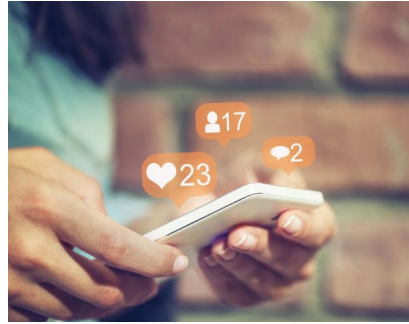


# Welcome to PSHE:

## Healthy Lifestyles



Thinking about some big questions

How do I look after my body as a teenager?

Finding out who to speak to if you are struggling

What kind of choices am I making and what effect does this have on me?

What is a healthy friendship?

Listening to different people's views

What can I do if I am struggling with my mental health?

Feeling more equipped to deal with difficult situations

## Front of your book:

In the box on the front of your book...

Your name  
Healthy Lifestyles  
Year & Class Code  
Your teacher's name

## First page:

### Glossary of Key Terms

Democracy:

Rule of law:

Tolerance:

Respect:

Individual freedom:

Grooming:

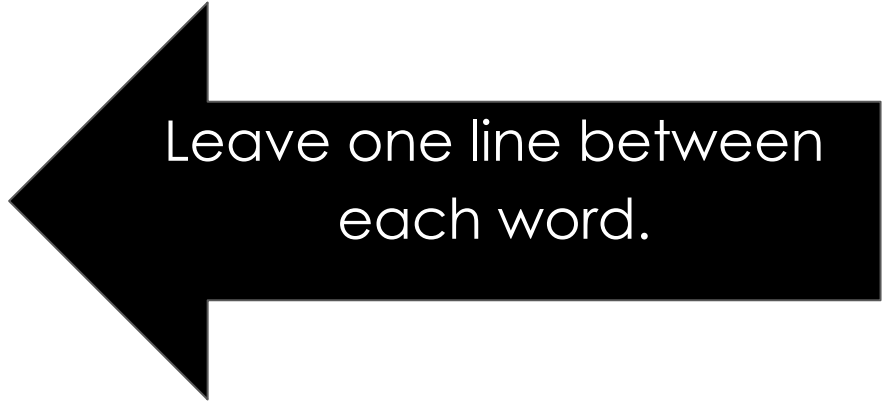
Bullying:

Cyber-bullying:

Discrimination

County lines:

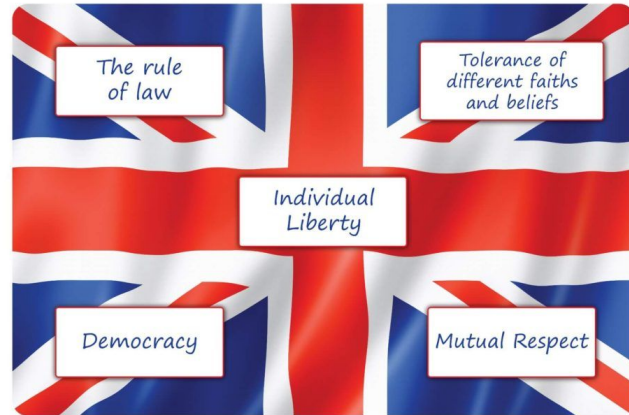
Exploitation:



Leave one line between  
each word.

Monday 11th September 2023

# British Values



## Literacy Focus

- ✓ Write in full sentences.
- ✓ Use keywords in your work.
- ✓ Give reasons for your answers.

Do now: What do you think a “value” is?

# What are our ground rules in PSHE?

- Everyone has had different experiences in life - some people have had really difficult and complex things happen to them or around them.
- We ALL therefore need to be aware that PSHE can be a sensitive subject for some people.
- It is important that you feel comfortable expressing your views and thoughts - but we must all be aware of how this could affect those around us.
- We will not accept any discrimination, disrespect or “banter” which might upset others.



# Remember if you or a friend are struggling:

Tell a teacher or the DSL.

