

Do Now

Introduction lesson: What is race and racism?



What do we mean when we talk about 'racism'? Try to use an example in your answer from a historical event or something you have seen in the news.

Why do you think some people are racist? Do you think Britain has a big problem with racism today? Why? Explain fully.

How might racism have changed since signs like these were displayed publicly? Do you think we see more or less racism in the world today than we did fifty years ago? Why do you think this?



Above: Two signs displayed in public to divide people by race: one from South Africa in the 1980s. One from America in the 1950s.

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Learning outcomes:

Describe what we mean by race and racism.

Identify issues surrounding the idea of race.

Describe inequalities in Britain today.

Describe inequalities in Britain today using new key terms. Explain racial issues in the UK using graphs and quotes.

Explain what we can learn about racial inequality in Britain from a variety of sources. Explain the issues we face in exploring the concept of race.

Racism:

Having the belief that some races of people are better than others or having general beliefs about other people based only on their race.

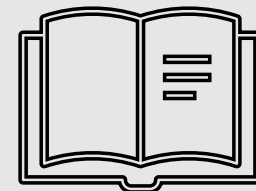
Introduction lesson: What is race and racism?



We will now find out more about what exactly 'race' and 'racism' are and how we have incorrectly learned to classify different people based on superficial characteristics.

THORNDEN THREE READING!

This is important. Follow the text in your booklet closely





What Is Race and Racism?

Racism means treating someone unfairly or unkindly because of their race.

It is based on the wrong idea that one group of people is better than another.

Sadly, racism still happens today. Even though the world has improved, some people still judge others by things like skin colour, hair type or the country their family came from.

There are some places where people are still treated very badly because of their race or culture. One example is the Uyghur Muslims in China, who have been pressured to change their culture and the way they live. This shows that racism is still a problem in the world.

In the UK and the USA, racism is against the law, and things are better than they used to be. But racism has not completely disappeared, and people still talk about it a lot.



Why Do We Have the Idea of “Race”?

Scientifically, all humans are **almost exactly the same**.

We share **99.9%** of our DNA. This means we are far more similar than different.

Our DNA contains **genes**, which are like tiny instructions that decide things like your eye colour or hair type. These come from your parents.

A very long time ago, all humans lived in **Africa**. Over thousands of years, humans travelled to different parts of the world. Their bodies changed a little to suit different environments. For example:

- Darker skin helped protect people from strong sunlight.
- Lighter skin helped people in colder, darker places get more vitamin D.
- Some eye shapes helped protect from desert sand.
- People living high in mountains adapted to use oxygen better.

These differences are very small. They come from only **0.01%** of our DNA.

There is only **one human species**. So “race” is not a scientific idea — it is something humans invented to group people by looks or culture.



Is Race Real?

Race is a human idea, not a scientific one.

It can be confusing because people mix up:

1. **Race** (what someone looks like)
2. **Culture** (how someone lives and what traditions they follow)

For example, if an Asian baby is adopted by a Jamaican family and grows up with Jamaican music, food and traditions, what race are they? This shows that race is not simple.

Scientists and experts are still discussing these questions today.

You do not need to know all the answers — the important thing is to keep an open mind, think carefully, and listen to others.

Watch the following clip and complete your mind map.

Be ready to feedback and we will complete this on the board together in after the clips

(teacher note – you may want to watch clip 1 first, some of the people in it have racist views)

[Is the UK Racist? - Highlights | The James O'Brien Show - YouTube](#)

[Is Britain racist? Three Brits speak out - BBC Three – YouTube](#)

[Britain is not institutionally racist, claims landmark report - YouTube](#)



**Is Britain racist
today? How? Why?**

Year 7 Spring 1 Knowledge Check – Living in the Wider World

Confidence Scale:

1 = Not confident at all | 5 = Very confident

1. On a scale of 1 to 5, how confident do you feel that you can explain the difference between wants and needs, and why it's important to prioritise them?
2. On a scale of 1 to 5, how confident do you feel that you can describe how our choices show respect for ourselves and others in school and society?
3. On a scale of 1 to 5, how confident do you feel that you can recognise the impact of positive and negative behaviour on myself and those around me?
4. On a scale of 1 to 5, how confident do you feel that you can identify different types of media and explain how media can influence the way I think or feel?
5. On a scale of 1 to 5, how confident do you feel that you can spot when media or online content may be misleading or biased?
6. On a scale of 1 to 5, how confident do you feel that you can explain what racism is, how it affects individuals and communities, and why it must be challenged?
7. On a scale of 1 to 5, how confident do you feel that you can recognise when a person might be experiencing or witnessing racism and know how to respond?
8. On a scale of 1 to 5, how confident do you feel that you can describe what self-esteem is and explain how it can be built or damaged?
9. On a scale of 1 to 5, how confident do you feel that you can explain how social media and comparison can affect someone's self-worth?
10. On a scale of 1 to 5, how confident do you feel that you can identify practical strategies to boost my own self-esteem and support the wellbeing of others?



This is your Home Learning. It has been shared with you on Satchel. Please make sure it is completed by next week

Racism and discrimination helplines and charities:

[Samaritans](#). Samaritans provide 24-hour online and phone support to people in distress. Call: 116 123.

diversesecymru.org.uk

Welsh charity committed to supporting people facing inequality and discrimination. Offers mental health services to people from Black and minority ethnic backgrounds through its mental health projects.

blackthrive.org Works to address and challenge the structural barriers that prevent Black people from thriving.

baatn.org.uk Provides a list of therapists from Black, African and Asian backgrounds, and signposts to local mental health and advocacy services.

muslimcommunityhelpline.org.uk

Provides listening and emotional support for members of the Muslim community.

[Childline](#). Support for people under 19 in the UK. Call: 0800 11 11



Need Support? You're Not Alone



If anything in today's lesson has affected you, or you want to talk to someone, there is help available.

Mental Health & Low Mood

YoungMinds – <https://www.youngminds.org.uk>

Kooth – <https://www.kooth.com>

Mind – <https://www.mind.org.uk>

Talk to Someone

Your Tutor or Head of Year – We're here to help.

Wellbeing Team and School Nurse

Report a Concern on Satchel

Safeguarding Team with the Purple lanyards

Healthy Lifestyle

NHS Every Mind Matters – <https://www.nhs.uk/every-mind-matters>

Change4Life – <https://www.nhs.uk/change4life>

Apps That Can Help

Calm – For mindfulness and sleep.

Headspace – Meditation and stress relief.

Clear Fear – Manage anxiety (designed for young people).

MeeTwo – Anonymously talk to other teens, moderated by experts.

Eating Concerns

Beat Eating Disorders –

<https://www.beateatingdisorders.org.uk>

NHS Live Well – Eating Disorders –

<https://www.nhs.uk/mental-health/conditions/eating-disorders/>