



Christianity in Close-up

Key Stage 3 RE
Morality

BOOK 3

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Colourpoint
Educational

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GUIDE TO ICONS



Activity



Discuss



Questions



Think

SKILLS AND CAPABILITIES KEY

*Thinking Skills and Personal Capabilities**

Com	Communication
ICT	Using ICT
Ma	Using Maths
MI	Managing Information
BC	Being Creative
TPD	Thinking, Problem-solving, Decision-making
SM	Self-management
WO	Working with Others

*Learning for Life and Work**

EfE	Education for Employability
Cit	Local and Global Citizenship
PD	Personal Development

* These are suggestions only; you may be able to adapt activities further.

Self-Image

What does it mean to be unique?

Every day we are bombarded with pictures of famous people. We see them in magazines, on television, on the Internet and on billboard posters advertising perfume and clothes. The message is that we should try to be like them. If we want to 'fit in' and be popular then we need to look and act a certain way.

The Bible has a very different message. It teaches that each of us is unique. We are all different and can be proud of that fact. It states that God loves us no matter how we view ourselves.

The Bible also teaches that we should treat other people with respect and kindness, even though they might look very different to us. We need to accept people who don't wear the same clothes as us or listen to popular music, people from other countries and people with severe disabilities.



TPD

In **Luke 10:27**, we are told to 'Love your neighbour as yourself'.



- 1 What do you think these words mean?
- 2 When Jesus uses the word 'neighbour', does he just mean the people who live next door to your house?
- 3 Can you think of any reasons why it would be difficult to love your 'neighbour'?
- 4 If everyone lived according to this saying, would the world be a better place, or a worse one?

The dictionary defines **unique** as:

Being the only one of a particular type.

What is Self-Image?

An image can take a number of different forms. It might be a picture or drawing of an object or person; a reflection of a face in a mirror or a mental picture created by words. If you hear the word 'dog', an image will form in your mind of what that dog looks like. You might have in mind a small cute dog or perhaps a large ferocious one!

Self-image is the impression or picture that we have of ourselves. When we think about our appearance, what image forms in our mind? When we think about our talents and academic achievements, what words come to mind? Self image is our mental picture of who we are as complete individuals.



In this crowded street, every individual is different and unique, but they are each still part of the human race.

BC
SM

Making A Snowflake

You might have heard in science class that no two snowflakes look the same. Scientists have spent years performing experiments to prove this theory, but we can find out the answer much more quickly.

Instructions for making a snowflake:

- Collect a sheet of blank A4 paper and a pair of scissors from your teacher.
- Using a pencil, lightly draw a circle on the page.
- Carefully cut out the circle using a pair of scissors.
- Fold the circle in half three times until it looks like a wedge of cheese.
- Around all three edges, carefully cut out simple shapes.

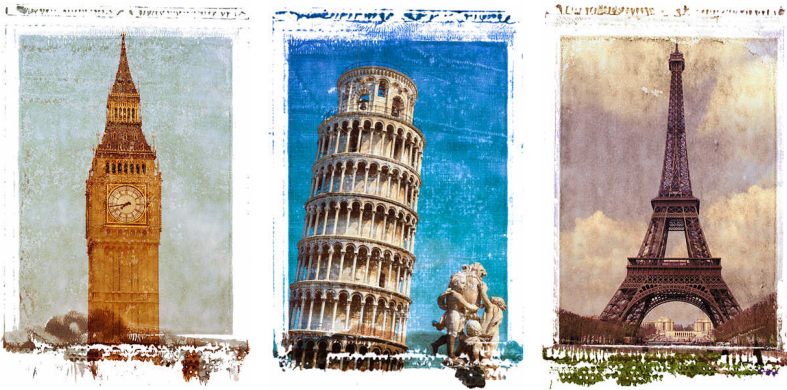
- When you are done, unfold the paper to reveal your snowflake!



When you have finished, compare your snowflake with those made by your classmates. Can you find one which is identical to your own?

The answer is likely to be **no**. Although there will be some similarities, no snowflake will be exactly alike.

The same could be said for each of the people in your class. Although you and your friends might all have the same colour of hair or like the same music, you are not identical. **Each of you is special in your own way.**

Com
WO

In pairs, discuss any similarities that you notice between the towers.

When you have finished, discuss what is different about them.

These towers have several things in common. For instance, they are all found in Europe and are important historical landmarks in their respective countries. However, they are all entirely unique.