Talk to your HoY

Speak to an adult you trust at home.

Talk to a friend you trust about how you are feeling.

In an emergency if you or someone else is unsafe dial 999

Use Kooth online or phone Childline.

It's  
ok not  
to be  
ok

**childline**

ONLINE, ON THE PHONE, ANYTIME  
childline.org.uk | 0800 1111

Text  
**SHOUT**  
to  
**85258**

shout  
85258  
Text for your life?

Kooth is an online and  
confidential service  
giving help and advice  
about emotional health  
kooth.com

**kooth**



If you need urgent  
mental health support,  
call First Response:

**0800 952 1181**

# What am I going to learn today?

- ✓ What are British Values?
- ✓ Why are they important?
- ✓ How do we live out these values in Carlton Keighley?

*“A little progress  
every day adds  
up to **BIG** results.”*

# Unlocking vocabulary:

value

## Create

Write the word in your own sentence

## Discuss

Why do you think we have these 3 values at CK? How should they affect the choices of staff and students?

## Define

Carlton Keighley has 3 core values - ambition, resilience and respect.

## Write down dictionary definition

A belief that something is important and should determine how someone chooses to behave.



# This is how we talk in PSHE:

I think that...

How to disagree with an opinion: I understand that \_\_\_\_\_, but ....

I understand that someone might disagree with me because they think...

How to agree with an opinion: I agree with \_\_ and I also think that...

## Don't say:

→ **That's wrong/ disgusting!**

Instead: *I don't agree with \_\_\_\_\_ because....*

→ **Basically ....**

Instead: *Get to the point.*

→ **Innit**

Instead: *Don't you think?*

→ **Good/ bad/ weird**

Instead: *find a better word*

# British Values

## Individual Liberty

- Freedom of speech for all
- The right to make our own choices

## The Rule of Law

- Understanding rules and why they are important
- Following rules to develop order



## Mutual Respect

- Treating others as you want to be treated
- Respect for each other
- Working together

## Tolerance

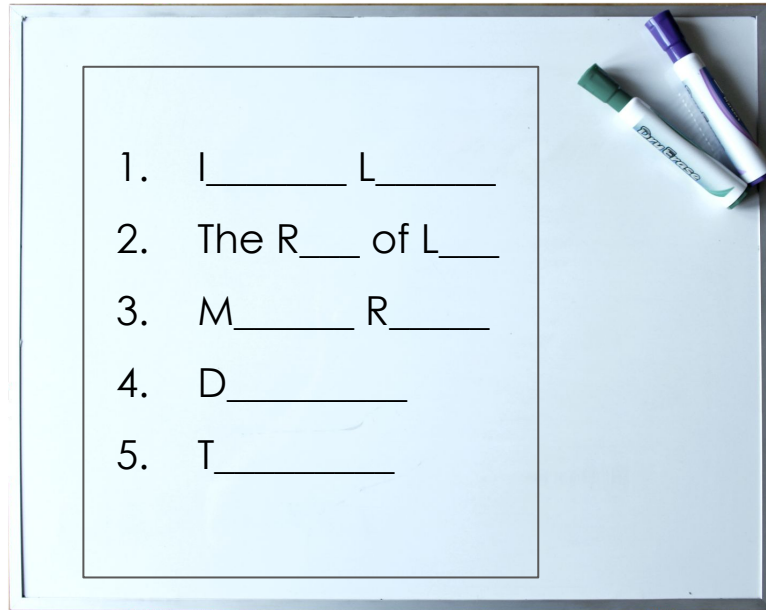
- Learning about different faiths and cultures
- Listen to other viewpoints
- Learning about diversity

## Democracy

- Making decisions together
- The right to an opinion/voice

Click [here](#) to watch a video explaining more about British Values.

# Recall: Mini Whiteboards



List the 5 British Values.

# What am I going to learn today?

- ✓ What are British Values?
- ✓ Why are they important?
- ✓ How do we live out these values in Carlton Keighley?

