

**What should I already know?**

- Develop my friendship skills
- Understand that friendships can change and end
- How to manage change
- Deal with loss in a positive and manageable way
- Deal with bereavement in a positive and manageable way
- Know where my sources of support are


What will I know by the end of the unit?

- Understand what respectful relationships are, including online
- Know how to have a conflict resolution with someone
- Recognise equality, diversity
- Tackle and challenge prejudice-based bullying and discrimination, including online


Vocabulary

Peer Pressure	Being influenced by people of the same or similar age
Cyberbullying	The use of electronic communication to bully a person, normally by sending messages which intimidate or threaten the person
Bystander	A person who sees an events happen but does not take part
Conform	Follows the rules or behaves in an acceptable way
Discrimination	Unjust treatment of different types of people, e.g. race, age, gender
Blackmail	A criminal offence to demand payment in some way from someone in return for not revealing something they have done
Sexual Orientation	A person's sexual identity and the gender that they are attracted to
Harassment	Aggressive pressure or intimidating someone
Inclusion	Including everyone within a group
Equality	Being equal in status, rights or opportunities



Peer Pressure	Gender
<p>Peer pressure is usually when people the same age as you say or do something to you that makes you feel like you must do or say that thing too.</p> <p>Negative Peer Pressure This type of peer pressure can make us do things we don't want to do or that may not be safe.</p> <p>Positive Peer Pressure Sometimes people the same age as you, friends, classmates or teammates will encourage you to do things that are good they may help you with an activity or help boost your confidence by encouraging you to take part.</p>	<p>Gender</p> <p>Gender is a complex topic! We often see inappropriate and outdated ideas about gender in the world around us (see top right). It is important to understand the key terms below.</p> <p><u>Biological sex</u>: the gender that someone is born with. Female - XX chromosomes, has a vagina and ovaries. Male - XY chromosomes, has a penis and testes.</p> <p><u>Gender identity</u>: how a person feels about themselves in their head (if they feel they are a boy or girl).</p> <p><u>Gender expression</u>: how a person shows their gender by the way they act, behave, dress etc.</p> <p><u>Sexual orientation</u>: who someone is attracted to, physically and emotionally attracted, e.g. a person of the opposite sex, a person of the same sex, or both (bisexual).</p> 

Prejudice and Gender Stereotypes

Prejudice	Gender Stereotypes
<p>Prejudice</p> <p>Prejudice is strongly linked to stereotyping.</p> <p>"The term <u>prejudice</u> means 'pre-judgment.' A person is prejudiced when s/he has formed an attitude towards a particular group of people before having enough information on which to form a knowledgeable opinion. A negative prejudice is when the attitude is hostile towards members of the group."</p> <p>-People may hold <u>negative prejudices</u> towards those of other religions, ages, cultures, races, genders or sexualities. Often, different forms of media (e.g. what they see on social media/ TV or what they read in newspapers/ magazines/ websites) can stoke peoples' negative prejudices.</p> <p>It is important to differentiate between what are facts, opinions (or in some cases, what are lies altogether!) It is also important to get to know each person as an individual.</p>	<p>Gender Stereotypes</p> <p><u>A stereotype is an often unfair and untrue belief that many people have about all people or things with a particular characteristic.</u></p> <p>For example, some people may stereotype that girls wear pink, that boys shouldn't cry, that teenagers are troublesome, or that all gay men act like females.</p> <p><u>Stereotypes are not based on fact</u>: they are based on assumptions & prejudice (pre-judging people). Therefore, <u>stereotypes can be dangerous.</u></p> <p>Stereotypes about gender are still common. There are beliefs that girls and boys should act in a certain way (for example. 'boys should be active and play sports like football, and girls should play with dolls'). We should recognise that such stereotypes are not correct, and that both boys and girls are free to explore the things that interest them as an individual.</p> 

Lesson Overview

- Lesson 1: to learn about friendships and how to deal with some of the challenges that can arise
- Lesson 2: to understand what peer pressure is and the role of a bystander
- Lesson 3: to learn about the meaning and impact of bullying and cyberbullying
- Lesson 4 & 5: to clarify the issues around gender identity and sexual orientation discrimination
- Lesson 6: to explain what HBT bullying is and the effects this can have on people
- Lesson 7: to know ways to challenge disablist bullying, prejudice and discrimination as individuals, as a community and within society