

being fair at school

Being fair means treating people equally and following rules. Being fair is not always easy, but it is important. If an adult is not fair at work, they can get into serious trouble. At school, if you are not fair to other students, you could also get into trouble. But, when you are fair, you know you have done the right thing and it can make you feel good.

➤ Write down some examples of when you have been fair to other people.

To help you be fair, it is important to **respect individuality**. Respecting individuality means that you acknowledge that all people are different. Some examples of differences are:

- How tall or short people are
- Different hair colours and styles
- Different colour skin and eyes
- The clothes people wear
- How quickly people learn
- Different foods people like

➤ What are some of your unique and individual qualities?

It is important to remember that all of these differences between people do not make anyone better than someone else. Also, just because people are different, you are not allowed to treat them unfairly.

When you realise that everyone is unique, it is easier to **treat everyone equally**. It is not fair to favour someone for no reason or to gang up on somebody. Treating people equally means that everyone gets a fair go.

➤ What are some other good reasons to treat people equally?

Part of being fair also involves including other people. It can be unfair to exclude others for no reason. In addition, when people are excluded, they can easily feel down. In contrast, when you include others, you make it easier for them to appreciate being included and to feel a part of the group or class.

➤ How do you feel when you are included in something?

➤ How do you feel when you are excluded from something?

Because being fair is not always easy, it can be very helpful to **think before you speak**. This will help prevent calling other people names or saying unfair things. It can be difficult to think before you speak, but you can definitely improve with practice. To assist you with this skill, you have to think about what you are going to say, before you say it out loud. When you do this, it helps you to realise if you are going to say the right thing or not. If it is a good thing to say, you can say it out loud, but if you realise that it is not a good thing to say, say something else or nothing at all.

➤ What are some good reasons to be fair at school?

➤ Can you think of some examples of fairness at school?