

# RESPECTING OURSELVES & OTHERS

PSHE / YEAR 7 / BLOCK 3

## Block Overview

This block of lessons focuses on the theme of respect in relationships with friends and peers. Young people will learn about making and maintaining positive friendships and how to handle relationship challenges and changes. Students will learn about and be encouraged to challenge stereotypes.

### Lesson 1

## Gender Stereotypes

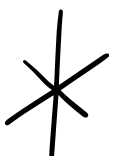
### Learning Intentions

Students will learn the meaning of a stereotype, and how this applies to gender. Students will be encouraged to consider how gender stereotypes are developed, their potential impact on individuals/societies, and reflect on examples of people who challenge these ideas.

### Success Criteria

*By the end of the lesson, students will be able to:*

- understand that how they look, how they behave, or their aspirations should not be limited by stereotypes, their sex or expectations of what boys and girls should do
- give examples of, and challenge, stereotypes
- show respect for others and understand and accept diversity amongst their peers



## Lesson 2

# Exploring Gender

### Learning Intentions

Students will learn about the difference between biological sex and gender, and be encouraged to think about the variations in the expressions of both. Students will learn that while people may have different beliefs or opinions, it is important to treat everybody with respect and kindness

### Success Criteria

*By the end of the lesson, students will be able to:*

- Distinguish between sex and gender
- Give examples of, and challenge, stereotypes
- Show respect for others and understand and accept diversity amongst peers



## Lessons 3 & 4

# Hurtful Behaviour

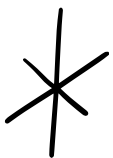
### Learning Intentions

Students will learn that everyone has the right to be treated with respect, explore the nature of sexualised hurtful behaviour, and what is acceptable and unacceptable. This lesson also explores how young people can respond and challenge hurtful behaviours and where to get support if needed.

### Success Criteria

*By the end of the lesson, students will be able to:*

- Explain what respectful behaviour is
- Identify the specific nature of unacceptable sexualised behaviour
- Explain strategies to respond to, or challenge, hurtful behaviours
- Identify how to report worries and where to get support



## Lesson 5

# Friendship & Empathy

### Learning Intentions

Students will learn how to make and maintain positive friendships and develop empathy for others.

### Success Criteria

*By the end of the lesson, students will be able to:*

- identify a range of strategies for making and maintaining positive friendships
- describe or demonstrate how to empathise with peers
- analyse the effectiveness of strategies that can be used to include others



## Lesson 6

# Peer Pressure

### Learning Intentions

Students will learn about peer pressure - what it looks like, and how it can feel for the person being pressured. Students will be encouraged to practise responding to peer pressure and will explore whether 'peer influence' can be used to make positive, healthy choices.

### Success Criteria

*By the end of the lesson, students will be able to:*

- Explain what peer pressure is and how it can make people feel
- Understand that peer pressure can be used in a positive way
- Demonstrate assertive responses to unwanted peer pressure

