

# EQUALITY, RIGHTS, AND DIGITAL WELLBEING

PSHE / YEAR 9 / BLOCK 2

## Block Overview

This block of lessons explores the theme of equality as it relates to issues such as feminism and sexual health. This block will also cover digital wellbeing, such as staying safe on social media and identifying credible sources of information.

These lessons have been adapted for the Isle of Man from Scotland's national resource for relationships, sexual health and parenthood (RSHP).

### Lesson 1

## Equalities and Feminism

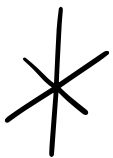
### Learning Intentions

Students will learn that power exists within relationships, and consider what the abuse of power means within the context of gender and relationships, and wider society. Students will also begin to understand what gender equality and feminism mean to them.

### Success Criteria

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

- explain what gender/sex-based equality means
- describe what gender equality and feminism mean to them
- begin developing the skills and confidence to challenge inequality and abuse of power



## Lesson 2

# Sexual Harassment

### Learning Intentions

Students will learn what is meant by sexual harassment, including examples of different types of sexual harassment (verbal, nonverbal, and physical). Students will also learn that sexual harassment can happen to people of any gender, and will explore some of the reasons that a person, particularly a young person in a school, might find it difficult to report sexual harassment.

### Success Criteria

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

- explain what sexual harassment is, and the impact it has on others
- understand why people sometimes struggle to report sexual harassment
- discuss ways we can tackle sexual harassment in school



## Lesson 3

# Sexuality and Sexual Rights

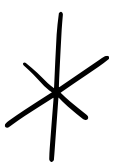
### Learning Intentions

Students will learn what 'sexuality' means, and that although all humans are sexual beings, this does not mean they should be having sex. Students will also learn about sexual rights as human rights, and examples of when sexual/human rights are infringed upon, including introducing the topic of female genital mutilation (FGM).

### Success Criteria

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

- understand that sexuality is about feelings, thoughts, attractions and behaviours
- explain an individual's sexual rights, including the right to personal and intimate relationships that are healthy, happy and safe
- identify where to find information, help and support if needed





## Lesson 4

# Social Media and Fake News

### Learning Intentions

Students will explore some of the risks associated with being online. Students will consider how they can verify the information they receive through online sources, and how to protect themselves from harmful people on social media. Students will also be encouraged to identify healthy habits and ways of keeping themselves safe in an online world.

### Success Criteria

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

- understand that having an online presence requires strategies for safe use
- recognise the presence of 'fake news' online
- understand the importance of fact checking source material
- know that people can present themselves as friends but become a threat to safety and wellbeing
- identify sources of support



## Lesson 5

# Social Media Safety

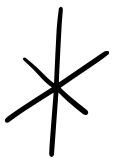
### Learning Intentions

Students will learn about the reasons that young people use social media, and the potential risks associated with the use of certain apps and websites. Students will be encouraged to think about how to stay safe whilst using these platforms, and in general how to improve their relationship with devices and social media.

### Success Criteria

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

- describe social media and why people use it
- work as a team to present information about social media and how it can be used safely
- understand why some countries are banning social media for under 16s and discuss opinions on this ban.



## Lesson 6

# Physical and Mental Wellbeing

### Learning Intentions

Students will explore the connections between physical and mental wellbeing, and learn about the 'five ways to wellbeing.' Students will also consider ways they can support the wellbeing of others.

### Success Criteria

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

- explain the connection between physical and mental wellbeing
- describe what the 'five ways to wellbeing' are and how these contribute
- identify ways they can support the wellbeing of others

