

Year 7 summer term booklet



Civics and Citizenship



- Citizenship
 - Relationship and sex education
 - Religion

Name:

Class:

Teacher:

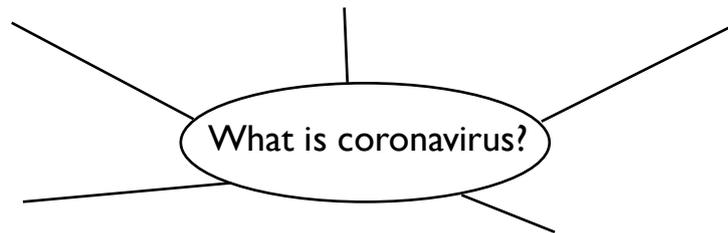
How to use this pack

1. Civics is made up of Citizenship, RSE (Relationship and sex education) and Religion
2. You will have a summary lessons from each topic as well as addressing world-wide events.
3. You can use the internet to help you answer the questions in this booklet.
4. You need to bring this booklet with you to your first Civics lesson when you return.

Topic	Complete (tick)
Week beginning 8/06: Health and wellbeing: Coronavirus	
Week beginning 15/06: Equality: Black lives matter	
Week beginning 22/06: School Diversity week and pride month	
Week beginning 29/06: Citizenship – Growth mindset	
Week beginning 6/07: RSE – Mental health	
Week beginning 13/07: Religion – Religion and science	

Health and wellbeing: Coronavirus

1. Warm up: Use the mindmap below to write down everything you already know about coronavirus.



2. Match up the keywords:

Disease

Coronavirus

Novel coronavirus
(covid-19)

A new type of coronavirus that has not been previously found in humans.

An illness caused by infection or a failure of health rather than by an accident.

A family of viruses, ranging from the common cold to more serious illnesses, with similar symptoms. Some are zoonotic, meaning they are passed between animals and people.

3. What is being done to keep people as safe as possible? Use the images below to help.



Anyone who might be or is sick must stay home and self-isolate for 14 days.















Health and wellbeing: Coronavirus

4. COVID19 is a new type of virus that has not been seen in humans before.
Does the modern world make it harder or easier for diseases to spread?
Decide for each factor and fill in the table below.

Factor	Increase spread of disease, why?	Decrease spread of disease, why?
The internet		
Growing population		
Medicine & hygiene		
Travel		
Work and school		
Technology		

5. Imagine you are the Prime Minister. What would you do to keep people safe?
Answer the questions and then decide on your slogan



How would you support **doctors and hospitals**? _____

What **rules** would you make to keep people safe? _____

What would you spend **money** on? _____

How would you handle people who have the **virus**? _____

How would you stop people **panicking**? _____

Boris Johnson's slogan: Stay alert, control the virus, save lives.

Your slogan: _____

Black lives matter

Warm up questions:

1. What does equality mean to you? _____

2. Who are these people and what did they do?

3. Match the name with the description of that person. Write their name underneath their image.

Barack Obama

Staged a protest on a bus in 1955.

Nelson Mandela

Gave a speech called 'I have a dream'

Martin Luther King

Risked her life to help slaves escape in 1849.

Rosa Parks

Organised peaceful protests and inspired movement for civil rights.

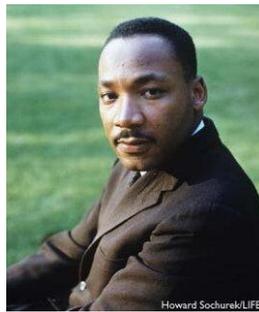
Harriet Tubman

Was the first African American president of the USA

Gandhi

Negotiated freedom and equality for South Africans.













What do all these people have in common? _____

Black lives matter

4. Match up the definition below:

Diversity	the rights of citizens to political and social freedom and equality.
Equality	understanding that each individual is unique and recognising our individual differences.
Civil rights	the state of being equal, especially in status, rights, or opportunities
Discrimination	the unjust or unfair treatment of different categories of people, especially when it comes to race, age, or sex.



On May 25, 2020, an African-American man called George Floyd was killed by a police officer in Minneapolis, the state capital of Minnesota. George was arrested for a minor reason and died after a white police officer called Derek Chauvin knelt on his neck for nearly 9 minutes. During this ordeal, George repeatedly said to the officer, 'I can't breathe'.

The day after George's death, protests against racism and brutality by the police began in Minneapolis and quickly spread to over 200 cities in the USA. Rallies have been held around the world, including in London.

5. The death of George Floyd Internet has also created waves across the internet and social media calling for support.

Search these terms on Google and summarise what you find.

