PSHE Respecting ourselves and others PSHE Knowledge Organiser

Respect

Respecting difference is key. We are all different and this makes our school, country and world the wonderful place it is. Respecting others means appreciating differences, valuing and enjoying them. It does not necessarily mean we have to agree, but we recognise and celebrate the ways we are different.

Differences can be recognised in many ways; the country you were born in, or where your family originated from, the beliefs you have, your gender, gender choices, relationship choices, age and disability.

Discrimination

Discrimination is treating people unfairly. It is unfair for us to treat others differently or unfairly. We should all work together to challenge discrimination of any sort. Discrimination can happen anywhere; including in the classroom. It may be that we 'expect' boys to be noisy and girls to be quiet. This always needs to be challenged.

We all need to know how to challenge discrimination.

Key Vocabulary

bullying	The repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. Bullying can be physical, verbal or psychological. It can happen face-to-face or online.
discrimination	Treating someone unfairly.
diversity	Embracing differences and including people from all walks of life.
harassment	When a person annoys or upsets someone else, usually repetitively. It's done on purpose and makes the target feel scared, worried or sick from fear.
protected characteristics	Parts of a person's character that are protected by the Equality Act. This means you cannot be treated unfairly because of your age, disability gender, gender choices, relationship choices,, pregnancy and maternity, race, religion or belief.
racism	When people are treated unfairly because of their skin colour or background.
Role model	A person who serves as an example by influencing others
Trolling	The sending of menacing or upsetting messages on social networks, chat rooms, or online games

Strategies to challenge others assertively

- Be assertive - state what you don't like about what you have seen and what you would like that person to do about it.
- Speak up - if you see or hear others experiencing discrimination, or experience it yourself talk to someone. This could be a friend or a trusted adult.
- There are lots of places online to access help too.