

I feel ACCEPTED

When you feel ACCEPTED you feel appreciated for who you are by someone or by a group of people. These people don't judge you and they make you feel safe!

🕒 In pairs, share an example of someone or a group of people who make you feel accepted. What do they do to show you they accept you?

🕒 How do think it would feel to NOT be accepted?

Do you know anyone who might be struggling with something and might not feel accepted? What can you do to help them?

I feel **PROUD**

Feeling PROUD is all about feeling good about yourself or others because of something of something you or they have done.

In PRIDE Month we celebrate the LGBTQIA+ community and consider the journey that many of them have been on to tell the world who they are and how they feel.

Once there was a time that people were punished for being unique, for being themselves and even for simply expressing themselves. In many cases LGBTQIA+ people had a tough time telling their friends or families how they felt... but once they had done so, were much happier, more confident and proud of themselves for speaking their truth.

In England, only 60 years ago it was illegal for men to have relationships with each other, in Scotland it was only made legal 45 years ago, and in Ireland, even less. Imagine that. In some countries it is still illegal.

Can you understand why Pride is so important for the world to see? And how everyone deserves to feel proud of who they are...

Think about something that defines you - perhaps a sport, or a hobby, the colour of your hair, your accent, your favourite game or favourite foods.

Now imagine that you felt unable to tell anyone about it. Imagine that no-one you cared about knew, and that no-one offered you support. How would you feel about yourself... would you feel proud?

I feel EXCLUDED

Feeling EXCLUDED doesn't feel good at all. Have you ever felt excluded?

In small groups share some examples together. Compare how your bodies feel when you feel excluded.

Time to be honest!

Have you ever excluded someone? Have you ever told someone they can't join in your game, or sit next to you at lunch? How do you think it made that person feel?

Have you ever name-called, even when you thought it was just a joke, and really upset someone because they did not find it so funny?

Do you use words negatively about gender, sexuality, religion, ethnicity or abilities? How would you feel if someone did that to you? Would it make you feel excluded?

What can you do to make sure that LGBTQIA+ people feel included?

I feel **CONFUSED**

When we feel CONFUSED we feel uncertain about something and might have trouble making sense of things.

Many LGBTQIA+ people go through childhood very confused about who they are as the majority of people still use gender stereotypes, like saying that boys behave a certain way, and girls behave another. This makes us all develop our sense of being according to these standards.

And then around the age of puberty (sometimes earlier, sometimes later) some people may become confused about their gender, or sexuality. This is all part of growing up and getting to know and understand ourselves.

However, this feeling of confusion can be really tough to deal with, especially if we feel we have no-one to talk to that we trust, or no-one to talk to who might understand. Essentially, this confusion can make us feel unsafe.

How can you support others if they are feeling confused about their identify, what can you do to show your support and help them feel safe, accepted and confident?

BE KIND TO YOURSELF

Morning affirmations to push positivity into your day...



I am
Unique

I choose to be
KIND

I choose to be
HAPPY

I accept all my
feelings and different
parts of myself.



I choose to be
MOTIVATED

I choose to be
CONFIDENT

I choose to be
BRAVE

I feel secure,
protected and
cared for.

INSPIRE KINDNESS

Showing compassion can be done in so many different ways. Find the hidden words that will help remind you of the ways you can be kind to others.



DONATE

CHARITY

TASK

GRATITUDE

TEAM

EMPATHY

SHARE

THOUGHTFUL

CARE

VOLUNTEER

KINDNESS

CONSIDERATE

SMILE

ACT

HELP

AFFECTIONATE

LOVING

FRIENDLY

SURPRISE

COLLABORATE

CREATIVE CHALLENGE

Can you write a short story, poem or song using as many of these words as possible?



THIS IS ME!

For some people their gender, race, religion, culture, heritage or their relationship status might form a big part of their identity. Whether it's big topics like this, or your hobbies, your school, or your community, having a positive sense of identity and being PROUD of who you are helps you be more confident. Think about the things that matter to you and design a patch for each...



THIS IS ME!

We are all unique beings and that's what makes us interesting. We have things we like and things we don't like, we have qualities that are the same as some of our friends and different for others. Our similarities and our differences make the world a more interesting place. Think of the things that matter to you and design some patches to show the world who you are!

