

A SchoolBeat Educational Resource

BOOK
5

RESPECTING ME: RESPECTING YOU

KS3
YEAR
7/8



SchoolBeat.cymru



How to use this Activity book.

This booklet is packed with activities that explore some important topics about living well together and flourishing in community.

To help you understand the topics in this activity book, you will find that some words are underlined and have a red star symbol next to them. 

Whenever you see the red star symbol you can look up the meaning of this word in the **word glossary** at the back of the booklet.



It's all about Respect *

Respect is an important aspect of getting on with others. In this activity book you will have the opportunity to think about ways in which we can be respectful of others. Let's think about what it means to have RESPECT.

Responsibility – We all have a responsibility to be respectful to ourselves and others.

Empathy – We should all think about what it feels like to be in someone else's place.

Safe – We should all feel safe at home and wherever we go.

Positive – We should all be helped to feel positive about ourselves.

Engage – We should all be included and no one should be left out.

Courage – We all need courage to not join in, when others are not being respectful.

Tell – We should always tell a trusted adult if we, or someone else is being disrespected.

What does it mean to you to be respected? Finish the sentence below.

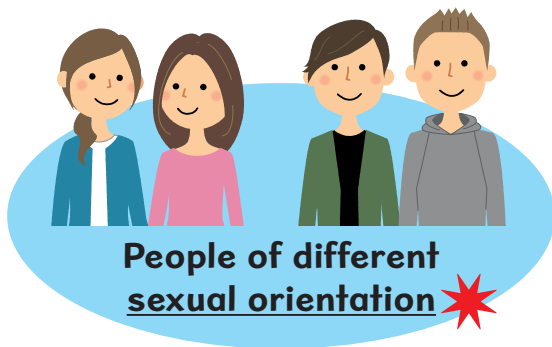
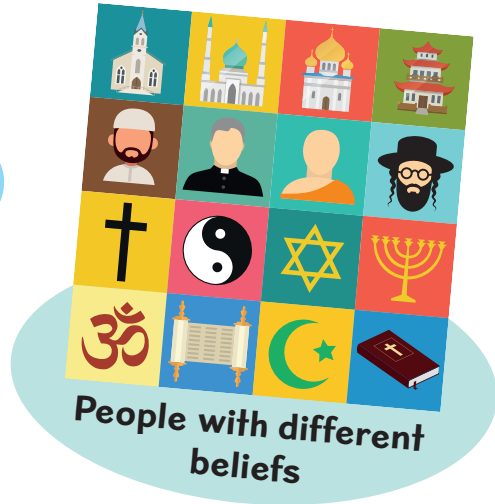
I feel respected when _____

Circle all the words below which are ways in which you can show respect.

Being rude about someone behind their back Listening well
Including someone Being patient Interrupting someone talking
Posting insults online with someone Disagreeing politely
Making fun of someone Not listening to another's opinion
Showing understanding about how someone feels Taking turns to speak

My school Community

Circle the pictures or words below to identify how many different people are part of your school community.



Similar and unique!

Consider the things that make you similar to your friends and the things that make you unique.

Think about your language, interests, achievements, appearance, background, where you live, hobbies etc.

↙ Me ↘

Unique

Similar

Five empty rounded rectangular boxes for writing unique traits, set against a pink background.

Five empty rounded rectangular boxes for writing similar traits, set against a blue background.

When **fairness** is not for all

In the table below put a tick in the box to describe how likely a person would be to be treated unfairly, based on the influencing factors 1-14.

	Influencing factor	Unlikely	Likely	Very likely
1	Clothing			
2	Gender			
3	Skin colour			
4	Weight			
5	Disability			
6	Sexual orientation			
7	Transgender			
8	Religion			
9	Wearing glasses			
10	Working hard in school			
11	Crooked teeth			
12	Suffering from a mental health disorder			
13	Age			
14	Cultural heritage			
15	Accent			

Gareth's Dilemma

We are all similar to one another and unique! We call this diversity. It is unfair when someone is treated differently because of something that makes them uniquely them. This kind of unfair treatment is called discrimination. ✨

Read Gareth's story and write your thoughts down on the following page.



Gareth is 14 and lives with his disabled father and older sister. His dad was in a car accident that resulted in him having a brain injury.

