



PSHE Knowledge Organiser

Year Group: 8

Topic: Discrimination

Half Term: Spring One

Further sources of information and advice.

Young Minds:

https://youngminds.org.uk/find-help/looking-after-yourself/believe-in-yourself/?gclid=EAIaIQobChMIkpjC3omj7QIVZSF7ChOFFwVQEAAyASAAEgIhPfd_BwE

The Young Minds website has a detailed section about self worth and self esteem.



Childline:

0800 1111

<https://www.childline.org.uk/>

Childline offers non-judgmental help and support with a range of issues.

The Prince's Trust:

<https://www.princes-trust.org.uk/help-for-young-people/who-else/housing-health-wellbeing/wellbeing/sexual-ity>

The Prince's Trust offers information on a range of LBBT+ resources.

Stonewall

<https://www.youngstonewall.org.uk/>

Stonewall can signpost you to a range of LGBT+ support. .

What we see in the media, through magazines, films, TV adverts etc. can affect our perception of how people "should" look. Often diverse body types are ignored in favour of a particular body type, which can affect our self esteem and make us think that this is how everybody should look. This is not the case, and bodies come in a range of sizes and shapes and with many different characteristics. It is also important to remember that our appearance is only one small part of us, and that our identity is formed through our personality, interests, experiences and relationships as well.

Our self worth is how we value ourselves and how we feel about ourselves. Sometimes using social media can have an impact on our self worth and self esteem. This is because we are regularly exposed to images of people looking "perfect" (often because images have been edited) or posts detailing "perfect" lives. It is really important to remember that what we see on social media has been carefully selected to show a particular view of that person's life - the negative parts rarely make it on to social media! We shouldn't compare our lives to the snapshots we see of other people's on social media.



The sex of a person is physical, it is determined by how our body is made. Our gender is different to this, it is psychological and social. Cisgender means that the sex a person was assigned at birth is the same as their gender. Transgender is an umbrella term which describes all the ways of not belonging to the gender you were assigned at birth, so it can mean different things to different people. Non-binary is an umbrella term which describes a gender identity which is not simply "man" or "woman". The definition of transphobia is "dislike of or prejudice against transgender people." Unfortunately, transphobia is experienced by many people in the UK. According to Stonewall, 64% of trans pupils were bullied for being trans, and a trans woman from the UK was even granted refugee status in New Zealand as an asylum seeker, due to the abuse she experienced in Britain.



LGBT+ stands for lesbian, gay, bisexual, transgender and other identities. Unfortunately, members of the LGBT + community sometimes experience HBT bullying - this means Homophobic, biphobic and transphobic bullying. HBT bullying is not always calling people names, it can also be using terms like "gay" inappropriately, for example to describe something in a negative way. A definition of racism is "something someone does or says that offends someone else in connection with their skin colour, background, culture, religion, nationality or immigration status."