Black lives matter: _____

Black out Tuesday: _____

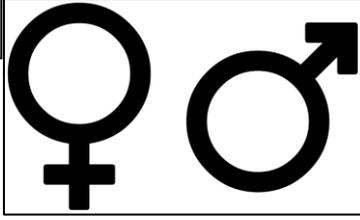
The show must be paused: _____



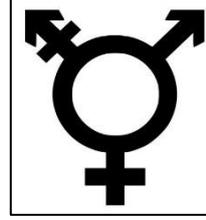
What can you do as an individual to promote equality? _____

Pride month and Diversity week

1.



2. and 3.



Warm up questions:

1. Which is the symbol for male and female? _____
2. How is this symbol related to the two? _____
3. What do you think this symbol might mean? _____

4. What's the difference between someone's biological sex and someone's sexual orientation?

Fill in the gaps below using the following words: gender, male, attracted, female

- Biological sex: A person's biological status: _____ or _____.
- Sexual orientation: Which _____ a person is _____ to; being heterosexual, homosexual, or bisexual.

5. Protected characteristics: It is against the law to discriminate against someone because of:

Age ~~Disability~~ Gender reassignment Marriage and civil partnership
 Pregnancy and maternity Race Religion or belief Sex Sexual orientation



___ Disability ___



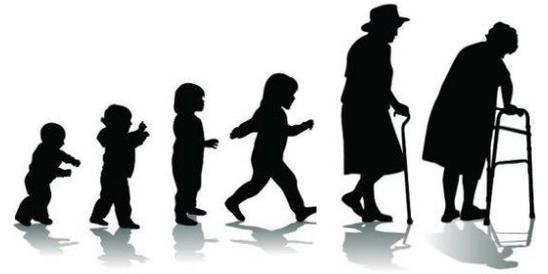
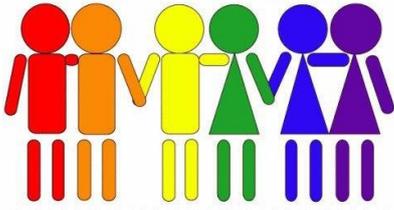








Pride month and Diversity week



6. What does the rainbow flag represent?

7. Why has this particular community chosen a rainbow flag?



8. Inbox Full!

You run a LGBT support hotline for young people discovering their identity, simply curious or concerned about friends. You have a few messages to respond to....

What is up with my friend Lee? Suddenly he wants to borrow my handbag and shoes all the time. He says it's for his sister, but why couldn't she just get her own? I don't care if it's really for him but I'm not sure how to approach the subject. Amy.

Hi Amy,

Someone wrote, 'Gay people are stupid and unnatural' on my books at school, I'm really upset. What can I do? Dan

Hi Dan,

Pride month and Diversity week

9. LGBT terms and definitions

Use the following to fill in the definitions below:

- Trans sexual
- Lesbian
- Biological sex
- Transgender or trans
- Gay or homosexual
- Asexual
- Intersex
- Bisexual
- Homophobia

	A person whose gender identity is different from his or her biological sex.
	A person who has undergone medical and/or surgical treatment to transition from one sex to another.
	A word describing a person who is attracted towards both men and women.
Sexual orientation	Which gender a person is attracted to; being heterosexual, homosexual, or bisexual.
	An extreme and irrational hatred to homosexuality, bisexuality and trans people.
	A term for a person who is attracted towards people of the same gender as them.
	A homosexual woman.
	A person's biological status: male or female.
Gender Identity	How people think of themselves in terms of gender.
	Someone who is not sexually attracted to people of any gender.
	A person who is born with sexual organs that do not meet society's traditional definitions of male or female.
Gender reassignment	An individual who has undergone, intends to undergo or is currently undergoing medical and surgical treatment to alter their body, e.g. sexual organs.

Citizenship – Growth mindset



Warm up questions:

1. What does to grow or growth mean? _____
2. What is a mindset? _____
3. What do you think a growth mindset means? _____

4. Use the following words to fill in the blank

strength don't up effort stronger
muscle easier give connections 5-10

The human brain acts a lot like a _____.

When you learn new things, _____ are made in the brain and get _____.

Things that once seemed hard become _____. People with a growth mindset know it takes _____ to train your brain.

Repeating an action builds _____. Read, write or say something important at least _____ times to make it stick.

Most importantly, _____.

