Bullying Prevention Lesson #1: Identity

Grade 7

Learning Objectives

Language Objectives

… learn the definition of identity, values, culture, empathy, sexuality, ethnicity, and bias.

… discuss identity with a partner or group.

Students will…

Content Objectives

… develop approaches on how to create safe spaces for diverse communities.

… develop an understanding and appreciation of different backgrounds, cultures, and social groups.

Virginia Social Emotional Learning Standards (2021)

Self-Awareness	• *SeA2: 5-6d, I can develop an awareness of and comfort with my membership in multiple groups in society.*
Social Awareness	• *SoA1: 5-6a, I can empathize with others' thoughts, perspectives, and emotions.*
Social Awareness	• *SoA2: 5-6b, I can explain how stereotypes can create bias.*

American School Counselor Association (ASCA) Standards (2021)

B-SS 2.	• *Positive, respectful and supportive relationships with students who are similar to and different from them.*
B-SS 10.	• *Cultural awareness, sensitivity, and responsiveness.*

Pre-Test

Key Vocabulary

On the next slide you will identify important vocabulary terms you will see throughout this lesson.

Key Vocabulary

01
Identity

The characteristics, values, culture, memories, interests, or qualities that make a person unique

02
Discrimination

Unfair treatment because of someone's race, gender, religion, or other quality

03
Culture

A group of people's art, traditions, beliefs or accomplishments

Key Vocabulary

04

Empathy

Think about how other people feel - put yourself in their shoes

05

Gender Identity

How a person understands, experiences and expresses their own gender

06

Ethnicity

A group of people with a common background

We have multiple identities

We all have differences that make us special and interesting. Our differences, beliefs, values, and cultures are our ***identities***.

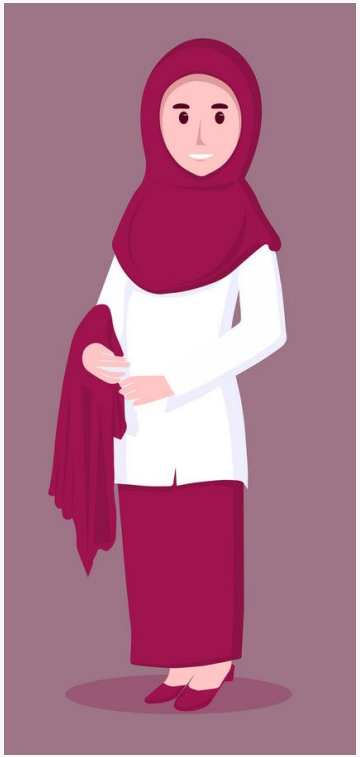
Change in our identity

- **As we grow up, we learn more about ourselves and our identity.**
- **Our identities *can* change as we get older.**
- **There are parts of our identity that we can not change, like our ethnicity or culture.**

Our unique identities make our lives and communities much more interesting and dynamic.

Visible identity

What parts of her identity can you see?



Invisible identity

What parts of your identity are invisible to others?

