

What is identity?



Today we are learning about identity.

Expectations for PSHE

- The classroom is a safe place to talk.
- Everything that is said in the room stays in the room however you can talk to your grown-ups about it.
- Respect everyone's ideas, views and opinions.
- Do not discuss the lesson content with younger siblings or friends.
- There is no silly question however if they are not relevant to the year 5 learning they won't be answered.

Last Year

What are the characteristics of a positive family life?

Supporting each other Sharing Caring for each other

Spending quality time together

Having dinner together Being thoughtful and kind

Last Year

What makes a healthy relationship?

Listening to each other Trust Respect

Honesty Supporting each other

Having fun Being kind Love


Last Unit

What is peer pressure?

Peer pressure is when you are encouraged to do something or change the way you act.

For example:

- Your friends may encourage you to upset your classmate
- An older pupil encourages you to try a cigarette
- A close friend may encourage you to change the way you dress



Last Lesson

Focus children:

What is identity?



It means:

- who you are
- the way you think about yourself
- the way others see you
- the characteristics which define you

Your appearance



This could mean how tall you are, your skin colour, your eye colour, your hair type.

Can you think of a time when your appearance is used to identify you?



Your likes and dislikes

Your likes and dislikes can be part of your identity too
e.g. playing football, dancing, art



What things do you like doing?

Your beliefs

Your beliefs can form part of your identity.



This can include religions and viewpoints.

How you see yourself and how others see you.

How you see yourself and how others see you can form part of your identity.



Your biological sex.

Your biological sex can form part of your identity.



Some people have male bodies with male characteristics.

Some people have female bodies with female characteristics.

Gender Identity

The gender you identify with can form part of your identity.



Some people identify as a girl or a woman.

Some people identify as a boy or a man.

Gender Identity

The gender you identify with can form part of your identity.



Most people identify with the same gender as their biological sex.

However, some people identify with a gender that is different from their biological sex (transgender)

and some people do not identify with either gender.

Sexual Orientation

Some people identify as being heterosexual.

This is when you are attracted to someone of the opposite gender.



Some people identify as being bisexual.

This is when you are attracted to people of both genders

Some people identify as being gay.

This is when you are attracted to someone of the same gender.



Identity

Your identity is made up of many different aspects.



Do you think your identity can change over time?

Teacher note: discuss with children that aspects of their identity might change eg their likes or dislikes, new skills they gain or a job they might do as they are older might become an important part of their identity.

Gender Stereotypes

Look at the images and news headlines.



Do you think any of these contain gender stereotypes?

How could these be harmful to individuals or society?

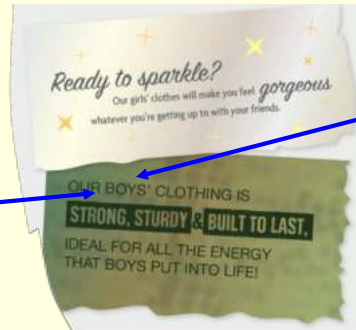
Can you change the language to remove gender stereotypes?

Gender Stereotypes

Choose 2 of the examples and cut and stick into your book.

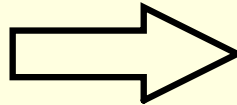
Explain how they may be harmful and have a go at re-writing them!

The word strong and sturdy makes it sound like this is what boys should be.



Using the word boys makes it sound like only boys can be energetic and sporty.

**STRONG, STURDY &
BUILT TO LAST.**
Ideal for all the energy
kids put into life!



I have removed the word boys as anyone can wear these sort of clothes.

Final thoughts



- You don't have to share any part of your identity.
- You shouldn't expect anyone to tell you about their identity and do not ask them.
- If people want to discuss aspects of their identity then they will.
- You might not know your full identity yet.

Year 5 Identity lesson