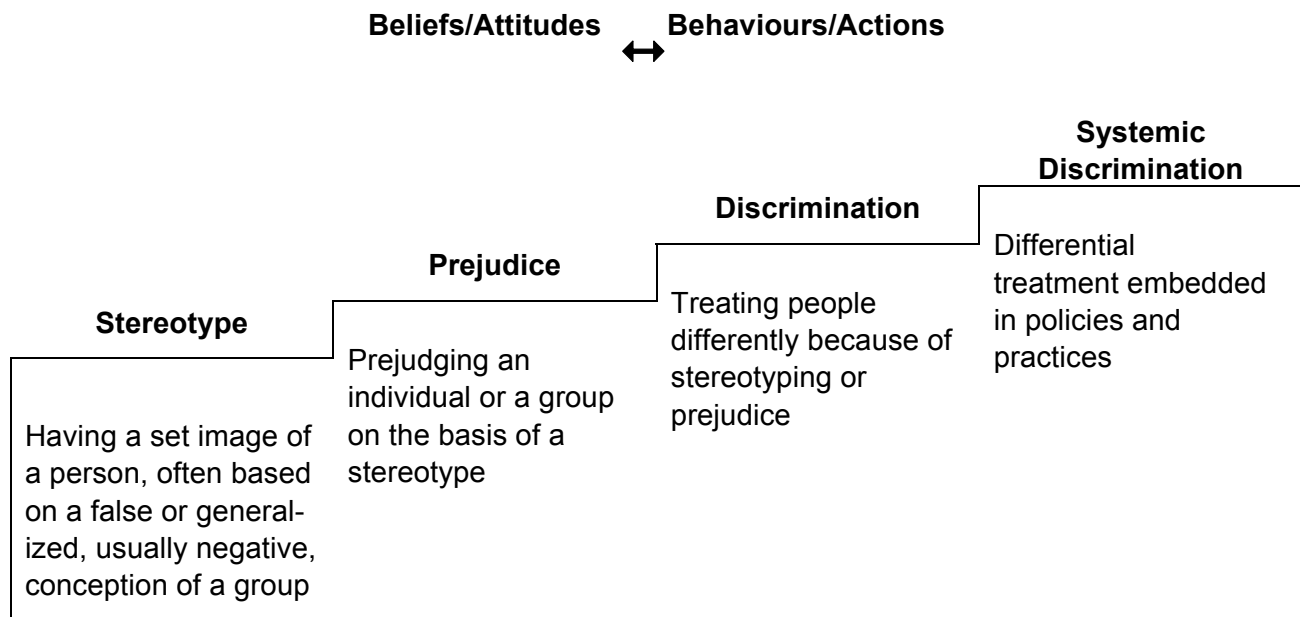


The graphic below illustrates the relationships between beliefs/attitudes and behaviours/actions.

Stereotypes and prejudice can lead to discrimination, and discrimination can help to perpetuate stereotypes and prejudice.



From Ontario Human Rights Commission document—*Supporting Bias-Free Progressive Discipline in Schools* © 2013, p. 13, Ministry of Education website at www.ontario.ca/education © Queen's Printer for Ontario

Discrimination involves treating someone unfairly based on factors such as age, ethnic origin, religion, gender, or disability, and resulting in disadvantage or harm to that person. This result may be intended or accidental, but it qualifies as discrimination in either case. Discrimination might involve obvious and direct action or it might involve more subtle practices that disadvantage or harm individuals or groups.

Name: _____

You are not required to share your work on this page with anyone else, though you may if you like.

1. Describe a situation in which you would lack self-confidence.

2. What are some negative thoughts you might have about yourself in this situation?

3. What strengths do you have that would help you deal with the situation? Choose one or two strengths and describe how you could use these to help you deal with the situation.

4. What positive messages could you give yourself to improve your self-confidence and feel more able to deal with the situation?

Name:

Here are some reasons why an activity might make you feel happy:

1. It makes you feel like you are having fun and enjoying yourself.
2. It is so absorbing that it makes you lose track of time.
3. It makes you feel like you are doing something meaningful or something that gives you a sense of purpose.
4. It gives you a sense of accomplishment.
5. It makes you feel like you are part of a group and valued by the group.

Based on M.E.P. Seligman, *Flourish: A Visionary New Understanding of Happiness and Well-Being*. New York, NY: Free Press, 2011.

In the left column of the chart below, record some activities that make you feel happy. In the right column, use the numbers from the list above to record why the activity makes you happy. You can write more than one number for each activity.

You can also include activities that you would like to try and why you think those activities would make you feel happy.

Activity	Why It Makes Me Happy

Dear Parents/Caregivers,

As part of our learning about literacy and mental health, we have been using a series titled *Well Aware* that combines engaging texts written by award-winning Canadian authors with lessons that connect to strategies students can use on a daily basis to manage stressful situations.

One of these texts, titled *The Only One*, is an autobiographical account of the author’s experiences growing up feeling like she was “the only one” in several ways—she was the only child she knew who had allergies, wore glasses, and had an adopted sibling. Most significantly, she was the only Black child in her neighbourhood and at school. The book explores the author’s journey from struggling with the challenges of being different to embracing all the qualities that make her a unique individual.

As students work with the text, they will explore various factors that contribute to a sense of identity and learn to value the qualities that make them unique individuals. They will also learn to develop self-confidence by relying on their strengths to help them cope with challenging situations they encounter.

Recognizing and valuing cultural heritage contributes to a person’s sense of identity and sense of well-being. To help your child understand and value his or her cultural heritage, you could

- talk about your family’s cultural background
- point out any ways in which your family life reflects your cultural heritage (for example, foods, traditions, celebrations, and customs)
- explain what your cultural heritage means to you

It would also be helpful if you could share with your child any situations you know of in which people demonstrated constructive ways of dealing with discrimination based on factors such as age, cultural background, or gender.

As part of our team, thank you for connecting with us concerning this important topic, and please feel free to contact me if you would like to discuss this work further.

Sincerely,