

Think about ...

# Being Different



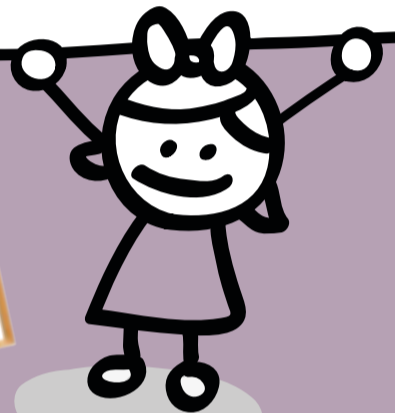
I am  
who I am



MY CULTURE IS  
AN IMPORTANT  
PART OF  
WHO I AM

"Liking Hurling  
doesn't make me  
a bad person"

EVERYONE'S  
EQUAL



My faith is  
important



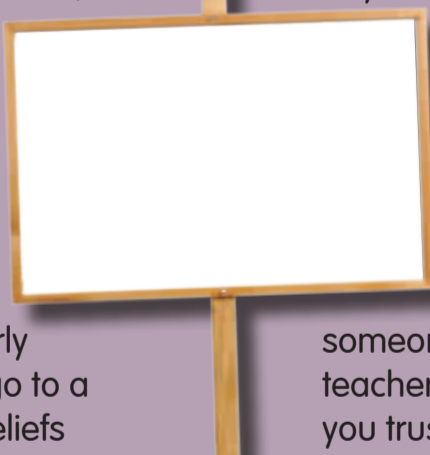
I'M STILL  
ME

You might share the same eye, hair or skin colour as a parent, brother, sister or other relative but you will have your own physical characteristics and personality traits - each one of us is different.

People have different family structures, abilities, sporting interests, religious beliefs, political beliefs,

sexual orientations, cultures and your views on these develop as you mature.

Family and friends can influence your views on others. This can have a positive or negative impact. These views can happen when a person feels threatened by anyone who seems different.



It is wrong to treat people differently or unfairly because of how they look, or because they go to a different school or have different interests, beliefs or have a disability. If you experience prejudice tell

someone what's happening to you. Speak to a parent, teacher, youth worker, school counsellor or someone you trust. **There are other sources of support available.**

## Helplines:

Childline 0800 1111

Samaritans 0845 790 9090

Lifeline 0808 808 8000

Chalky (advice about Rights and the Law)  
0808 808 5678

Disability Action Tel  
028 9029 7880

NICEM (if you are experiencing racism)  
028 9023 8645

## Useful Websites:

[www.niccy.org](http://www.niccy.org) - information about how the Children's Commissioner helps children and young people in relation to their rights

[www.childline.org.uk/Explore/Racism/Pages/Racism.aspx](http://www.childline.org.uk/Explore/Racism/Pages/Racism.aspx) - tells you how you can deal with racism

[www.glyni.org.uk](http://www.glyni.org.uk) - information on rights relating to LGBT community

[www.dontstickit.org.uk/](http://www.dontstickit.org.uk/) - tells you about a campaign to stop bullying of young people with a learning disability

[www.voypic.org](http://www.voypic.org) - help and advice for anyone in Care