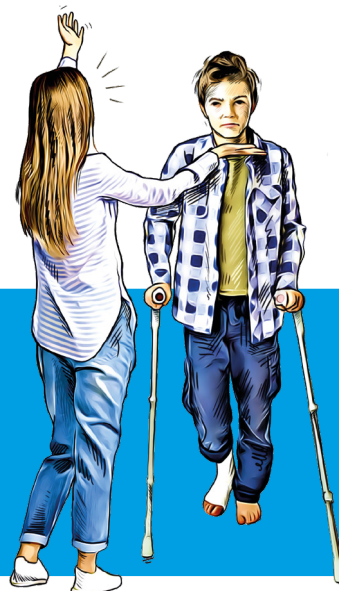


What to say to my children when
we talk about/if they ask about:

Differences



Be prepared:

You are a parent/carer, not a medical or legal expert. You aren't expected to know everything. It's OK to check things and look things up but remember, some online sites aren't reliable. Our family hub has some reliable and trusted sites with more information to help you:

Scan here

<https://link.lsec.uk/family-hub>



Pick the time and place. A calm, quiet place where you won't be overheard or interrupted is best.



The facts, useful information and how to word things:

We are all different. Any difference we have doesn't make us better or worse than anyone else or better or worse at anything we do.

Our differences make us special and unique. We celebrate our differences. Life would be boring if we were all the same.

Respect other people's differences. We can't be best friends with everyone, but we can still respect people we aren't friends with.

It's normal to be curious about people who are different. Sometimes we might not understand why others look, dress or sound different to us.

Some differences are called protected characteristics. If we are unkind to someone because of a difference like race, religion or disability, it can be serious and get us into trouble with the police.

All the protected characteristics: Discrimination: your rights: [Types of discrimination \('protected characteristics'\) - GOV.UK](#)

Hate Crime: [Hate crime | The Crown Prosecution Service](#)

Generally, if someone is unkind once, they are being mean. If they do the same thing more than once it can be classed as bullying - Several Times on Purpose (STOP). If it concerns a protected characteristic it can be a hate incident – if a crime is included, like graffiti or a threat then it could be a hate crime.

Always tell a trusted adult if someone is unkind to you. Who are your trusted adults?

What skills should you talk about as well?

Our approach is that children are best armed with accurate facts and information from the programmes used in school and what you discuss with them. Alongside this, they need strategies and skills to say No if they need to. Visit our Family Hub to find out and reinforce the strategies your children have been taught during the Life Skills Programme.

These include:

- Dealing with stress and peer pressure.
- Communicating clearly when saying No.
- The MATES resistance strategies.
- Considering risk and consequence within our SKILL decision-making model.