**Citizenship Session 3 Resilience and self-respect.**

All the activities in this session are linked to the story shown here:

<https://www.storylineonline.net/books/fast-words-fly/>

This story is set in America in the 1960s. This was a time when many schools were still segregated, and some schools were for white people and some were for black people. Although this was deemed *unconstitutional\** in 1954, it was still widely practiced in schools during the 1960s. The Civil Rights Act of 1964 strengthened this legislation and helped to speed the process of desegregation. However, it was not universally popular. This story is based on the real experiences of the author’s father.

Task 1 – after you have listened to the story, answer the following questions. You may want to go back in listen to certain parts again.

Q1. Patrick and Daniel were friendly towards Mason and his brothers when they were picking tobacco during the summer holiday. However, when Mason and his brothers got on the school bus, Patrick and Daniel ignored them. Why do you think they behaved this way? What might they have been thinking?

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Q2. Mason was initially reluctant to represent his school during the typing tournament. Why do you think this was?

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Q3. What do you think Pa meant when he said “Somebody’s got to make a change”?

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Q4. At the end of the typing tournament, no one applauded. Why do you think the audience reacted this way? How do you think Mason felt?

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Q5. What do you think helped Mason develop the resilience to persevere despite the discrimination and bias that he faced?

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Q6. What could you do to help someone like Mason who is facing discrimination or being bullied? What advice might you give them? What helps you be resilient and persevere when things are tough? Check out the box at the bottom for some tips to help you write your advice.

Top tips for building resilience:

* Talk to a trusted person about how you are feeling
* Focus on your skills and attributes – think about what makes you special
* Remember that you are loved and valued by the people around you
* Remember that you make a difference
* If you’re not sure what to do in a situation, list your options and talk them through with a trusted person
* Don’t compare yourself to others. You are unique.
* Make sure you get a healthy balance of rest and activity.
* It is ok to not be ok. If you are struggling, or facing discrimination, or being bullied, tell a trusted adult and ask for help.

My advice is…