

Key stage 1

Lesson 6: Being anti-racist in our actions

Key Questions	Learning Outcomes
<p>What unkindness have people in our class experienced? How would I feel if someone was unkind to me?</p> <p>What is discrimination? What is racism?</p> <p>How can we stop racism?</p> <p>How can I be a good friend by promoting kindness and ending racism?</p>	<p>By the end of the lesson we want pupils to:</p> <ul style="list-style-type: none"> • Understand what discrimination and racism are. • Appreciate how hurtful racism is. • Empathise with the victims of racism. • Understand how to respond to examples of racism. <p>Key words:</p> <ul style="list-style-type: none"> • Kindness • Unkindness • Discrimination • Racism
Activities and Content - TN: Teacher notes in blue	Resources
<p>Sorting activity</p> <p>Children sort unkind statements according to how hurtful they are.</p> <p>TN: Hearing statements like this can be upsetting and triggering for all people, both staff and students. They are included here to promote understanding of hurtful behaviour that results from prejudice. If you consider that a particular example will cause more damage than benefit, particularly if you are aware of trauma that people in your setting have experienced, then use your professional judgement to remove such content. We should always carefully weigh up the relative positive and negative consequences of these conversations. Carrying out this activity may trigger emotional reaction unexpectedly and you may uncover issues that you were not previously aware of. Ensure that children know where they can receive extra support if they need it before the session begins.</p> <p>Discussion</p> <ul style="list-style-type: none"> • How did it make you feel to read these sentences? • Has someone ever done something unkind to you? • How did you feel about it then? <p>Vocabulary</p> <p>What does the word <u>discrimination</u> mean? Being unkind to someone because of what they look like or something else that they didn't chose.</p> <p>Which of the statements from the sorting activity use <u>discrimination</u>? All of them to some extent.</p> <p>Can children think of some examples of discrimination in the world? TN: If children can't think of any or don't understand, show them this list:</p> <ul style="list-style-type: none"> • Because of whether you are a boy or girl (<u>sexism</u>) • Because you are disabled (<u>ableism</u>) • Who is in your family (could be an example of homophobia because victim has same-sex parents) • Because of the colour of your skin (<u>racism</u>) • There are many more types too (<u>religious discrimination, transphobia, xenophobia etc.</u>) <p>Vocabulary</p> <p>What does the word <u>racism</u> mean? When someone treats a person or a group of people unfairly because of their skin colour or 'race'.</p> <p>TN: Remember that race is a social construct - an idea invented by humans rather than an essential fact. For example, there is obviously variation in skin colour, eye colour and hair type; these things are real, but it is impossible to draw a distinct line between groups of people based on these characteristics. A spectrum would be a more useful way of describing differences in physical appearance.</p>	<p>Statements to sort with pictures:</p> <ul style="list-style-type: none"> • Someone gives you a hug. • Someone shouts at you for missing a goal in football. • Someone asks if you are ok when you are crying. • Someone laughs at your clothes. • Someone says you can't play football because you have brown skin. • Someone tells a teacher when they hear discrimination at school. • Examples and template for action plan task

Activities and Content (cont'd)	Resources
<p>TN: There are no biological differences between different groups of people. There is no scientific way to divide humans into separate 'races'. Firstly, the spectrum of genetic heritage creates so much variety within humans that it would be impossible to define boundaries between these 'racial groups'. Secondly, there are and have always been many people with multiple heritage identities. See this article for further detail: https://www.scientificamerican.com/article/race-is-a-social-construct-scientists-argue and https://centerforhealthprogress.org/blog/race-social-construct/</p> <p>In short, we are all one species, one race - the human race.</p> <p>Discussion</p> <ul style="list-style-type: none"> • Today, we are focussing on racism and how to stop it. • Describe racism to your partner. • Why is racism so bad? <ul style="list-style-type: none"> • It hurts feelings – makes people feel sad, lonely and confused. • It is unfair - the victims can't do anything about it. • We should feel proud of what makes us different and special. <p>Emotions activity</p> <ul style="list-style-type: none"> • Choose emotion for each event. • Children choose facial expressions or body language that fit with different situations. <ul style="list-style-type: none"> • Someone gives you a hug (TN: Remember – not all people like hugs!). • Someone shouts at you for missing a goal in football. • Someone says you can't play because you have brown skin. • Someone laughs at your clothes. • Someone tells you that they want to be your friend. <p>Discussion</p> <ul style="list-style-type: none"> • What makes a good friend? <ul style="list-style-type: none"> • Kind words. • Kind actions. • Supporting people when they are upset. • Finding help for people who need it. <p>Action plan</p> <ul style="list-style-type: none"> • How do we stop racism in our school? <ul style="list-style-type: none"> • Always use kind words. • Tell an adult if you hear any racism. • Include everyone when you play. <p>Design activity</p> <ul style="list-style-type: none"> • Make a poster advertising your action plan. • Children can write or draw depending on their ability. • Use differentiated templates provided. 	<ul style="list-style-type: none"> • Pictures of faces and body language representing a range of emotions. • Children select the ones that apply in different situations: Being accepted/ hearing kind words, feeling discriminated against/hearing nasty words.

Glossary for teachers

Discrimination - The unjust or prejudicial treatment of different categories of people, especially on the grounds of ethnicity, age, sex, or disability.

Racism - When someone treats a person or group of people unfairly or thinks that they are inferior because of their skin colour or 'race'.

Further reading for teachers:

- <http://sophiewilliamsofficial.com/whoisshe/>
- <https://www.robindiangelo.com/resources/>
- <https://podcasts.apple.com/gb/podcast/wish-we-knew-what-to-say-with-dr-pragya-agarwal/id1541600463>

Links to other lessons

- Schools should have a comprehensive PSHE curriculum that includes greater depth on bullying, the emotional cost of bullying and an understanding of diversity and inclusion in modern Britain.