

Sexuality, Bullying, and Standing Together Monday 2nd February

Year 7, Lesson 13



Rules for the Room

PSHE ground rules

What rules did you decide as a group?

Check the rules again in your book and make sure you keep them in mind when working in today's PSHE lesson.



Recall – List It

TASK: From memory, and without discussion, list answers to the following question.

How many strategies can you recall from last lesson on ways we can handle bullying?

Who remembered the most?

Which ones did you miss out?



Aims and Objectives

What we will learn:



Understand what sexuality means and how it's different from gender identity



Recognise how bullying based on sexuality can harm mental health



Identify harmful language and why it matters



Learn how to support others and challenge homophobic or transphobic bullying



Know the school and national rules that protect everyone

Key Vocabulary



Sexuality

Sexuality: emotional, romantic, or physical attraction; part of who we are.



Identity

Identity: How we see ourselves (name, gender, culture, love). It's personal and important.



Orientation

Orientation: Who you're attracted to (boys, girls, both, neither, or regardless of gender).



Homophobia

Homophobia is fear, dislike, or prejudice against gay, lesbian, or bisexual people, expressed through words or actions.

What Is Sexuality?

Understanding Attraction

Sexuality is about who you might have feelings for – like friendship, romance, or love. Some people like boys, some girls, some both, some neither, and some people aren't sure yet – and that's okay.

It's Personal

Everyone's sexuality is different, and it can take time to understand. No one has to label themselves unless they want to.



Orientation vs Identity



Sexual Orientation

Who you are attracted to.

Examples: gay, lesbian, bisexual, straight, asexual.



Gender Identity

Who you are inside: boy, girl, both, neither, or somewhere in between (non-binary, genderfluid).

Fill in the blanks

Sexual ____ is about who you feel ____ to, while gender ____ is about who you are inside; both are deeply ____ and should be respected.

Word bank

identity, personal, orientation, stereotype, opinion, appearance, attracted

Fill in the blanks

Sexual **orientation** is about who you feel **attracted** to, while gender **identity** is about who you are inside; both are deeply **personal** and should be respected.

Word bank

identity, personal, orientation, stereotype, opinion, appearance, attracted

How Bullying Affects Well-being

1



Emotional Pain

Bullying causes sadness, loneliness, anxiety, especially when targeting personal identity.

2



Lower Confidence

Bullying causes shame and hiding one's true self.

3



School Struggles

Victims may avoid school, lose focus, or struggle with grades due to stress.

4



Mental Health

Long-term bullying increases risks of anxiety, depression, and feeling isolated.

50% of lesbian and bisexual women under the age of 20 have self-harmed in the past year, compared to 1 in 15 generally.

95% of pupils hear the word 'gay' being used as an insult or something they don't like

1 in 5 BME lesbian and bisexual women have an eating disorder compared to 1 in 20 of the general population

LGB people are two to three times more likely than heterosexual people to suffer from depression.

What are we talking about today?

28% of pupils felt that homophobic language or bullying was dealt with well in school

Discuss: Are you surprised by any of these facts? Why/why not?

58% did not feel that their school was a safe and welcoming place for lesbian, gay or bisexual pupils

Over half of pupils had witnessed homophobic bullying in school

Only 9% of pupils thought that a pupil or member of staff would feel safe telling people they were LGB in school

Harmful Language Examples

Words That Hurt

Phrases like:

- “That’s so gay” (used negatively)
- “You’re acting like a girl” (as an insult)
- “No homo” jokes
- Misgendering someone (using wrong pronouns)

Why They’re Harmful

Even if not meant seriously, these words suggest being LGBTQ+ is bad or wrong. This creates a climate where bullying feels normal.



Think/Pair/Share: Why do you think people hide people hide harmful remarks behind the word, ‘Banter’?

Can saying harmful things ever be truly okay?



Discuss: What can you do if people use 'banter' around you as a way of saying hurtful things?

Challenging Homophobic Bullying



Speak Up

If safe, calmly say “That’s not okay” when you hear offensive language.

Support Others

Check in with someone who’s been targeted – a kind word can make a big difference.

Report It

Tell a trusted adult if bullying happens – you’re helping keep school safe.

Be an Ally

Show support for LGBTQ+ classmates through words, actions, and standing together.

What Does Respect Mean?



Everyone Has the Right to Be Themselves

No One Choice Is 'Wrong'

Every person has the right to explore and express their identity safely. That includes who they love and who they are.

Inclusive School Culture

Respect means accepting differences, even if we don't fully understand them. Everyone deserves to feel safe, valued, and included.

