

Listen to others.



Laura

Respect privacy.



Andeep

No judgement!



Jacob

Choose your level of participation.



Izzy



assumption

a feeling or belief about something or someone which is not based on evidence

stereotype

an unfair belief about someone based on their characteristics

Andeep and Izzy both love being active.

One of them enjoys playing football and the other enjoys cheerleading.



Andeep



Izzy



Andeep

Some people **assumed** that I'd join the school football club, but I actually prefer to do cheerleading. I love learning the routines and doing the lifts!

Some people **assumed** that I like cheerleading but my favourite sport is football. I've been playing it since I was little and I'm really good at scoring goals!



Izzy



Assumptions are ideas that people believe are true, even though there **isn't any evidence** to support them.



Andeep

Some people might make the **assumption** that boys like football and that girls like cheerleading, even though this **isn't** actually correct.

Stereotypes are **unfair assumptions** about a person or group of people, based on their **characteristics**.

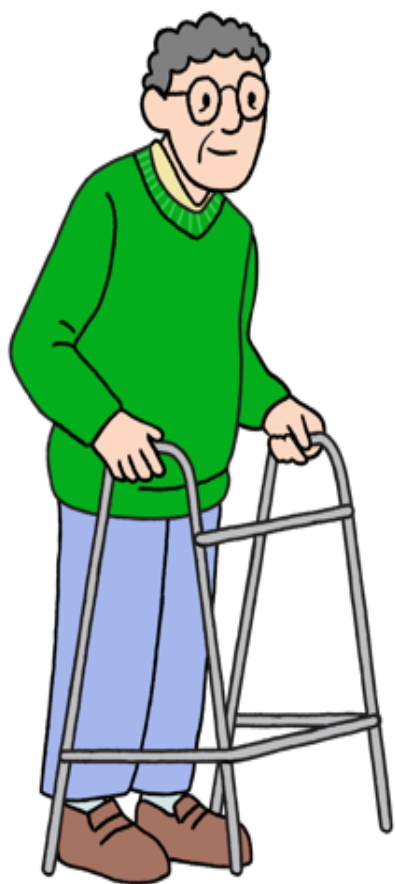
Andeep and Izzy experienced **gender stereotypes**. In other words, people made **assumptions** about what they could or couldn't do based on whether they were a boy or girl. Sadly, **stereotypes** exist for lots of other characteristics, too.



Lucas

Sometimes, I have experienced **stereotypes** around my **disability**. People **wrongly** make **assumptions** that I can't play sports because I'm a wheelchair user. The **fact** is that I can play many sports, and I'm brilliant at wheelchair basketball!





Anu's grandad

Sometimes, I have experienced **stereotypes** around my **age**. People **wrongly** make **assumptions** that I'm forgetful or that my brain has slowed down. The **fact** is that I'm very mentally active and love learning new skills - my favourite new hobby is playing chess!



Zeb's mum

Sometimes, I have experienced **stereotypes** around being **pregnant**. People **wrongly** make **assumptions** that I'm going to stop working to stay at home with the baby. The **fact** is, I love my job and I plan to work full-time when I return from maternity leave.

By identifying **assumptions**, we can begin to **challenge** **stereotypes**.

If people stop making **assumptions**, others will begin to feel **valued** and **supported** to achieve the things that they are capable of. When **stereotypes** are **challenged**, the world becomes a more **inclusive** place where people are celebrated for **who they truly are**.

Ms Hussain



When we challenge **stereotypes**, we should:

- stay **calm** and **respectful**
- explain **why** the **assumption** isn't fair
- give **examples** that show the **stereotype** isn't true
- speak to a **trusted adult** if we feel uncomfortable or unsafe

Remember, if someone says something based on unfair **stereotypes** that makes you feel upset, or if you see this happening to someone else, it's **important** to tell a trusted adult who can help. **Everyone** deserves to be treated fairly.

Read what happened to Jamal. Which strategies for challenging **stereotypes** did he use? Tick all that apply.

Jamal's older brother told him that boys don't cry. Jamal calmly explained, "That's not fair - everyone has feelings and it's healthy to express them. Even professional athletes cry sometimes." Jamal then spoke to his dad about what happened.



stayed calm and respectful



spoke to a trusted adult



explained why the **assumption** isn't fair



gave examples that show the **stereotype** isn't true

