



CITIZENSHIP: WHAT MAKES BRITAIN GREAT?

L1: What are British Values?		L2: What is a Democracy?	
British Values	Underpins what it is meant to be a citizen in a modern & diverse Britain. For example, valuing our community & celebrating the diversity of the UK.	Democracy in the UK	The UK chooses its own government through free & fair elections. Citizens vote for representatives regularly who make decisions on our behalf.
Citizen	Any member of a state our country and has legal rights there.	UK Parliament	The UK Parliament meets in Westminster. The UK has a Parliamentary system made up of 3 parts.
Values	The regard that something is held to deserve; the importance or worth of something.	House of Commons	The House of Commons is made up of 650 elected MPs. Each MP is elected by its constituency and is attached to a political party. For example, Labour or Conservative.
Democracy	System of government where the whole population or all eligible members of a country can take part in society. For example, voting in free & fair elections.	Constituency	The UK has 650 electoral areas or divisions called constituency. Each constituency elects one member to the House of Commons as their MP. There are 14 constituencies in South Yorkshire. Our most local one is Penistone and Stocksbridge.
Individual Liberty:	Freedom to make our own choices within legal reason & question what we are being told.	House of Lords	House of Lords of around 800 Lords – this is the unelected chamber of Parliament.
Rule of Law	We must follow the rules in society and the laws of Great Britain. We understand there are consequences when we choose not to.	Dictatorship	A form of government in which one person/select group hold all political power.
Tolerance	Understanding & appreciating that we don't all share the same values/beliefs. For example, listening to the opposing opinion.	Being democratic	We can support the British Values by respecting democracy, listening to the opinions of others, sharing our own opinions and getting involved in school and society.
Respect	Feeling of deep admiration for someone/something based upon their abilities, qualities or achievements.	L5: What is individual liberty?	
L3: Why should we vote?		What are human rights?	
Polling station	A place where a person goes to vote.	Different human rights	Human rights are a set of universal rights that all humans are entitled to regardless of their age, race, religion or gender. The Universal Declaration of Human Rights was published in 1948, and sets out the rights that all humans should be entitled to.
Ballot paper	The document used by a citizen to state which political party they will vote for. They tick the one they would like to see in power.	Meeting Human Rights	There are 30 in total, including the right to life, education, adequate food, shelter and the right to a fair trial. Human Rights are part of UK law and therefore they should never be broken.
Voting Rights	<ul style="list-style-type: none"> The legal voting age is 18 A citizen of the UK. 	Amnesty International	In some non-democratic countries, human rights are sometimes not met. For example, in Guantanamo Bay, prisoners are held in unfair conditions, without a fair trial.
Who can't vote?	<ul style="list-style-type: none"> Members of the House of Lords. Those in prison. Those convicted of cheating when voting are barred for 5 years. Those who are not sound of mind. 	An organisation which speaks out against Human Rights abuses by protesting and speaking out.	
Tax	An amount paid to the government based on a person's income, a company's profits, the value of goods.	L6: How do we promote respect and tolerance?	
		Diversity	The practice or quality of including or involving people from a range of different social and ethnic backgrounds and of different genders, sexual orientations..
		Equality Act 2010	The Equality Act 2010 legally protects people from discrimination in the workplace and in wider society. It is illegal in the UK to discriminate against anyone based on their characteristics such as religion, gender, sexuality, age, ethnicity, social or political views, nationality, etc.
		Interfaith	Works to promote understanding, and good relations between people of different faiths and none in the UK. Interfaith dialogue: Discussions with people with different views to promote good relationships.
		L7: What makes Britain great for me?	
		British Values	In the UK, there are lots of things we should appreciate. British Values underpin what it means to be a great citizen. For example, valuing our public services & bettering our society.
		Traditions	A traditions is something we do as a custom, or habit related to our background. For example, a Sunday lunch, or Yorkshire tea!
		Public Sector	Examples of jobs in the public sector include the military, healthcare & police force.
L4: What is the rule of law?		L6: How do we promote respect and tolerance?	
Why are laws needed?	To protect people; to enforce rights & to solve conflicts. Laws prevent people from behaving in a way that negatively affects the lives of others. There are consequences of breaking the law.	Diversity	
A Bill	A Bill is a request for a new law. In order to add or remove a law, MP's must propose a bill.	The practice or quality of including or involving people from a range of different social and ethnic backgrounds and of different genders, sexual orientations..	
Getting a law passed	<p>In order for a Bill to be passed it has to be heavily debated by all Members of Parliament.</p> <ul style="list-style-type: none"> The House of Commons must agree first. Then the House of Lords must agree to the Bill. Then it is passed by the ruling monarch and signed – this is called Royal Assent. 	Equality Act 2010	
Monarchy	A sovereign head of state, especially a king, queen or emperor.	The Equality Act 2010 legally protects people from discrimination in the workplace and in wider society. It is illegal in the UK to discriminate against anyone based on their characteristics such as religion, gender, sexuality, age, ethnicity, social or political views, nationality, etc.	