5. Convert these fixed mindset statements into growth mindset statements by matching them up.

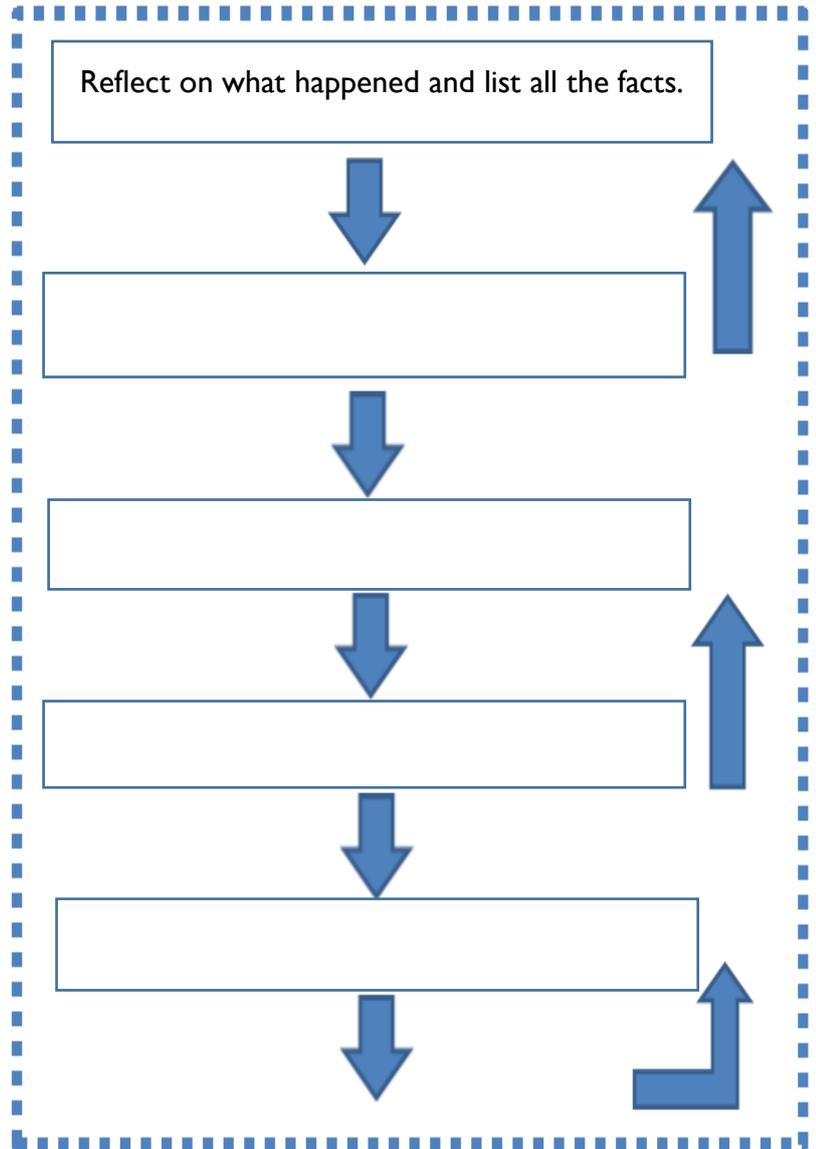
Fixed mindset Instead of:	Growth mindset Try thinking:
I'm not good at this.	Is it really my best work?
I'm awesome at this.	I am going to train my brain in Maths.
I give up.	What am I missing?
This is too hard.	I can always improve so I'll keep trying.
I can't make this any better.	I'll use some of the strategies we've learned.
I just can't do Maths.	I'm on the right track.
I made a mistake	This may take some time and effort.
She's so smart, I will never be that smart.	Mistakes help me to learn better.
It's good enough.	Good thing the alphabet has 25 more letters!
Plan 'A' didn't work.	I am going to figure out how she does it.

Citizenship – Growth mindset

6. The pathway to turning your mind around:

Choose the right sentence for each section, the first one has been done for you.

- Plan what to do differently next time.
- Take responsibility for your own actions.
- Think about what worked/didn't work.
- Take action to give it another try.
- ~~Reflect on what happened and list all the facts.~~



7. Journal entry:

Think about a time when you were successful at something and explain your journey to success.

Did you just wake up and be a brilliant skier? A pro tennis player? An amazing artist? A super reader?

What did the journey look like? How did you get there?

Fill in your journal entry below.

Journal entry:

RSE – Mental health

Warm up questions

Resilience means knowing how to cope in situations where there are barriers in reaching an end goal. It is overcoming these barriers that makes you resilient.

1. Would you describe yourself as resilient? Yes/No/Sometimes _____
2. Give an example of a time when you were resilient. _____

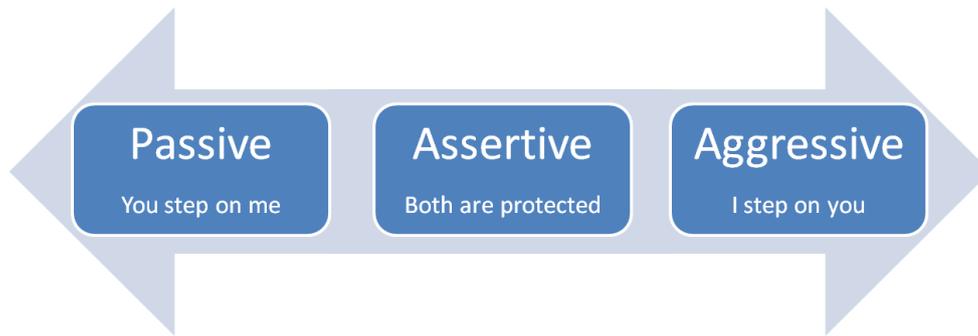
3. Below are coping strategies to help you on your way to being resilient. Decide whether each coping strategy is helpful, would make no difference or is harmful:

