




# KCC Wellbeing Newsletter

**Diversity Week at KCC**  
29 June – 3<sup>rd</sup> July

## What is diversity week?

Diversity week takes place every year at KCC. It is a positive, creative and educational experience that promotes the value of kindness and acceptance for all members of our school, local, national and global communities.

As a UNICEF Rights Respecting School, the United Nations Convention on the Rights of the Child is central to our school ethos. The convention applies to every child and their fundamental right to be included, respected and treated fairly regardless of ethnicity, religion, gender, sexuality, ability and family background.

 **Article 2 - (non-discrimination)** The Convention applies to every child without discrimination, whatever their ethnicity, gender, religion, language, abilities or any other status, whatever they think or say, whatever their family background

We have daily activities that have been designed to encompass the importance of diversity and fairness for all.

Celebrating diversity is an important step in appreciating our own culture and developing our self-esteem and feeling proud of who we are, just as we are. This week is all about being connected to others, giving our time and presence to celebrate diversity, learning about the importance of embracing and accepting diversity, and taking notice of the things that we can do everyday to make sure all members of our school community feel welcome and finding ways to actively express that we support Article 2.

These all link to the Five Ways to Well-being that we know help us to feel more positive and make the most out of life .



## Why is there a need for diversity week?

Diversity week is needed to make sure that we raise awareness of and celebrate our school ethos that upholds each young person's right to be accepted and treated with respect.

Everyone at KCC has something to offer - it doesn't matter what your story is or where you came from; you're a valued part of our community. An accepting diverse society means understanding that each individual is unique, and recognizing and being proud of our individual differences. These can be differences of race, ethnicity, gender, sexual orientation, socio-economic status, age, physical abilities, religious beliefs, political beliefs and cultures.

Embracing diversity and variety has a positive impact on how we live life in the 21<sup>st</sup> century and the role of the school is to prepare you for life in the 2020's which is essentially to prepare you for a life of social inclusivity.

At KCC we understand that core British values underpin what it means to be a citizen in a modern and diverse Great Britain; valuing our community and celebrating the diversity of the UK. Individual members of society should feel safe, valued and able to contribute for the good of themselves and others. We understand that we do not all share the same beliefs but do show mutual respect for and tolerance of those with different faiths and beliefs, and for those without faith.



**Ways we are celebrating diversity each day this week**

- **Monday -RRS article 2 – educate yourself about your rights and the rights of all young people not to face discrimination**
- **Tuesday – The importance of challenging stereotypes**
- **Wednesday – take part in our equality and diversity quiz**
- **Thursday – choose a creative activity to celebrate diversity in all its forms**
- **Friday – a celebration of the creations from the week**



## Top tips for celebrating diversity

- Learn about different lifestyles and cultures
- Recognise that our school community, pupils, staff and families will include disabled people, people of different races, religions, backgrounds and people who are LGBT
- Make it clear that diversity is welcome in our school community
- Be kind



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## The Equality Act UK

### The importance of diversity?

Wouldn't it be a boring world if everyone was exactly the same? If we all looked identical, dressed alike, ate the same foods, spoke the same language, the world would be pretty uninteresting! What makes the world exciting is that we're all different. Diversity simply means differences. People can be different in many ways. Some of the most obvious differences we may notice are age, language, culture, appearance, disabilities, race or ethnicity, sexuality and religion. Together our differences make us a strong, beautiful world community.

We all have an equal right to be respected whatever personal differences we have. We should all feel able to feel safe and free to be ourselves, this is an important part of our mental and physical well-being. Remember be proud of your very being is one of your well-being 10 a day!



### The Equality Act

Unfortunately, there are some people who only like those who are exactly like them or who look and think the same way they do. As a result of this they may judge someone with out knowing them based on the colour of their skin, their religion, sexuality or gender. This prejudice can then lead to discrimination when someone treats you differently, unfairly or worse because of your age, being disabled, your gender, gender identity, being married or in a civil partnership, being pregnant or having a child, your religion or beliefs, your race, skin colour or where you were born or your sexuality. Thankfully in 2010 the Equality Act was introduced. It applies to everyone and protects everyone in the UK from discrimination.

The Equality Act means that everyone must be treated equally in all walks of life. If it can be proven that someone is being treated differently because of one of their characteristics for example having a disability then legal proceedings can be taken against a person or organisation that has acted in a discriminatory way.


The Equality Act also protects people from hate crimes these are crimes that have been motivated by prejudice towards someone based on their personal characteristics. This includes abusive or threatening behaviour including verbal abuse, assault, damage to property and inciting (encouraging) others to commit hate crimes and harassment.

The Equality Act makes it very clear that there is no place for discrimination in our society for any reason what so ever.

## Ways we can all tackle discrimination and embrace and celebrate diversity



Educate yourself and others. Discrimination is often caused by ignorance. Defeat fear with facts!



Raise awareness of types of discrimination. There is no place for disrespect and any form of discrimination in our society and no one should experience it.



Tell someone if you have a concern about yourself or anyone else experiencing any kind of discrimination. School is a place where everyone has the right to feel safe, to be themselves and to be able to communicate any concerns they have. Article 2 – it is your right!



Use the language of diversity

- Challenge all forms of discriminatory language
- This should include language which might be seen as sexist, racist or homophobic 'banter'
- This can create an attitude or environment that does not make everyone in our school community feel welcome, valued and safe

## Accessing support

Anxiety UK - 0844 475 774

[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

Childline - 0800 1111 24 hours a day. Confidential advice for children and young people.

[www.childline.org.uk](http://www.childline.org.uk)

Relate - 0300 100 1234

Relationship support for all ages.

[www.relate.org.uk](http://www.relate.org.uk)

Samaritans - 116. Confidential support for people experiencing feelings of distress or despair

[www.samaritans.org](http://www.samaritans.org)

YoungMinds - 0808 802 5544

9.30am - 4pm Monday to Friday.

Committed to improving the emotional wellbeing and mental health of children and young people.

[www.youngminds.org.uk](http://www.youngminds.org.uk)

Kooth- provider of online mental health services for children, young people and

adults. [www.kooth.com](http://www.kooth.com)

<https://respectme.org.uk/>

Anti –bullying website

<https://www.kickitout.org/>

Anti – discrimination in football

