

Year One

Lesson 2

Lesson length: 60 minutes

Unit title: My friends and me

Lesson title: Boys and girls

Year
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Learning Objectives

To know that being a boy or girl doesn't make a difference to what we can do or like.

Relationships and Health Education

Learning Outcomes

Respectful relationships

- the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs
- what a stereotype is, and how stereotypes can be unfair, negative or destructive

Mental wellbeing

- simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests

Suggested Activities

Show pupils a range of different stereotypical boys' and girls' things (this could include clothes, pencil case items, toys etc)

Ask them to sort them into things that are for boys and things that are for girls
What made them decide which group they belonged in?

Challenge the idea of choice being restricted by these stereotypical views, for example:

- a. Should you only be able to wear pink if you are a girl? Why?
- b. Should you only be able to play football if you are a boy? Why?

This could also include showing role models of people who break the stereotype – i.e. a female footballer, a male ballet-dancer, and male chefs
Here talk about cultural clothing that maybe different i.e. Scottish kilt, Arab robe, Priest attire.

Talk about how limiting what we can do, based on gender is unfair and why it would be wrong to tease someone for making a non-stereotypical choice.

Read the stories 'William's doll' and 'I'm a girl!'

Both explore the characters that break the stereotype of what a girl or boy 'should' be like.

Stress the importance of choosing the things you like and like doing, and not what you think a boy or girl 'should' do.

Activity Pupils draw a toy/activity they would like to try that they don't usually choose.

Debrief Pupils are to reflect on the lesson and identify one thing that they would like to try even if it is seen as an activity for the opposite gender.

I am a and would like to try

Unicef Articles

Article: 12, 13

Resources

William's doll
Charlotte Zolotow
ISBN 978-0-06-443067-8
I'm a girl!
Yasmeen Ismail
ISBN 978-1-4088-5700-7

Key vocabulary

Boys
Girls
Choice
Respect
Stereotype
Choice