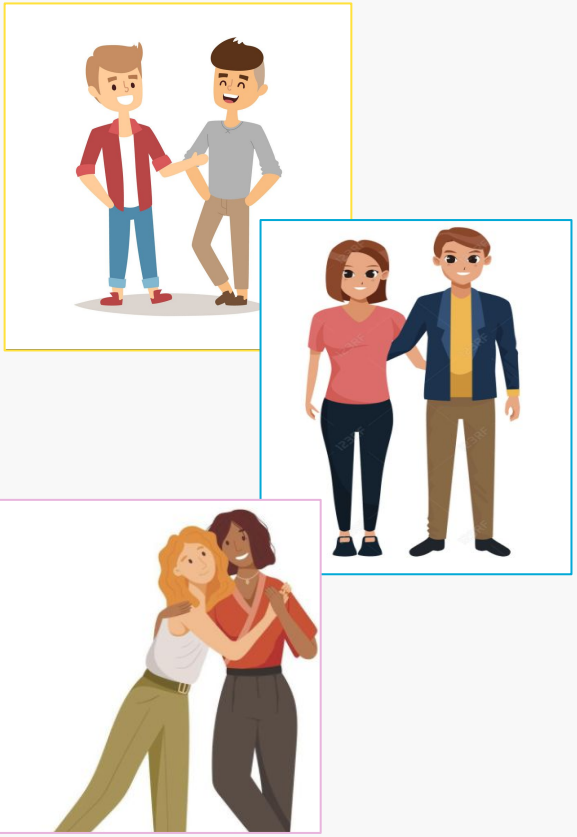
Skill and ability

Being an individual with a disability means that how we accomplish things could look different to others.

Sexuality

Another part of yourself that people can not usually see is your sexuality. Who we are attracted to may be different for everyone and can change.

All parts of our identity should be celebrated and respected.



What is bias?

Bias is like wearing invisible glasses that change how we see people — sometimes we don’t even know we’re wearing them.

Those glasses can make us think someone is less smart, less cool, or less friendly just because they do things differently.

It’s not fair — and we can work on noticing it and taking those glasses off.

Conscious vs unconscious bias

Conscious bias: When someone **knows** they're being unfair or rude about someone else's culture.

Example: A student says, "That food looks weird — why would you eat that?"

Unconscious bias: When someone doesn't realize they're being unfair. They may not mean to be hurtful, but they still make assumptions.

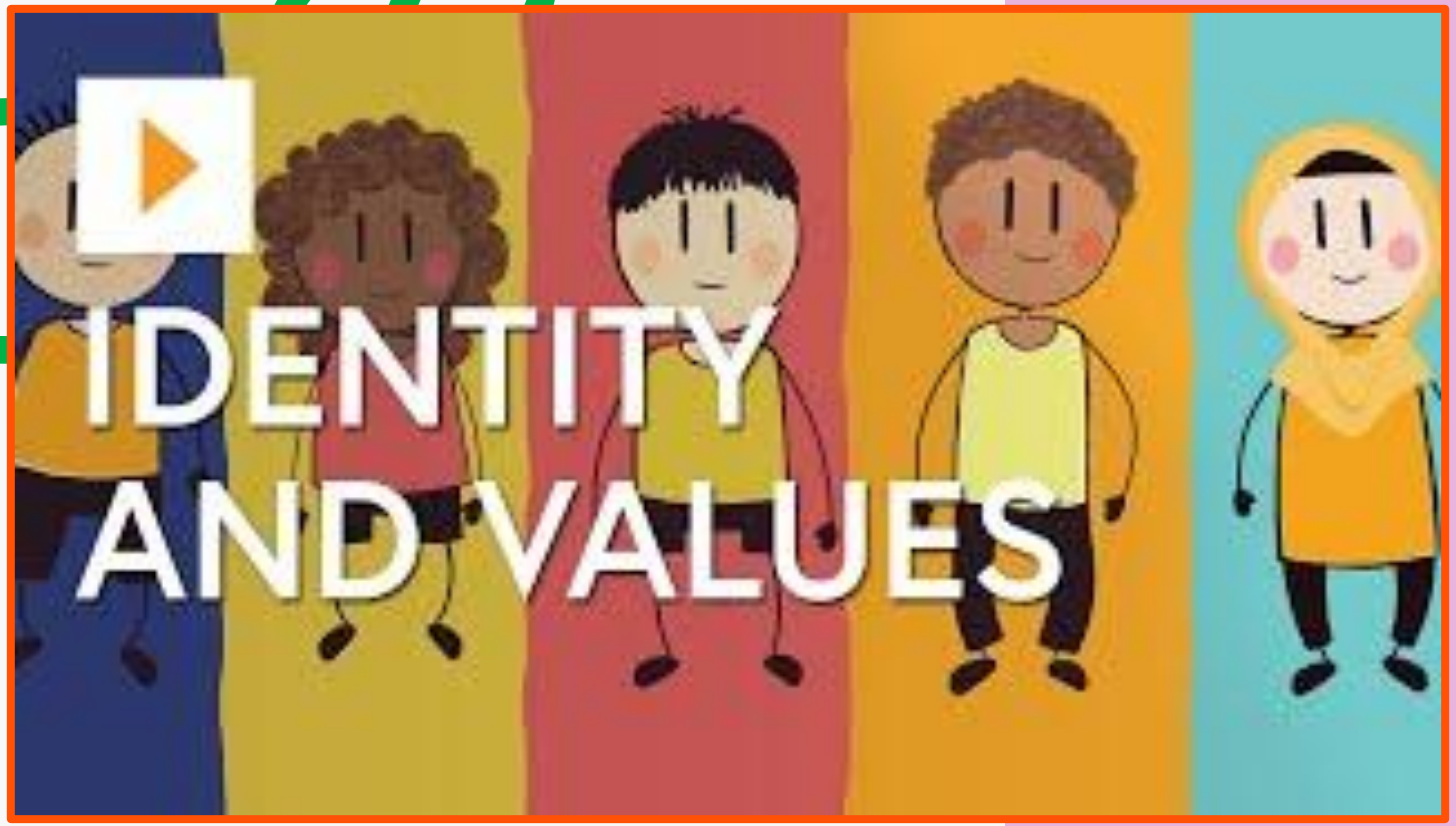
Example: A group of kids doesn't invite a new student to play because they assume he won't understand their game since he speaks a different language.

