

PERSONAL SOCIAL HEALTH ECONOMIC EDUCATION

PERSONAL WELL-BEING – SEX AND RELATIONSHIP EDUCATION

YEAR 7 LESSON 3 TITLE Diversity

KEY CONCEPTS

- ◆ Appreciating that there are similarities as well as differences across our communities – between people of different race, religion, culture, ability or disability, gender, age or sexual orientation
- ◆ Understanding that all forms of prejudice and discrimination must be challenged at every level in our lives

KEY PROCESSES

- ◆ Reflect on feelings and identify positive ways of understanding, managing and expressing strong emotions and challenging behaviour
- ◆ Identify how managing feelings and emotions effectively supports decision-making and risk management
- ◆ Value differences between people and demonstrate empathy and a willingness to learn about people different from themselves
- ◆ Challenge prejudice and discrimination assertively

CONTENT

- ◆ Understand the different types of relationships – including those within families and between older and young people, boys and girls, and people of the same sex, including civil partnerships
- ◆ Recognise the similarities, differences and diversity among people of different race, culture, ability, disability, gender, age and sexual orientation and the impact of prejudice, bullying, discrimination and racism on individuals and communities

LEARNING OUTCOMES

by the end of the lesson, pupils will be able to:

- ◆ Understand the differences, similarities and feelings brought about by our different identities
- ◆ Understand some gender differences and stereotypes
- ◆ Understand terms used to describe different sexual identities

RESOURCES

- 'Feelings' and 'Situations' cards
- Post-its
- Large sheets of paper
- 'Keywords' and 'Definitions' cards
- Male and female images from the Internet

LESSON PLAN

Activity 1 – Different Feelings, Feeling Different

Timing

15 mins. approx

Resources

'Feelings' and 'Situations' cards

Highlight the need for everyone to **recognise** how they are feeling in order to be able to better **manage** their feelings. Also emphasise that different situations provoke different feelings for each individual.

- ❖ In small groups, ask pupils to match up the different situations with different feelings – firstly for females, and then for males
- ❖ Bring the results together as a class, and stress how individual feelings can be. Are there any situations in which most of our feelings are likely to be the same?

Activity 2 – Male/Female Differences

Timing

10 mins. approx

Resources

Post-its; Large sheets of paper; Male and female images from the Internet

Divide the class into groups and give them a large sheet with 'Men/Women/Neither' written across the top

- ❖ Show some images of men and women from the Internet if desired – ideally some which conform to stereotypes and others which challenge them
- ❖ Ask pupils to write down what is 'okay' for each gender under the relevant columns, e.g. clothes, jobs, sports, emotions you can show, domestic tasks, childcare responsibilities, asking people out etc.
- ❖ Ask the whole class: How might men and women feel who don't fit into the stereotype? How might other people treat them? Have roles changed over time? How might they change in the future?

Activity 3 – Different Sexualities

Timing

15 mins. approx

Resources

'Keywords' and 'Definitions' cards

- ❖ Copy and cut out the 'Keywords' and 'Definitions' cards, then mix them together.
- ❖ In small groups, get the pupils to match the keyword cards with the definitions which they think best fit.
- ❖ Discuss as a class any questions and/or issues raised

Anxiety

Fear

Depression

Joy

Pride

Satisfaction

Hate

Anger

Grief

Love

Pity

Jealousy

Shyness

Boredom

Frustration

Sadness

Embarrassment

Happiness

Loneliness

Determination

Confusion

Stress

Passion

Resentment

Physical pain

Irritated

Excitement

Sleep

Birth of a child

First day at school

**Someone
fancying you**

Losing your job

Becoming homeless

A pet dying

Asking someone out

Being in love

First date

First sex

**Speaking in a
school assembly**

Winning a prize

Having a fight

**Moving to a new
town**

Parents separating

Failing an exam

Taking an exam

Passing an exam

**A friend ignoring
you**

Being bullied

**Being popular
at school**

Bungee jumping

Being caught lying

**Being told off by
parents**

**Being in a sex
education class.**

**Other people being
scared of you**

KEYWORDS

**A.
Celibacy**

**B.
Heterosexual**

**C.
Homosexual**

**D.
Gay Man**

**E.
Transvestite**

**F.
Lesbian**

**G.
Bisexual**

**H.
Monogamy**

**I.
Affair**

**J.
Transsexual**

DEFINITIONS

1. When a person does not have sexual relationships with other people

2. A person who is attracted to and has sexual relationships with people of the opposite sex (a man with a woman OR a woman with a man)

3. A person who is attracted to and has sexual relationships with people of the same sex (a man with a man OR a woman with a woman)

4. A man who is attracted to and has sexual relationships with men

5. A person who likes wearing the clothes of the opposite sex

6. A woman who is attracted to and has sexual relationships with women

7. A person who is attracted to and has sexual relationships with both men and women

8. When a person has a sexual relationship with one partner and does not have a sexual relationship with anyone else

9. When a person who has a sexual relationship with a partner also has a sexual relationship with someone else

10. A person who feels very strongly that they were born with the body of one sex and the mind of the other (for example, a man may have a male body but think and feel like a woman)

