



PSHE Knowledge Organiser

Year Group: 8

Topic: Community and Careers

Half Term: Autumn Two

Further sources of information and advice.

<p>BBC Bitesize:</p> <p>https://www.bbc.co.uk/bitesize/guides/zdnjhbkr/revision/2</p>	<p>BBC Bitesize has a range of resources to help you understand the 2010 Equality Act.</p>
<p>Barclays Life Skills:</p> <p>https://barclayslifeskills.com/young-people/</p>	<p>This website offers different materials to help you build your "real world" skills.</p>
<p>National Careers Service:</p> <p>https://nationalcareers.service.gov.uk/</p>	<p>This is a government website and it contains loads of information about different careers and routes in to them.</p>
<p>The United Nations:</p> <p>https://www.un.org/en/universal-declaration-human-rights/</p>	<p>Here you will find detailed information about the Universal Declaration of Human Rights.</p>
<p>The Prince's Trust:</p> <p>https://www.princes-trust.org.uk/help-for-young-people/who-else/volunteering/</p>	<p>More information about young people and volunteering support and opportunities.</p>

Discrimination is where someone is treated differently or unfavourably due to something out of their control. In the UK, the law is used to protect the rights of individuals, and to prevent this from happening. In the past, individual laws were passed to protect individual characteristics, such as the Equal Pay Act, the Race Relations Act and the Disability Discrimination Act. In 2010 The Equality Act was passed. This law incorporated previous legislation and aims to "provide Britain with a discrimination law which protects individuals from unfair treatment and promotes a fair and more equal society."



A goal is something a person is hoping to achieve in the long run. We can make a goal easier to achieve by setting SMART targets, to break this process down in to manageable chunks. SMART stands for specific, measurable, attainable, realistic and time specific. SMART targets can be applied to anything you wish to achieve, including future career opportunities. When choosing a career path you are interested in, it is a good idea to take in to account your interests and things you enjoy doing, your strengths and skills and what you are good at, your values and what you feel is right, and your personality and the type of person you are. It is a good idea to have a look at some different types of careers, to see which ones you think you may enjoy. This will help you to set targets and be aspirational.

A community can mean many different things, and doesn't necessarily mean just the people you live near. The definition of community is "sharing or having certain attitudes and interests in common." One way which can help a community to work well together is to have a community agreement - a list of rules or expectations which everyone is expected to follow. The Universal Declaration of Human Rights is like an international community agreement. It states that everyone has the right to various things, such as being born free and the right to seek asylum in other countries to avoid persecution.



"It's alright to ask for help"



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The voluntary sector is very valuable to local communities, and many national charities have local branches. For example, the Samaritans is a charity which offers non-judgmental support for people, either through letters, face to face meetings or over the phone. Alzheimer's Society is a voluntary organisation which offers support for people living with dementia and their families, including putting them in touch with local support groups. Macmillan Cancer Support offers support to people living with cancer and their families, including medical care, financial advice and moral support.