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# Why are British Values important?

I live in North Korea; we do not get to vote for the government. Anyone who **criticises** the government is **imprisoned** and their family is often **evicted** from their house.

I live in Uganda; if I tell someone of the same gender that I like them I can be sent to prison for 10 years. I cannot be myself and feel safe.

I live in Afghanistan; because I am a female I am not allowed to go to school. If I go out without a male member of my family I will be beaten.

I live in Iran; at a peaceful protest the police shot hundreds of people including 23 children - some of them were my age and went to my school.

I live in America. In my state (Florida) books have been banned in school libraries which are about LGBT or characters of race.

# Why are British Values important?

Democracy means.....  
I think this is an important value  
because ...

Tolerance means.....  
I think this is an important value  
because ...

Individual liberty means.....  
I think this is an important value  
because ...

The rule of law means.....  
I think this is an important  
value because ...

**Extension:** If you had to choose only 4  
British Values which one would you miss  
out and why?

Respect means.....  
I think this is an important value  
because ...

# What am I going to learn today?

- ✓ What are British Values?
- ✓ Why are they important?
- ✓ How do we live out these values in Carlton Keighley?

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# British Values at Carlton Keighley

<b>British Value</b>	<b>At Carlton Keighley we...</b>	<b>I think we should also...</b>
Democracy		
Mutual Respect		
Tolerance		
The Rule of Law		
Individual Liberty		



## British Values at Carlton Keighley

British Value	At Carlton Keighley we...	I think we should also...
Democracy		
Mutual Respect		
Tolerance		
The Rule of Law		
Individual Liberty		

# British Values at Carlton Keighley

We will not accept bullying or discrimination (treating someone badly because of who they are).

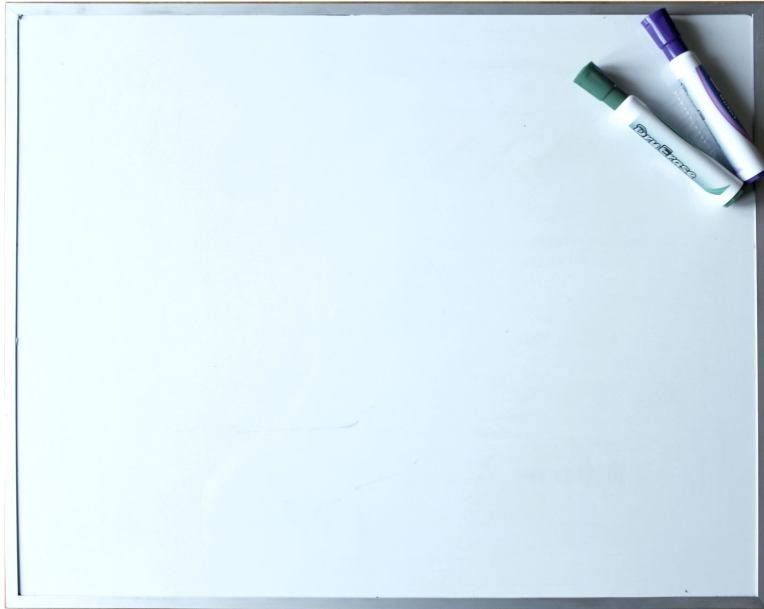
Everyone is free to be themselves within our school community. Good choices lead to rewards and recognition.

In our school community we accept and celebrate differences - such as gender, religion, sexuality, race and abilities.

We have rules - such as walking on the left with pace and purpose - to keep people safe.

We vote for lead students. Student views are represented at the student council so that everyone has a voice in our school.

# Recall: Mini Whiteboards



Give an example of how **mutual respect** is part of our school community.

# Recall: Mini Whiteboards



Which British Value do you think is the most important? Be prepared to give a reason for your view.

# What am I going to learn today?

- ✓ What are British Values?
- ✓ Why are they important?
- ✓ How do we live out these values in Carlton Keighley?

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