Gareth's dad can no longer walk unaided, has difficulty with speech and suffers from epilepsy.

Along with his sister, Gareth spends a lot of his time looking after his dad. Although his dad is happy for Gareth's friends to come to the house to hang out, they often make excuses why they can't come around and Gareth is becoming increasingly lonely and left out of their activities.

When he confronted one of his friends about this, she said that many of his group were 'freaked out' by his dad and didn't want to hang out with Gareth anymore.

They have also written a disrespectful post about his dad's disability on social media.



Gareth's story

Having reflected on Gareth's story, answer the questions below. Write your answers in the empty boxes.

1. What happened in the story?

4. What would you advise the main character's in the story to do?

2. Who was affected by the friends' actions in the story?

5. Who could help Gareth?

3. How would the affected person/persons be feeling?

6. Can you think of a positive ending for this story?

In someone else's shoes

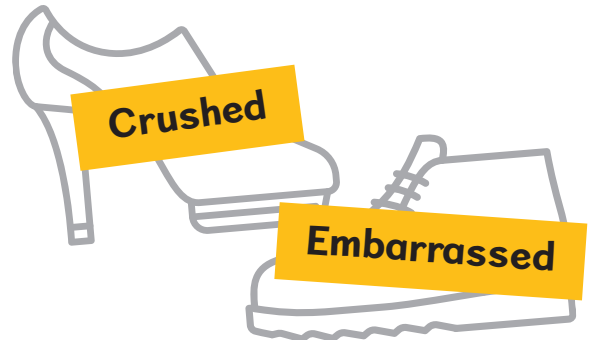
Below are an account of 3 different people's experiences of discrimination. Draw a line between the account and the emotions each character may have felt.

Tanya has been looking forwards to going to her prom. All her classmates have been talking about what they are wearing and who they are going with. She has bought her dress and is planning to go with her best friend Emily in a hired limo, along with some other friends.

Emily mentioned to the others that Tanya would like to come with them all in the car, but they protested that there would not be enough room if she came. Tanya did not get to ride in a limo with the others despite there being room. She had to arrive alone in her dad's car.

15 year old **Kayleigh** and her twin sister were waiting for a lift on the 2nd floor of their local shopping centre. When the lift doors opened she was about to get in when the 3 people inside stopped her and said wait for the next one. One of the young men insulted her racial appearance and the others laughed as the doors closed.

13 year old **Ravi** has just started at a new school. He moved to Wales from London to live closer to his extended family. Ravi is a Hindu. He has made friends with a few of the boys in his class. One of his friends Rhys, was having a 14th birthday party in a local community centre. Everyone had received an invitation except Ravi. When he asked Rhys why he wasn't invited, Rhys awkwardly told him his Dad was not religious and wouldn't have anything to do with anyone who was.



Why no respect?

Can you suggest the reasons why each of the young people were treated unfairly and discriminated against in the stories?

Tanya



A large, empty rectangular box with a dashed border, intended for writing an answer.



Kayleigh

A large, empty rectangular box with a dashed border, intended for writing an answer.

Ravi



A large, empty rectangular box with a dashed border, intended for writing an answer.

What could we do to help?

Imagine you are Tanya's best friend, Emily. Decide what you could do help Tanya to have a better experience at the Prom. Circle the action/s you would take, and/or suggest something different.



1. Talk to the others about how unfair their comments are and speak to a trusted adult who can help with the situation.
2. Choose to go to the Prom with your best friend, even if this means you go in a different car with her.

I would...

Imagine you are Kayleigh's friend and she has just told you about her experience in the shopping centre. Decide what you could do to support Kayleigh. Circle the actions you would take, and suggest something different.



1. Talk to a trusted adult who can help support Kayleigh with the situation.
2. Report the hate incident to 101 (non-emergency police number) or on the Fearless app. (You wouldn't have to give your name).

I would...

Imagine you are one of Ravi's friends and he has just told you that he is not able to attend the party because Rhys's dad doesn't want him there, because of his religious belief. Decide what you could do to support Ravi. Circle the actions you would take, and suggest something different.



