

Embracing Our Differences: Diversity and Inclusion Flashcards

Learning objective: To understand the importance of diversity and inclusion, recognising the value of individual differences and how to foster a respectful, welcoming community.

Use these flashcards to test your knowledge of key PSHE concepts. Read the front of the card, think about the definition, then check the answer on the reverse.

Diversity

The range of different characteristics, backgrounds, and experiences that make each person unique, such as culture, religion, gender, or physical ability.

Inclusion

The practice of ensuring that everyone feels welcome, valued, and has equal opportunities to participate, regardless of their differences.

Stereotype

A fixed, oversimplified idea or belief about a particular group of people that is often inaccurate and unfair.

Empathy

The ability to understand and share the feelings of another person by imagining how they might be experiencing a situation.

Prejudice

A preconceived opinion or feeling about a person or group that is not based on actual experience or reason.

Accessibility

Designing environments, services, or information so that they can be used and enjoyed by everyone, including those with disabilities.

Community

A group of people who live, work, or learn together, and who support one another's wellbeing and growth.

Collaboration

Working together with others, valuing their unique perspectives, to achieve a common goal.

What is the difference between 'Diversity' and 'Inclusion'?

Diversity is about the 'who' (the mix of people), while inclusion is about the 'how' (making sure that mix of people feels welcome and valued).

Why might a 'stereotype' be harmful to a person or a group?

It ignores a person's individual personality and talents, potentially leading to unfair treatment or limiting what others think that person can achieve.

How can you demonstrate empathy when someone holds a different opinion to yours?

By listening actively, asking respectful questions, and trying to understand the experiences that shaped their perspective, even if you still disagree.