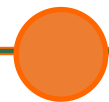


Rules that protect us

2010

Equality Act

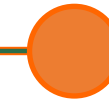
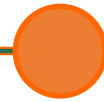
UK law protects against discrimination in education based on sexuality and gender reassignment.



Now

School Policy

Our school has a bullying policy that includes protection based on sexual orientation and gender identity.



1989

UN Convention

All children have the right to education and protection from bullying, no matter who they are.

Discuss



The Impact of Words

Why do you think using 'that's so gay' as an insult is harmful, even if you don't mean it seriously? How could this language affect someone in your class?

Discuss

You might have said...

It makes being gay sound like something bad, which could hurt people who are lesbian, gay, or questioning.

Someone might feel ashamed or unsafe about their identity because of comments like that.

It can make people scared to be themselves or to come forward if they are being bullied.

We All Belong

Understanding sexuality helps us build kindness and respect. By standing against bullying and supporting each other, we create a safer, happier school for everyone.



Whiteboards

TASK: Using your whiteboards, answer the following questions.

Put these steps in the correct order when supporting someone who is being bullied, from first to last action you should take

Check if the person is okay

Challenge the bullying calmly if safe to do so

Tell a trusted adult

Walk away and ignore it

Getting help

Hit the Red Button

If you witness unkind behaviour or it is happening to you, hit the red button and make sure you tell someone.

Tell a member of the safeguarding team

All staff at Parkside are here to help you, but the safeguarding team are the dedicated professionals who are here to help you stay safe and happy.



• Staying Safe Online
• Self-identity

Who to talk to if you need support...

 <p>Mr Mills Deputy Headteacher Designated Safeguarding Lead</p>	 <p>Ms Bover Assistant head teacher for Student Culture</p>
 <p>Ms Michell Early Help & Deputy Safeguarding Lead</p>	 <p>Ms Welsh Senior Leader for Student Behaviour & Attitudes</p>
 <p>Ms Browes Assistant Pastoral Manager</p>	 <p>Mr Fletcher Pastoral Manager</p>
	 <p>Ms Beardsmore Community support and Early Help</p>

Parkside Support Centre Staff
All other Parkside Staff
Email Reporting
If you don't feel like you can talk to anybody, please email:
safeguarding@parkside.derbyshire.sch.uk

Safeguarding information

Who is your trusted adult in school?

If you have a problem, or need to speak to someone, contact one of the safeguarding team, or another trusted adult in school

We are here to support you with any challenges including...

- Keeping you safe
- Accessing Learning
- Self-discipline
- Mental Health and Wellbeing
- Relationships with others
- Staying Safe Online
- Self-identity

Who to talk to if you need support...



Mr Mills
Deputy Headteacher
Designated
Safeguarding Lead



Ms Michell
Early Help & Deputy
Safeguarding Lead



Ms Browes
Assistant Pastoral
Manager



Ms Bover
Assistant head
teacher for
Student Culture



Ms Welsh
Senior Leader for
Student Behaviour
& Attitudes



Mr Fletcher
Pastoral Manager



Ms Beardsmore
Community support
and Early Help

Parkside Support Centre Staff
All other Parkside Staff
Email Reporting

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Sexuality and bullying

Discuss: How can we make our school more welcoming for people of all sexual orientations and identities?

Task: Write a design a poster to on the topic of sexuality and bullying.

It may be aimed at how people can get help if they are being bullied

It may be encouraging people to change their language and stop 'banter'

It may be aimed at making the school feel like a welcoming place for all people of all backgrounds and sexualities.



Plenary

How do our values fit with the theme of today's lesson?

Which values have we dealt with today?

PARKSIDE VALUES

WHO WE ARE



RESILIENCE

The ability to recover quickly from difficult conditions and succeed.



RESPECT

Showing consideration and positive regard for others.



RESPONSIBILITY

The act of being accountable for actions and being in charge of learning.



COMMUNITY

Working together for great educational experiences.

EMBARK VALUES

WHO WE ARE



FAMILY

We are part of our own school family but also a wider federation family. Everyone is important and we work together to achieve the very best for our children.



INTEGRITY

'Doing the right thing when nobody is watching.' To have integrity you have to be committed, courageous, honest, disciplined and resilient.



TEAMWORK

We are proud of each other and our achievements. We rely on one another and understand that everyone has a part to play in our success.



SUCCESS

Success to us means every child and member of staff fulfilling their potential. We strive for everyone in our federation to 'be the best they can be.'