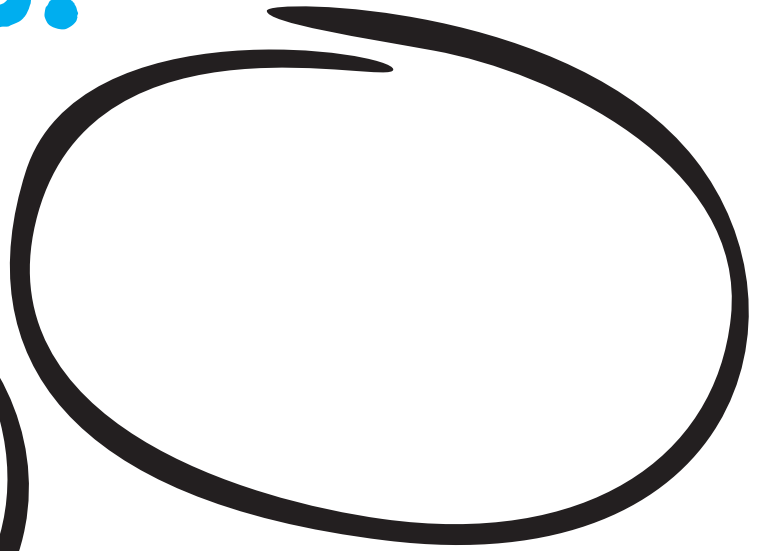
1. Talk to a trusted adult who can help support Ravi with the situation.
2. Tell Ravi that you personally are not comfortable with the decision Rhys's dad made and arrange for you and your friends to do something on another occasion together, to help Ravi feel included.

I would...

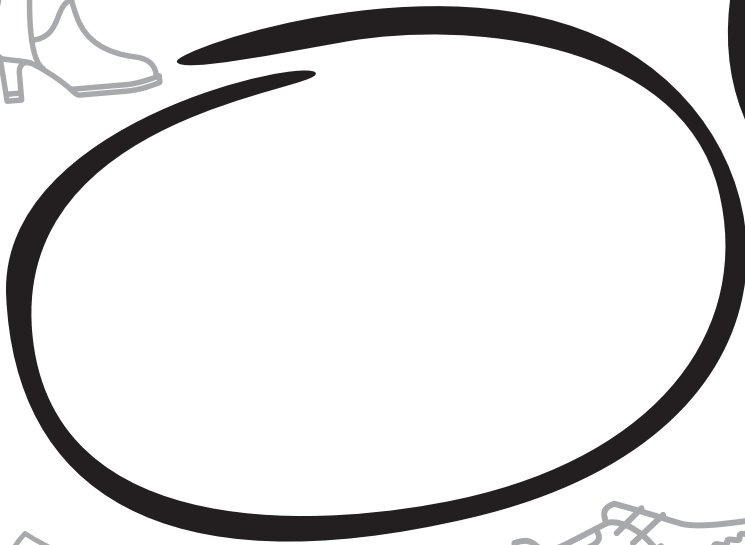
What it's like to be in my shoes!



Things I find challenging!



Things that are working well for me are...



When something goes wrong I can go to...



I often feel...



At the end of this activity book you will find a number of useful helplines, if you feel that you could benefit from some help or support.

Opinion finder...

Read the following statements and indicate on the line with a cross, how much you agree or disagree with each statement.

Agree

Disagree



Eg. Everyone should be treated with respect.



1. Everyone has the right to flourish  in life whatever their difference.



2. All people should be treated fairly regardless of their differences.



3. It really matters if your friends are different from you.



4. Different types of people make communities more interesting.



5. We all have a responsibility to help keep one another safe from hate crime .





The tricky bit!

The Law and discrimination

According to the Equality Act 2010, protected characteristics are aspects of a person's identity that make them who they are. We have laws to protect people against discrimination.



Treating people unfairly  based on any of these protected characteristics  is not allowed in schools or work places.

If someone is harmed or hurt because of these characteristics then it would be considered a hate crime. An example of a hate crime might be an assault, theft, harassment, criminal damage and even murder. It is already a crime to do any of these things, however, to do it because of the person's protected characteristic makes it a hate crime.

Circle the words below that would be examples of a hate crime.