Respect

As a member of multiple communities you will meet people with identities that differ from your own.

You don’t always have to agree with everyone, but we must pay attention to our conscious and unconscious biases to be respectful of people’s differences.

This is how we live peacefully and happily together. Everyone deserves respect.


IDENTITY
AND VALUES

Scenarios

On the next slides you will see fictional scenarios where people's identities are being questioned or discussed in insensitive ways. These situations are based on harmful and untrue stereotypes and should not be repeated towards other individuals.

If you are uncomfortable listening to a scenario please take a break by laying your head down or going to get some water.

Scenario #1

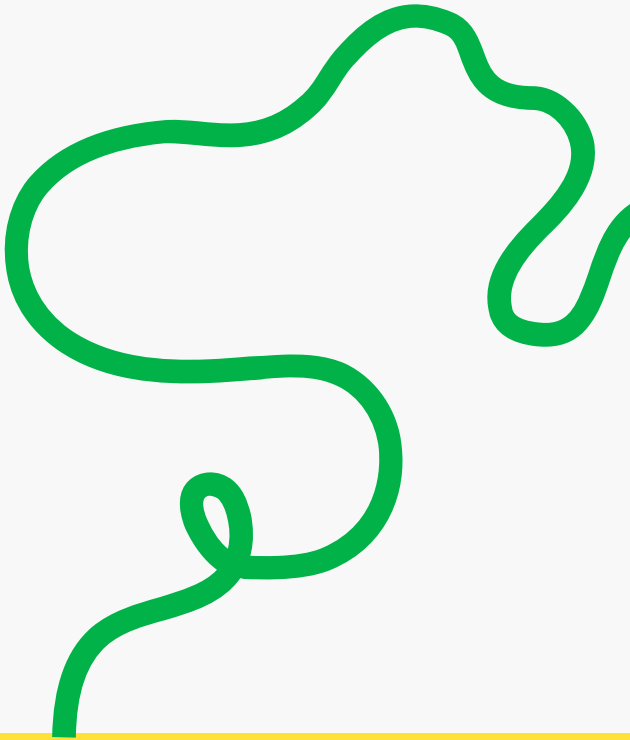
Stephanie tells one of her best friends, Taylor, that she thinks she is gay. Stephanie asks Taylor to keep it a secret, because she is not ready for everyone to know about her sexual orientation.

Taylor tells a group of people at lunch that Stephanie is gay.

