

# How can we build healthy communities?

# Lesson specific notes

- This lesson covers some topics that people might find upsetting, such as:
- Signposting to support and advice for these topics can be found near the end of this lesson.
- If any safeguarding concerns are raised during the lesson, please follow your policy and speak to your Designated Safeguarding Lead.
- In order for lesson animations to work effectively, we recommend running the presentation as a slideshow by clicking on the 'slideshow' button on the top right. Alternatively, press Ctrl+F5.



- There is an activity on slide 28 where pupils are asked to create a map of their community. If you would prefer a scaffolded version, there are road and building templates on slide 4 and 5 which students can use to cut and stick to make their maps.

# Scaffolded activity print out sheets



# Scaffolded activity print out sheets



# Lesson title



## Knowledge

*Date*

Healthy communities support us to feel safe, belong and to be our true selves.

## Life Lesson

I can contribute to my community, so I can help everyone to thrive.

# Lesson ground rules



## Do



Listen to others without interrupting



Be open and honest



Make sure everyone in the group has a chance to speak





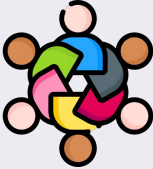
Respect each others ideas and opinions



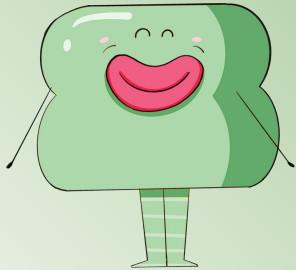
Encourage and support everyone

# Keywords

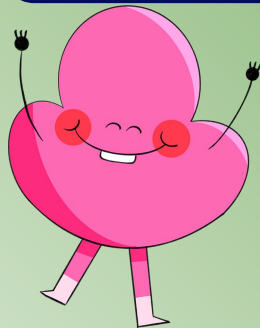


<b>community</b>		a group of people who share something in common
<b>belonging</b>		feeling like you're you're accepted and valued for who you are
<b>diverse</b>		people who are different from each other in many ways

**In this lesson we will  
meet ...**



**happy**



**joyful**





# Explore

# Story



I love that everyone takes care of our **community** and doesn't litter.

Aaron is going to meet his friends at the park.

It is a long walk to the park, but he is excited to explore his **community**.

First thing he notices is how clean it is.

# Story



School is good but I am nervous for exams!



Aaron decides to stop off to get a haircut on the way.

His barber is an important part of the **community** for Aaron because he is someone that he can talk to about his worries or concerns.

Aaron always feels a sense of **belonging** when he has visited the barber.

# Story



As he leaves the barber he notices Mrs Armstrong putting up posters for Polish lessons.

She is doing this to offer a new skill to the members of her **community**.



# Story



A bit further up the road, Aaron sees Grace and her Dad loading up their car with donations for the local food bank.

Grace and her dad volunteer at the food bank every week. It helps people in the **community** who need help affording food.

# Story



Wow! You are all doing so much for the **community**!



Finally, Aaron arrives at the park to meet his friends.

Millie is talking about how she helped her Nan go shopping at the weekend.

Sofia said her and Kyle took part in a **community** clean up event that took part at the weekend.

Aaron thinks about what he could do for his **community**.

# Story



What could Kyle do to help his **community**?

- He could use a special skill he has and teach other people about it.
- He could volunteer for a local charity that means a lot to him.
- He could join in with **community** events like Sofia and Kyle did.



What do you love about your **community**?

Are there any parts of your **community** that could be better?



# Discussion scaffold



What do you love about your **community** ?

I love that....

I think \_\_\_\_\_ could be better because...

I think that...

interesting. I liked your point about...



# Understand

# Community



Human beings are social animals, and we need **communities** to thrive.

We can see this in ancient **communities** and modern **communities**.



Ancient Sumerians 2500 BCE

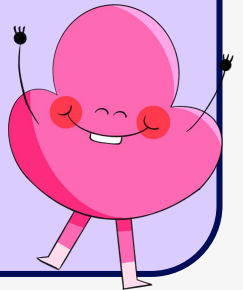


**Community** in modern Britain 2025



Why do you think **communities** have always been important for humans?

