

## LESSON 1 : BREAKING PREJUDICE

A stereotype is an assumption(eftiradh)

Prejudice is a belief(fekra tsadakha)

Discrimination is an action(fe3l)

prejudice is an opinion that is not based on reason or actual experience.

it has a lot of causes such as psychological social and cultural

1)psychological: the fear of the unknown , something different , or blaming others for our own misfortunes

2)social: categorization , Scapegoating and social inequalities

3)cultural :Prejudice and discrimination are in our genetic heritage and are

influenced by individual and cultural/historical factors and experiences.

consequences: prejudice can lead to terrible consequences such as :

low self-esteem , anxiety depression , losing control of their lives , experience bullying or harassment , losing hope in the future

solution:Reflect on your own ideas and actions to see if you have prejudice in your attitudes or actions .

Challenge peers/family who express prejudiced beliefs

Support organizations that help address the root causes and effects of stereotypes,

prejudice and discrimination.

## LESSON 2:CULTURAL AWARENESS

**culture** is The way of life, especially the general customs and beliefs, of a particular group of people .

misunderstandings occur When something a word, gesture, social context, almost anything you can think of has different meanings in two cultures.

cultural etiquette :

The codes of behavior that rule different

cultures What's acceptable and what isn't in a society.

Etiquette helps us to get along with others, Etiquette promotes respect for people of other cultures

Culture shock refers to the impact of moving from a familiar culture to one that is unfamiliar.

### Lesson 3 :ENGAGING WITH VOLUNTEERING

**To volunteer:** to offer to do something that you do not have to do, without expecting payment .

Volunteering is time willingly given for the common good and without financial gain.

Volunteering means giving your time and abilities to aid others (usually a non-profit organization) without the want of financial compensation.

Examples : Help to serve food to people in need

Collecting, sorting and selling donated goods in charity stores.Taking part in tree planting.Help older people

Helping hurt and homeless animals.

#### benefits of volunteering:

Take on a challenge.

Learn new skills.

Be part of a community.

Meet people.

Gain confidence.

Make a difference.

### LESSON 4: STREET ART AND GRAFFITI

Graffiti allows artists to express themselves, just like painting, illustrating, acting, and any other art form does.

there are many possible purposes for graffiti: it can be to tell a story, describe people, politics, culture, art, places and society together; express yourself anonymously, or just be another art form.

There is a difference between graffiti and street art. In graffiti, the writers are

generally not interested in the public understanding their work, instead they use it to speak to other writers or gangs sending messages to each others. Street art is used to engage everyone.

Urban art is a style of art that relates to cities and city life. It is often done by artists who live in or have a passion for city life.

The main difference between graffiti and street art is that graffiti typically includes letters and words, whereas street art includes images.

Graffiti and street art are art we can see in public places like outside walls of buildings and walkways. They are free to view. Artists often use their work as a form of political and social commentary and activism. Despite these similarities, there are some differences between graffiti and street art.\*

## LESSON 5:Effective communication

Effective communication is a technique that enables you to communicate in away that makes you agreeable and easy to understand.

Effective communication skills are essential for healthy relationships, whether at home, work or in business or social situations. People are often more inclined to work with you and help you reach your goals if you communicate effectively.

Speaking effectively is defined as speaking in such a way that your message is clearly heard and, if possible, acted upon. There are two

main elements to speaking effectively: what you say, and how you say it. What you say means your choice of words. The words you might use when chatting to a friend are likely to be quite different from those used in a formal presentation or interview. Similarly, the way that you speak will also vary in different situations. However, there are also likely to be some common factors: for example, whether you naturally talk quietly or loudly, and how you use body language.

**What are the three main elements of effective speaking?**

**The words you use**

**Your voice**

**Your other non-verbal communication, particularly body**

**Active listening:**

Listening beyond words in order to understand a deeper message. Attentively seeking to understand a speaker's message, rather than passively hearing the words a speaker says.

## **LESSON 6: MEDIA LITERACY AND DISINFORMATION:**

"Media literacy is the ability to decode, analyze, evaluate, and produce communication it builds an understanding of the role of media in society, as well as essential skills of inquiry and self-expression necessary for citizens of democracy .

Media literacy is about preparing kids and teens to thrive in the mediated world.

As new content creators, youth are participating in and engaging in culture in an unprecedented way. It is about empowerment, commitment, and participation.

Media benefits: Responsible for social change Part of the democratic process Gives us knowledge of world event Educates the consumer.

**Misinformation** refers to false information that is not intended to cause harm.

**Disinformation** refers to false information that is intended to manipulate, cause damage, or guide people, organizations, and countries in the wrong direction.