Breaking someone's ruler

Making fun of someone's shoes

Texting a racial insult

Calling a gay person a bad name

Pushing someone because they wear a hijab

Knocking an elderly man's hat to the ground because he's older

Insulting someone's dress sense

Spitting at a transgender person

Posting online a hurtful comment about someone's learning difficulty

Discriminatory behaviour: Thinking about our thinking!

Behaviour is the result of our thinking or lack of thinking! If we choose to treat someone in a disrespectful way because of their difference, it means we are being discriminatory in our behaviour. If we examine how we think about that difference, we may discover that we are thinking negatively about someone just because of their difference. This is **prejudice** ✨. Pre-judging someone negatively, either because we do not understand them, or think that what makes them different means they should be treated less fairly.

Can you spot any prejudice in the thought bubbles below?

Gus

They shouldn't let girls play cricket. It's a boy's game. Girls would just spoil the game.

Sophie

I don't like Cerys because she is always so mean to me. I'm not going to invite her to my party.

Owain

I don't like having to sit next to Kaz because he's a foreigner!

Molly

I think it's best to hang out only with people who look like you!

Brandon

I don't want to lend my ruler to Jack because I think he's gay!

Lottie

I wish Karla wouldn't hang out with us at break times, I don't know why she has to wear one of those hijabs!

Rochelle

Amy's boyfriend Leo is going to spoil the party, he's bound to be boring, because he's religious.

Amir

Robbie is just useless in goals. I hope I am not in his team on Friday.

Anya

I thought Jay was really hot when he first sent me a friendship request. I changed my mind when I realised he was in a wheelchair.

Rhys

Max is such a big head, he thinks he's better than me at everything.

Thinking about our thinking!



Refer back to the thinking bubbles overleaf. Complete the table below by putting a tick in the right box and say why you think this.

Name of thinker	This thinking is prejudice ✓	This thinking is not prejudice ✓	Because
Gus			
Owain			
Molly			
Sophie			
Brandon			
Lottie			
Amir			
Rochelle			
Anya			
Rhys			

Choose two people from the table and suggest how they could be helped to think differently.

1. _____

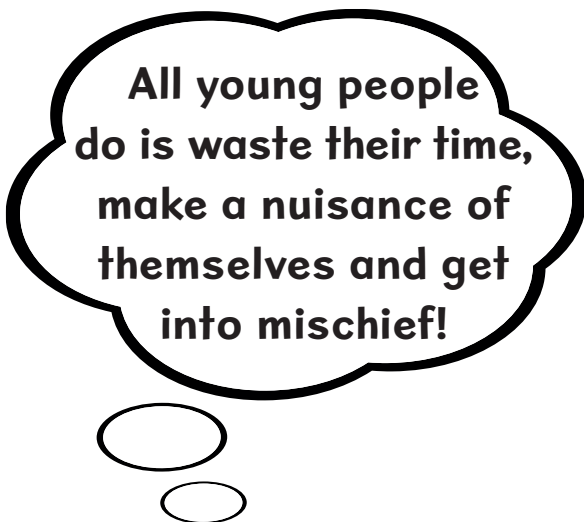
2. _____

Taking action

Challenging others when they express thoughts that show prejudice is not easy. It takes courage. Sometimes these thoughts show that someone is not well informed about the facts and that they may have learned something very incorrect from somewhere.

Sometimes people learn wrong ways of thinking about others from other people around them, on social media or from the Internet.

Complete the sentences in the diagram. You could use some of the words in the box below to help you.



This thinking is...

Positive action you could take in response to this might be...

The person may think like this because...

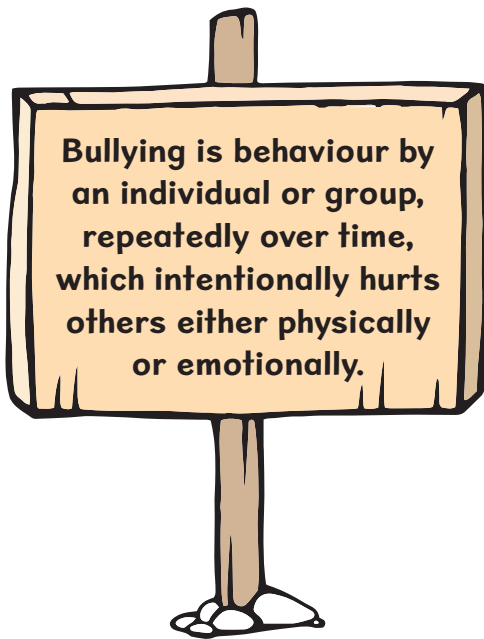
This attitude could cause harm because...