- *Human beings feel protected and safe in groups.*
- *Everyone in a **community** has different skills or talents, which makes thriving easier.*
- *We enjoy human connection, seeking support in others and building friendships.*
- ***Community** can provide us with our needs and wants.*
- *It allows people to work together to solve problems and issues that they may face, in order to making living a more joyful experience for everyone.*



# Community



**Community** can mean many different things, but it should provide us with the same feelings of **belonging** and safety.

people who living in the same country



a religious group



people who share  
an interest

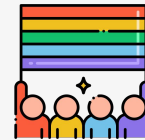


the people we live  
near or with

**Community** could be...



a global group like the  
United Nations

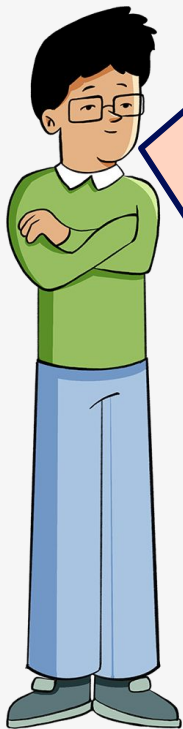


people who share  
experiences

# Community



Healthy **communities** support each other emotionally and materially.



My **community** has helped our family through good times and bad. We sometimes use the local food bank. Everyone in there is so kind and helpful. It feels good to know people are there when we need them.

When I first moved to the UK it was difficult, but the **community** made me feel so welcome. I joined a local walking club and made lots of new friends which gave me a real feeling of **belonging**.



# Healthy community



No matter what type of community we are in, we should feel like our needs are being met, such as:

- learning and growing
- housing and shelter
- feeling safe and protected
- being able to earn money
- food and water
- feeling accepted and valued
- our health and wellbeing is cared for
- space for fun and joy



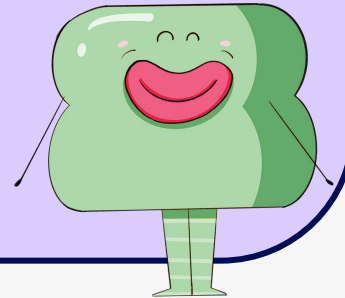
How does it feel to belong to a **community**?

# Possible answers



Belonging to a *community* should feel:

- safe
- secure
- happy
- cosy
- accepted
- valued
- calm







# Activate



Using the list of needs, create a small map of your **community** with the different places that meet these needs.

- learning and growing
- housing and shelter
- feeling safe and protected
- being able to earn money
- food and water
- feeling accepted and valued
- our health and wellbeing is cared for
- space for fun and joy

for example:



My school helps  
me learn



I get my food from  
Mr Habib's shop

# Activity - scaffolded

Using the road and house pictures that you have been given, work with your partner to cut and stick them into a map of your community.

Each building should be an important part of your **community**. Try to include:

- somewhere that helps you learn
- somewhere you feel safe
- somewhere you enjoy spending time
- somewhere that looks after your health
- somewhere to buy the things you need

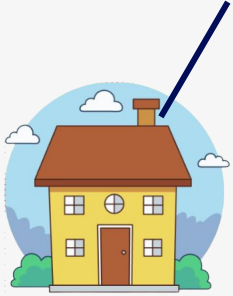


Label each building on your map with the name of the place and why you have included it.

There is an example on the next slide!

# Possible answers

*My house makes me feel safe.*



*The doctors help me to look after my health.*



*My school helps me to learn.*



*I enjoy spending time at my friends house.*



*I buy the things I need from my local store.*

# Diverse community



**Diverse communities** benefit us in many different ways.

Imagine if your **community** was made up of people who had the exact same skills, hobbies and interests and personality.

What would a world where everyone is the same be like?



# Possible answers



*We wouldn't have different skills e.g plumbers, woodworkers or bakers*

*We wouldn't have essential services like doctors and nurses.*

*We wouldn't have different foods, cultures and traditions.*

What would a world where everyone is the same be like?

*People wouldn't have different life experiences that we could learn from.*

*There wouldn't be people to learn new skills from.*

*There would be less interesting people and places*

# Community



It is everyone's responsibility to make our **community** a healthy, happy and joyous place to be.

We can impact the **community** in many different ways.

From helping the people closest to us to acts that benefit the whole **community**.



I volunteer once a week at the local food bank, this has a positive impact on the **community** as a whole.

I also make sure to show the people who use it kindness, which can have a big individual impact.



Helping the whole **community** by:

Helping those we share spaces with by:

- smiling and being polite



Helping those closest by:

- doing chores for the family



- Helping elderly neighbours with bins etc



- donating food, money or clothes to charity



- volunteering at local charities



- picking up litter



- working in public services like teaching, the police or the NHS







# Activate



# Activity



Create your own diagram of ways to help the **community**, from those closest to us, to the **community** as a whole.

It could be examples of things you do already, or things you would like to do.

The worksheet is titled "Life Lessons" in the top left corner. It features a diagram of three nested rounded rectangles, each with a label inside. The outermost rectangle is labeled "Helping the whole **community** by:", the middle rectangle is labeled "Helping those we share spaces with by:", and the innermost rectangle is labeled "Helping those closest by:". On the right side, there is a vertical instruction: "Explain what you do, or could do to take care of your community, from those closest to you to the community as a whole." In the bottom right corner, there is a pencil icon and the number "2". In the bottom left corner, there is a small number "2".