**Malinformation** refers to information that stems from the truth but is often exaggerated in a way that misleads and causes potential harm.

**News literacy** is the ability to analyze and judge the reliability of news and information, and to differentiate among facts, opinions and assertions in the media we consume

## LESSON 7 : CITIZENSHIP AND THE NEED OF BELONGING

**citizenship:** The relationship between an individual and a state to which the individual owes allegiance and in turn is entitled to its protection.

**BY FAMILY** :If one or both of a person's parents are citizens of a given state, then the person may have the right to be a citizen of that state as well.

**BY BIRTH** :Some people are automatically citizens of the state in which they are born.

**NATURALIZATION** :States normally grant citizenship to people who have entered the country legally and been granted permit to stay, or been granted political asylum, and also lived there for a specified period..

**Loss of citizenship**, also referred to as loss of nationality, is the event of ceasing to be a citizen of a country under the nationality law of that country.

**Characteristics of an active citizen** : Participation in the community,  
Knowledge of the political/social/economic context of their participation  
Able to challenge existing structures.

Active citizenship involves working for the common good in local, national and global communities, including voicing informed opinions on matters relevant to your community.

Active citizenship is about:

Social and moral responsibility...Community involvement ...Political literacy

## LESSON 8: BIRTH OR UPBRINGING :

The oldest child tends to be conservative, power-oriented, and predisposed toward leadership. They often take responsibility for their younger siblings, firstborns grow up to be caring, more willing to become parents, and more likely to take initiative.

the middle They often struggle to surpass their older sibling. The middle kids in a family often tend to be ambitious, but they are rarely

As a rule, the youngest child gets a lot of care and attention from parents and even older siblings. That is why they may feel less experienced and independent. selfish..

### The Only Child:

Without any siblings to compete with, the only child often competes with his or her father. Being overly pampered by their parents, the single kid expects pampering and protection from all others too.

The Pygmalion effect is a psychological phenomenon that describes how expectations can modify behavior.

A prototypical eldest child will have some leadership skills.

A prototypical youngest child will know how to march to the beat of their own drum.

A prototypical middle child will be a great peacemaker.

(fakra amaltha andi barcha juste ken jekom haka awka ykoun andkom fekra)

It might be true that the size of a family, a child's gender (boy or girl), disabilities or physical needs, the child's temper and the families' financial status are all determining factors.

Also, a person's cultural beliefs, religion, and traditional values the way he was raised can be important reasons of failure or success but it's not that simple

For example, statistics have shown that older children are more likely to have some leadership skills.

On the other hand ,a middle child will be a great peacemaker.

and as for the youngest child they will know how to march to the beat of their own drum.

Entrepreneur says:

Later-borns are more flexible, innovative, laid-back and sociable.

These characteristics can impact entrepreneurs from the start:

Older siblings often go for the safe bet, while the younger ones are likely to be risk-takers.

First-borns might make better franchisees, while later-borns often undertake more experimental and quirkier businesses.

## LESSON 9:MENTAL HEALTH AND WELL BEING:

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress,

**mental health** :Reflects “our emotional ,psychological, and social well-being.”

**mental illness** :Refers to conditions that affect a person's thinking, feeling, mood, or behavior.



**Positive mental health** is defined as a state of well-being where individuals are able to: Realize their own potential ..Work productively ..Cope with the normal stresses of life ..Make a positive contribution to the community.

Mental illness causes:

There is no single cause for mental illness. A number of factors

can contribute to risk for mental illness, such as:

- 1)Early adverse life experiences, such as trauma or a history of
- 2)abuse (for example, child abuse, sexual assault, witnessing violence, etc.)
- 3)Experiences related to other ongoing (chronic) medical conditions, such as cancer or diabetes
- 4)Biological factors or chemical imbalances in the brain
- 5)Use of alcohol or drugs
- 6)Having feelings of loneliness or isolation

=>Friendship is a crucial element in protecting our mental health. Our friends can keep us grounded, help us get things in perspective, and help us manage life's problems.

## LESSON 8: ONE LANGUAGE TWO CULTURES :

The British actually introduced the language to the Americas when they reached these lands by sea between the 16th and 17th centuries.

the differences between American and British English actually took place after the first settlers arrived in America.

British and American English have some spelling differences. The Americans and the British also have some words that differ from each other.

Aside from spelling and vocabulary, there are certain grammar differences between British and American English.

While there may be certain differences between British and American English, the key takeaway is that the two have more similarities. Accidentally using one instead of the other will not automatically lead to miscommunication

