

Year 5 - Nightjars

Life Skills

Autumn 1

What makes up our identity?



Health and Well-Being

Identity

Identity is the collection of attributes, beliefs and experiences that shape how an individual perceives themselves, and how they are perceived by others. It encompasses personal, social and cultural components, and changes over time.



Key Vocabulary	Definition
attributes	A person's characteristics or qualities.
characteristics	Something that is unique or distinctive about a person.
experiences	Things that have happened to you, or that you have done.
identity	Who a person is. The qualities, beliefs, and characteristics that make a person an individual.
individuality	Being unique, special, or different from others.
perceive	How someone sees and understands something.
personal	Characteristics relating to the way you act or behave.
physical	Characteristics relating to the way you look.
social	Characteristics relating to where you come from.
stereotype	Ideas about how people will act based on the group they belong to, e.g. thinking all girls like pink or that elderly people are weak.
values	Your beliefs or ideas about what is right.
role model	Someone a child admires and looks up to as a positive example.

Personal Identity

A person's identity is complex, and can be influenced by a variety of things, such as:

Personal characteristics – personality, likes, hobbies, values, beliefs.

Physical characteristics – gender, age, race, physical appearance.

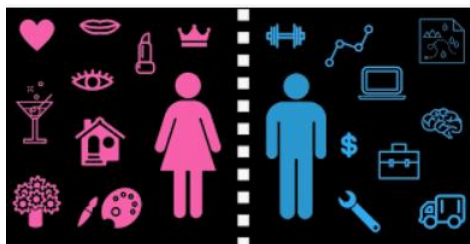
Social factors – family, relationships, friends, community.

Experiences – life events, education, career, travel, personal milestones.



Stereotyping

Stereotyping is when people make unfair assumptions about others based on group traits. It can be harmful because it leads to prejudice and discrimination, and it stops us from seeing people as unique individuals.



Role models

A role model is someone we admire and look up to as a positive example. They inspire us to make good choices, work hard, and build positive character traits like kindness, resilience, and honesty.

Examples of role models could be:

everyday people, (family members, parents, carers, and friends),

school community, (teachers, teaching assistants, or older students).

famous figures, (sports stars, historical figures, scientists, or artists).