L1/2: My Body My Choice		L4: Sleep and screen time.		L5: Hydration and Sugary Drinks	
Consent 	Permission for something to happen or agreement to do something. You should be sure this is your decision and that you have not been pressured into it.	Deprivation:	A lack or loss of something you need to function.	Dehydration	A harmful reduction in the amount of water in the body.
What do we need it for?	Consent applies to all kinds of physical contact including our online behaviours too. For example, a hug or sharing a photo of your friend online.	Sleep	Sleep is an active period where memories are also stored, muscle is grown, and damaged tissue is repaired.	Signs	Thirst and dark-coloured urine. Other symptoms include dizziness or light headedness, headaches and tiredness
What do we need to know?	<ul style="list-style-type: none"> Privates are private. Always remember your body belongs to you. No means no Do talk about things that upset you Speak up, someone can help NSPCC: 0800 1111	Sleep time	11-year-olds should aim to get between 9-11 hours sleep whereas teenagers should aim to get 8-10 hours sleep.	Water intake	A child should drink between 6-8 glasses of water a day.
Sexual consent	The age of consent in England and Wales is 16. It makes no difference what your gender or sexuality is, the law will be the same.	Screen time	Screen time includes time watching Tv, on the phone, playing on the computer or on a tablet. Screen time before bed can cause poor sleep.	Sugar intake	A limit of 25g of sugar during a day.
FGM	Female Genital Mutilation involves the partial or total removal to external female genitalia or other injury to for non-medical reasons.	Limiting screen time	Screen time and caffeine can both affect the quality of sleep that you have and cause sleep deprivation . It may also lead to increased irritability, poor concentration and headaches.	Personal health	Eating too much sugar can make you gain weight, have trouble sleeping and can also cause tooth decay.
				Foods high in sugar	
				Fizzy drinks, smoothies, yoghurts, some cereals. If you are unsure, check the packaging for nutritional information - red, amber or green.	
L6: Personal Hygiene					
				Hygiene	Conditions or practices done to maintain health and preventing disease, especially through cleanliness.
				Dental hygiene	This involves brushing your teeth regularly, flossing, using mouthwash and having a good balanced diet.
				Hand washing	Washing your hands for 20 seconds using the correct routine to remove bacteria.
				Clean routine	<ul style="list-style-type: none"> Change your clothes regularly Regularly shower/take a bath Change menstruation products regularly Eat a good diet/drink water Keep a clean-living area 
L7: Puberty.					
Hormones	Various chemical substances produced by body cells and released especially into the blood and having a specific effect on cells or organs of the body. EG, Testosterone or Oestrogen.				
Puberty	The process of physical changes through which a child's body matures into an adult body. Girls – ages 7-13 Boys – ages 9-15				
Physical change	Growth, facial hair, voice breaking, menstrual cycles start, increased sweating.				
Emotional change	Mood swings, increase in testosterone or oestrogen, feeling more tired.				
Spots and acne	Spots are due to hormones and an oily substance called sebum, your body produces more during puberty, which causes blocked pores and spots.				
Menstruation	Also termed a period, is normal vaginal bleeding that occurs as part of a females monthly cycle. Every month, your body prepares for pregnancy. If no pregnancy occurs, the uterus, or womb, sheds its lining.				
L7: Stress and Anger Management					
				Coping strategies	Methods to solve problems in order to tolerate stress and conflict. EG, by breathing slowly, exercising and compromising.
				Mindfulness	A technique which involves making an effort to focus on what's happening in the present. It involves breathing exercises and meditation.
				Distraction	Strategies to help you rest your mind from worries. Such as, crafts, exercise, drawing, listening to music, reading.
				Anger and the brain	Scientists have identified a region of the brain called the amygdala, as the part of the brain that processes fear, triggers anger, and motivates us to act. It alerts us to danger and activates the fight, freeze or flight response.