




Week 1: What are the protected characteristics and why are they important?

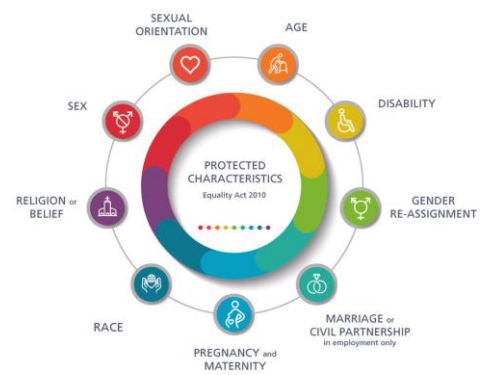
At TAL we understand that everyone is different and unique. We **celebrate** our **diverse community**.

We have all signed the **TAL Equality Pledge**. This means that we recognise the importance of the rights of all individuals within our community.



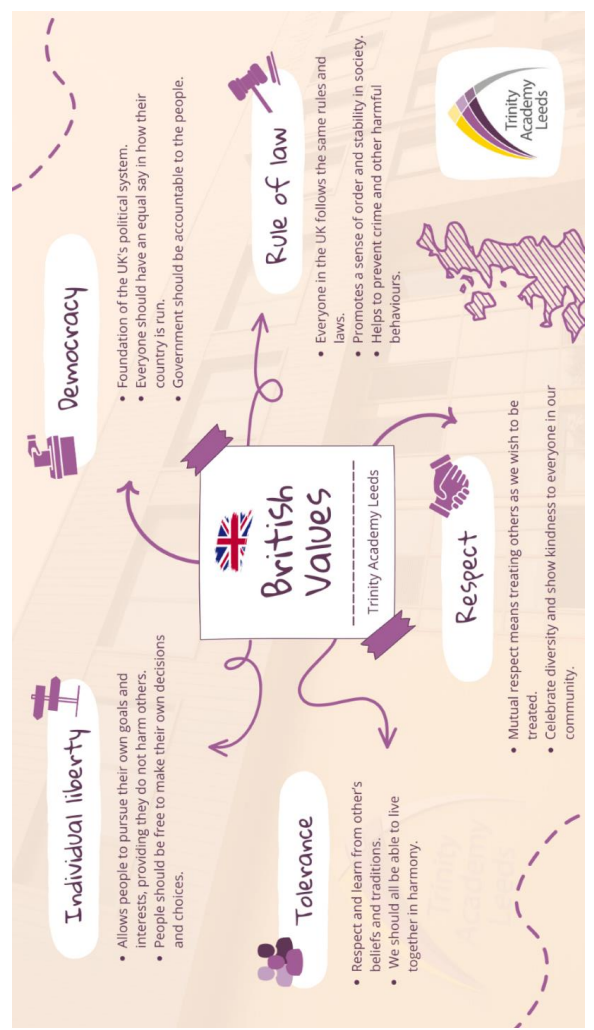
 The Equality Act of 2010 is a law which protects the rights of individuals.
The Equality Act 2010

Within the Equality Act of 2010, there are **9 protected characteristics**. It is **illegal to discriminate** against someone based on those characteristics.



To **discriminate** against someone is to **treat them unfairly** because of a particular characteristic. For example, race or gender. By treating everyone as a valued member of society, we can build strong relationships within our communities.

Week 2: What are British Values and why are they important?



Week 3: What is tolerance and why is it important?

At TAL we **promote tolerance** in our everyday actions and through our **community**.

We acknowledge that having different beliefs helps us to have an **incredible community** at TAL. For example, we embrace this through our **RS curriculum**, in which students in all year-groups learn about a wide **variety of religions** including Islam, Christianity, Hinduism, Sikhism, Buddhism and Judaism.

Last term we marked the holy month of **Ramadan** for **Muslims** through our Acts of Kindness Calendar and through daily prayer. We marked the **Christian** festival of **Easter** through daily discussions and Team Time competitions.

On the 19th April, all students engaged in **Fusion**, our **Culture Day**, celebrating the diversity of our community at TAL. Everyone is a **valued individual**.

Follow the QR codes below to access more information, advice and support.

This Oak National Academy lesson allows you to learn more about the Equality Act of 2010.




This YouTube video explains the British Values in more detail.








Week 4: How can we recognise and challenge racism and religious discrimination?

At TAL, British Values are very important us. British Values feed directly into our **Core Values** of: **Honesty, Empathy, Respect and Responsibility.**

We use **tolerance and respect daily** when we learn about different cultures and **celebrate diversity** through events such as Interfaith week, Inspire assemblies and our daily reflection images.

Racism is discrimination based on race. It is when people are treated **differently** because of the colour of their skin, or their **heritage.** **Religious discrimination** is when people are treated **unfairly** because of their **religion.**

Other **protected characteristics** under the **Equality Act of 2010** are **sex, sexual orientation and gender reassignment.** **Sex** is either of the two main categories that humans and other living things are divided into. **Male and female.**

TAL is a safe space for everyone, regardless of their characteristics.

If you, or someone you know is **treated unfairly** because of **race or religion,** it is your **responsibility** to take action. This could be through **telling a trusted adult,** or completing a **Call it Out Card.**

Be an upstander, not a bystander. As well as the actions above, you can calmly tell someone who is discriminating against others that what they are saying/doing is not respectful.

Week 5: How can I encourage positive family relationships?

There are lots of different types of family. At TAL and in Britain we celebrate diversity.

When you are growing up, it is not always easy to always get along with your family. It is normal that you might sometimes disagree.

Trying to have positive relationships with the family members you live with can have a positive impact on your mental health and on that of your family.

Some strategies you can use are:

- Offering to help with siblings.
- Clearing up after meals.
- Keeping your bedroom/sleeping space clean and tidy.
- Sticking to promises. For example, if you say you will be home by a certain time, sticking to that promise. Your parents/carers will want you home because they will want to know that you are safe.

If you do disagree, there are actions you can take to calm a situation, if arguments do happen at home.

- Try to speak calmly.
- State your feelings. 'I feel....because...'
- Take a few minutes out, and some deep breaths to calm yourself.
- Remember, you can always speak to an adult at school if you are worried about anything that is happening at home.



Week 6: Rewind week.

How can I recognise unwanted contact?

Your body belongs to you. You have the right to say no.

It is important to understand that you do not have to do things with your body, that you do not feel safe or comfortable doing. Equally, it is your responsibility to judge whether someone else is comfortable in a situation.

Recreational drugs:

People take recreational drugs for many reasons. Some examples are because they are under pressure for their peers, or they want to rebel. Some recreational drugs are legal, for example, caffeine. Other recreational drugs are illegal, such as cannabis. Many drugs carry the risk of addiction.

Safety online:

Sometimes, people **behave differently online,** because they **think** that they cannot be identified. Or they do not think about the impact of their actions. Just like in real life, actions online have impacts on people and communities.

It can be tempting, from behind a screen, to say something that you might not say to someone's face. This could be through Snapchat, Whatsapp or any app which allows you to communicate with others.

It is important to remember that the people you are speaking to are real people, with real feelings. When you type a message and send it, you have lost control of it, and it is online forever.



Follow the QR codes below to access more information, advice and support.

Young Minds gives lots of advice on dealing with conflict at home.

Childline has lots of tips to help you to stay safe online.