Why is what Taylor did wrong?

How would this situation make Stephanie feel?

What could Taylor have done differently to respect Stephanie's wishes?



Scenario #2

Michael is on his way to class when he hears a student nearby say a racist comment about him.

Michael is really hurt, because he does not even know the other student. Michael tells his favorite teacher, Mr. Jefferies about the comment he heard.

Why did Michael make the correct decision in this situation?

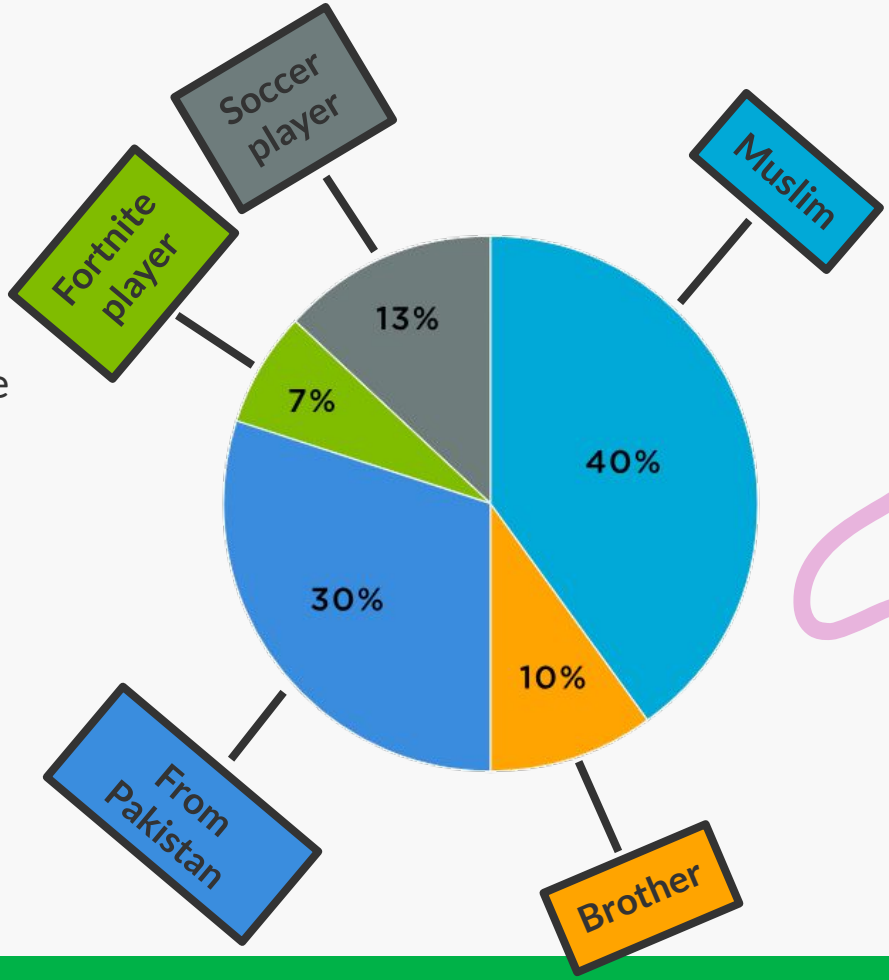
What can Mr. Jefferies do to help Michael?

How does the negative comment affect the classroom or the school climate?

Activity

Think about all of the parts of your identity that make you whole.

Turn those parts of yourself into a pie chart. Use this example on the right to create your own personal identity pie chart.



Reflection

Identity

Your identity is unique and it makes you who you are.

Values

What you believe is important should be respected by everyone.

Community

The best part of living in a community is learning to appreciate our differences.

Empowering your identity

What are **three** ways you can see other people's identities?

What are **two** ways you can support someone's identities?

What is **one** way your identity is unique and special?

Post-Test

Thanks!

Do you have any questions?

Talk to your counselor or trusted adult if you have any questions about today's lesson!