Expressing these thoughts would make a young person feel...


ageism	biased	discrimination	disrespectful	fairness	fake news
harmful	hurtful	inequality	media	phobia	prejudice
report	social-media	stereotyping	unfair	untrustworthy	

See word glossary at the back for meanings of all the words in table above.

Bullied because of being different?



Sometimes people are targeted with bullying behaviours because they are **different**. If this happens to us or someone we know, we can **do something about it**.

There are people and organisations who can help us. We can even report hate crimes **anonymously**  (Not having to say who we are).

It is very important to **TELL** someone and report this kind of behaviour when it happens.

The person doing the bullying will most likely need help to stop the behaviour. The **target of the bullying has the right to feel and be safe!**

Always talk to a trusted adult about any bullying behaviours.



www.fearless.org

This is a bilingual website and app for young people to report crime, anonymously.



www.meiccymru.org

Meic is the bilingual helpline service for children and young people up to the age of 25 in Wales.



<http://eyst.org.uk>

Ethnic Minorities & Youth Support Team supports young BME people aged 11-25 by providing a targeted, culturally sensitive and holistic support service to meet their needs.



www.childline.org.uk

24 hour helpline for children in the UK.



www.stonewallcymru.org.uk

Information and support for LGBT communities and their allies. Contact Stonewall's Information Service FREEPHONE 0800 0502020 Lines are open 9:30 - 4:30 Monday to Friday.



Glossary of Words used in this activity book

Ageism	Prejudice or discrimination against a particular age-group.
Anonymously	Doing something without having to say who you are, not giving your name.
Biased	Prejudice for or against one person or group, especially in a way considered to be unfair.
Discrimination	Unfair treatment of a particular person or group of people
Discriminatory	Treating a person or group unfairly and differently from others, usually treating them worse than other people.
Disability	Any condition that makes it more difficult for a person to do certain activities or interact with the world around them than others.
Disrespectful	Showing no respect in the way that you speak or behave towards someone.
Empathy	Having an awareness of the feelings and emotions of other people, even if you aren't directly affected by whatever is happening to them.
Engage	Become involved in something.
Equality	Having the same rights and opportunities as others.
Fairness	Treating people equally or in a way that is right or reasonable.
Fake news	False stories that are deliberately published online, in order to make people believe something untrue.
Harmful	Likely to be damaging.
Hate crime	A hate crime is when someone commits a crime against you because of your disability, gender identity, race, sexual orientation, religion, or any other difference like age.
Homophobia	The fear or hatred of gay people.
Inequality	The difference in social status, wealth, or opportunity between people or groups.
Media	The communication channels through which news, music, movies, education, promotional messages and other data is spread to a large number of people.
Phobia	A strong fear or dislike of something.
Prejudice	An unfair and unreasonable opinion or feeling formed without enough thought or knowledge.
Protected characteristic	This is a personal characteristic, such as age, sexual orientation or religion, which is protected by Law.
Racism	Someone behaving differently to another person based on the colour of their skin or culture.
Report	To give a written or spoken description of something to another.
Respect	Treating another in a way that shows you accept them or that you care about their feelings and their well-being.
Responsibility	Having a duty to do something.
Sexism	Someone behaving differently to another person based on their sex.
Sexual orientation	The emotional, romantic, or sexual attraction that a person feels toward another person. This attraction may be to the same sex, opposite sex or both sexes.
Social-media	Is a term for the online platforms that people use to connect with others, share media content, and form social networks.
Stereotyping	Often an unfair and an untrue view or idea about all members of a particular group.
Transgender	Means that a person may change on the outside to match how they feel on the inside. For example from male to female or female to male.
Unfair	Treating people in a way that is not right and which may mean showing them less favour than another.
Untrustworthy	Not reliable.

**More downloadable resources
are available on our website too!**



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