesbian, gay and bisexual young people say they are distressed to hear the word 'gay' used in an offensive way. Hearing or experiencing any hurtful language, including about a person's sexual orientation or gender identity, can make pupils feel negatively about, or less able to be, themselves.

BULLYING

The presence of homophobic, biphobic and transphobic language is strongly linked to bullying. Homophobic, biphobic and transphobic bullying can have serious consequences and lead pupils experience mental health problems.

