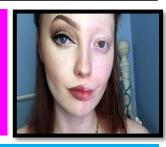


PSHE Knowledge Organiser

Year Group: 8

Topic: Discrimination Half Term: Spring One

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.





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."

LGBT+ stands for lesbian, gay, bisexual, transgender and other identities.
Unfortunately, members of the LGBT + community sometimes experience HBT

Further sources of information and advice.

and self esteem.

The Young Minds website has a detailed section about self worth

Young Minds: https://youn

https://youn gminds.org.u k/findhelp/looking-

afteryourself/beli eve-inyourself/?gcl id=EAIaIQo

bChMIkpjC3 omj7QIVZSF 7Ch0FFwVQ EAAYASAAE

gIhPfD_BwE
Childline:

0800 1111

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

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

Childline offers non-judgmental

help and support with a range of

issues.

resources.

The Prince's Trust:

https://www .princestrust.org.uk/ help-foryoungpeople/whoelse/housinghealthwellbeing/wel

Stonewall

lbeing/sexual

https://www .youngstonew all.org.uk/ Stonewall can signpost you to a range of LGBT+ support. .