**Year 7 PSHE Unit 5 Overview**

**Respecting Ourselves and Others**

This unit of work comprises of six lessons. Lessons three, four and six differ from the unit of work provided by DESC for this term, as at St Ninian’s we have already delivered the lessons that are suggested as part of Unit 4 on ‘Friendship and Bullying’.

The first two lessons continue a narrative across PSHE that encourages young people to be whatever kind of girl or boy they want to be. Understanding stereotypes and gender-biased expectations aims to enable young people to develop their personal attributes, education or professional aspirations and skills without restrictions of gender-biased expectations.

Lesson three focuses on discrimination and ‘white privilege’ in understanding that people from different ethnic heritage may be exposed to bias.

Lesson four discusses group chats on social media platforms. The lesson is influenced by the recent news affiliated with the Netflix hit drama ‘Adolescence’ and focuses on the impact positive and negative group chats.

Lesson five follows on nicely from lesson four in addressing peer pressure and implementing strategies to overcome it.

The final lesson is a consolidation of this unit of work.

**Lesson 1:** Gender Stereotypes & Equality. understand what stereotyping and equality is and how it can impact society.​

**Lesson 2:** Exploring Gender. To understand what is meant by ‘gender’.​

**Lesson 3:** Discrimination. To understand what discrimination is and why it occurs.

**Lesson 4:** Group Chats. To explore the positive and negatives of group chats.

**Lesson 5:** Peer Pressure. To explore the meaning and influences of peer pressure.​

**Lesson 6:** Consolidation. To reflect and evidence understanding of equality, bullying and discrimination.