# Community



We can be a part of multiple **communities** at once, for example, Aaron is a member of:

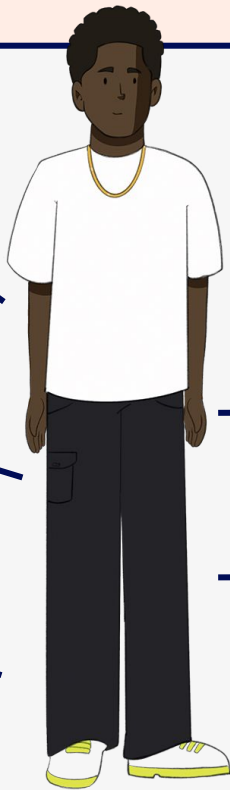


a global **community**  
through his caribbean  
heritage



the LGBT+  
**community**

a local **community**  
in his town



a gaming **community**  
online



a school **community**



a sport **community**



# Growing up



As we grow up, the **communities** we are a part of may change and they will help us to thrive in different ways, for example:

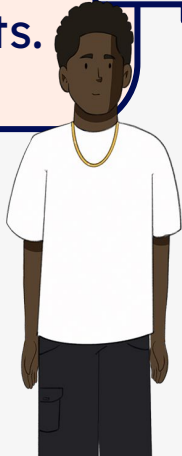
Aaron is part of a **community**, where he lives with his parents.



He has to move for a job that he wants, so he joins a new **community**.



In his new **community** he makes new friends and finds a new hobby by joining a local sports club.



# Thriving



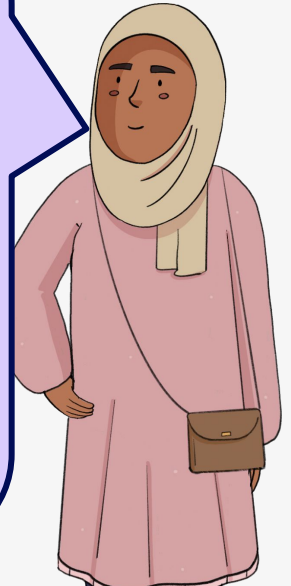
With the person next to you discuss **three communities** you might be a part of when you get older, and how they will help you to grow and thrive.

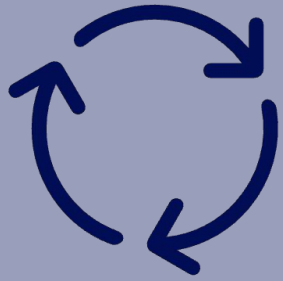
For example:



When I get older I want to learn how to ski and join the snow sports **community**. This will help me build my confidence and explore new places.

When I get older I want to move a new community in Europe. This will help me to learn a new language and meet lots of interesting people.





# Reflect

**Life  
Lessons**



# Let's check



5,4,3,2,1!

Name 5 things you can do to help your **community** thrive.

Name 4 **communities** you are a part of.

Name 3 reasons a **diverse community** is important.

Name 2 needs that our **community** should fulfill.

Name 1 reason **community** is important.

# Time to reflect



You have 30 seconds of thinking time.  
Answer **one** of these questions.

- What have you learnt this lesson?
- If someone missed this lesson, what is the most important thing we should let them know?
- Have you changed your mind about anything during this lesson?



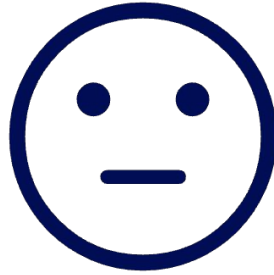
# How did this lesson make you feel?



Very sad



Sad



Neutral



Happy



Very happy

# Where to get support



If you experience **discrimination** or witness anyone being **discriminated** against, it's important to talk to a trusted adult.



[Citizens Advice](#) provides support for people to understand their rights and how to take action if they've been treated unfairly or discriminated against.



[Childline](#) offers free, confidential support for children and young people who are upset, scared, or need someone to talk to.



## Feedback

We regularly update our lessons, to make sure that our resources remain relevant, appropriate and engaging for young people.


If you'd like to let us know what you think, please complete [this form](#). It takes as little as 30 seconds and you only have to answer the questions that are relevant to you.



# Life Lessons

**We aspire to a world where all young people are equipped to make healthy choices and thrive.**

Our student-centric PSHE curriculum and wider ongoing support empowers educators to foster a healthy school culture and equips young people to navigate the complexities of life.



[Discover our approach to learning](#)