- | | | | | |
|---------------------|------------------------|--------------------|--------------------|----------------------|
| Talk to someone | Exercise | Go shopping | Eat junk food | Complain |
| Start a fight | Play sports | Play video games | Blame someone else | |
| Do nothing | Stay up late | Quit | Sleep less | Meet up with friends |
| Pretend it's all ok | Break down the problem | Try to be positive | | |

Helpful	Makes no difference	Harmful

4. Which helpful coping strategy are you most likely to choose? Why would it help you?

RSE – Mental Health



5. Use the diagram to help match the definitions:

- Aggressive** means putting up with a situation rather than being honest about what you really think or feel.
- Passive** means being honest with yourself and others and stating clearly and honestly what you want, think and feel.
- Assertive** means stating your rights regardless of the rights and feelings of anyone else.

6. Assertive is the best of both words. You can be assertive through the words you choose, your tone of voice and your body language.

Remember an assertive response is:

1. Saying what happened
2. Saying how you feel
3. Saying what you would have liked to happen

With this in mind, how would you respond assertively in these situations?

Mo has been preparing a surprise party for his girlfriend. It meant lying to them about where he'd been in order for it to be a surprise. She's become suspicious and accuses him of cheating.

How should Mo respond?

Mo should _____

Damien is getting lunch from the canteen and a group of four students push in front of him. He has been waiting ages already.

How should Damien respond?

Damien should _____

Religion – Religion vs science

Warm up question

1. Where do you think there might be conflicts between Religion and science?

2. Use the diagram to help match the definitions:

Religion	is confidence or trust in a person, thing or deity.
Science	is a test under controlled conditions to establish truth.
Experiment	is knowledge gained through observation and experimentation.
Faith	is a set of beliefs concerning the cause, nature, and purpose of the universe.

3. Read the passage and use it to help you decide is the below statements are religious or scientific:

“Science and religion are based on **different aspects of human experience**. In science, explanations must be based on evidence drawn from examining the natural world. Scientifically based observations or experiments that conflict with an explanation eventually must lead to modification or even abandonment of that explanation.

Religious faith, in contrast, does not depend only on empirical evidence, is not necessarily modified in the face of conflicting evidence, and typically involves supernatural forces or entities. Because they are not a part of nature, supernatural entities cannot be investigated by science. In this sense, science and religion are separate and address aspects of human understanding in different ways. **Attempts to pit science and religion against each other create controversy where none needs to exist.”**

Asks WHY __Science__	Tries to explain the nature of things _____	Tradition _____	Explains value and importance _____	Eternal Truths _____
Tries to explain the purpose of things _____	Proof/Evidence _____	Explains processes and methods _____	Spiritual _____	Asks HOW _____
Observation _____	Hypothesis _____	Revelation _____	Faith _____	Testing _____

Religion – Religion vs science

4. Katie is seven years old, she has had her pet hamster Oreo for 3 years and really loved him. One morning she wakes up and finds Oreo dead. She asks her Dad what happens to Oreo now he has died.

Which explanation is scientific and which is religious?

If Dad chooses to say to Katie that Benny has gone to heaven. _____

If Dad chooses to say that Benny will be buried and will become part of the soil and dirt. _____

5. Use the sentence starter and the bullet points to write a definition for a scientific explanation and a religious explanation.

A scientific explanation -scientific fact -proved -evidence -scientists -evolution

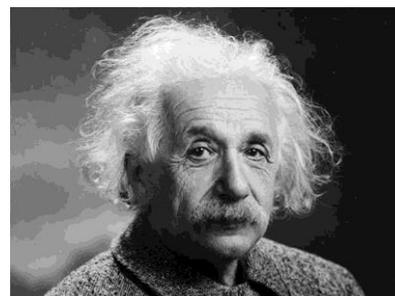
A scientific explanation is one based on _____

A religious explanation -opinion -faith -cannot be proven -evidence -person's beliefs

A scientific explanation is one based on _____



“Science investigates religion interprets. Science gives man knowledge which is power, religion gives man wisdom which is control.” *Martin Luther King*



“Science without religion is lame. Religion without Science is blind”
Albert Einstein

6. Do you agree with Martin Luther King? Do you agree with Albert Einstein? Why/Why not?