What similarities and differences are there between people in your class?

MI
SM

Thumbprints

If you want proof that you are unique, you only need to look at your fingerprints. They will definitely be different from the fingerprints of everyone else in your class.

Each of us has a unique fingerprint. In fact, not even identical twins have the same fingerprints!

For this reason the police use fingerprints as a way of identifying criminals. You might have seen in a television show how detectives put a thief's fingers into ink and then press them onto paper. They compare these prints with those left behind at a crime scene. These prints are later used as evidence

in a court, and in many cases are enough to make a conviction.

- Divide the class into two equal teams: **detectives** and **criminals**.
- Using paint or an ink pad, each criminal makes a thumbprint on individual sheets of paper.
- The prints should be shuffled and given out to the detectives.
- It is the detectives' job to match the thumbprint to the criminal.



Thumbprint

In the heel of my thumb
 are whorls, whirls, wheels
 in a unique design:
 mine alone.
 What a treasure to own!
 My own flesh, my own feelings.
 No other, however grand or base,
 can ever contain the same.
 My signature,
 thumbing the pages of my time.
 My universe key,
 my singularity.
 Impress, implant,
 I am myself,
 Of all my atom part I am the sum.
 And out of my blood and my brain
 I make my own interior weather,
 my own sun and rain.
 Imprint my mark upon the world,
 Whatever I shall become.

by Eve Merriam

From 'A Sky Full of Poems' by Eve Merriam. Copyright 1964, 1970, 1973, 1986 by Eve Merriam. Used by permission of Marian Reiner.

Read the following verses and think about what they suggest about your unique human identity:

'For you created my inmost being;
 you knit me together in my mother's womb.
 I praise you because I am fearfully and
 wonderfully made;
 your works are wonderful,
 I know that full well.'

(Psalm 139:13-14)



MI
SM
PD

To show that you are unique, try comparing yourself with one of your brothers or sisters. If you are an only child (you really are unique!), compare yourself with a friend.



	Me	My brother / sister / friend
Name		
Height		
Birthday		
Eye colour		
Hair colour		
Hobbies		
Likes to eat		
Favourite music		
Likes to watch		

Though there will be some crossover between you and your sibling or friend, it is highly unlikely that you will get the exact same answers for both columns.

Com
MI
WO

In pairs, discuss the following questions:



- 1 What do you think the poet means by the words, 'My universe key, my singularity'?
- 2 What does this poem teach us about our identity?
- 3 What is the author saying through this poem? Do you agree?
- 4 What would life be like if we were all exactly the same?

Christians believe that each individual person is a 'one off' model, a 'special edition' limited to one. We all have different personalities and identities, and we are all designed by God with a specific purpose.

Body, Mind and Spirit

A chemist once analysed the human body and found that it is made from the most surprising stuff. The list reads more like a recipe than a biology report. Every living person contains:

- Enough fat for seven bars of soap.
- Enough iron for a medium-sized nail.
- Enough water to fill five buckets.
- Enough phosphorus to make the tips for 2000 matches.
- Enough lime to whitewash a hen house.
- Enough carbon for 9000 pencils.



If the contents of the human body aren't surprising enough, here is another fact that is truly mind-boggling. A British scientist came up with this calculation:

During **80 years** the human brain processes **10 terabytes** of information. That is the equivalent of the storage capacity of **20,000 compact discs!**

Are human beings more than the chemicals we are made up of? Are we more than the information our brains hold?

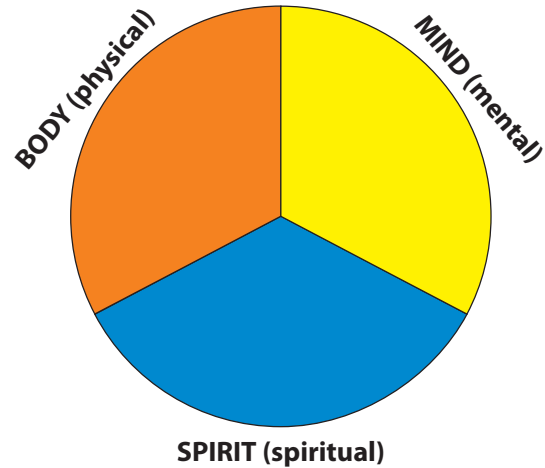
There are some who argue that we are nothing more than physical beings, that there is no such thing as a **soul**, and that there is no **afterlife** to go to when we die.

Many people are not content with this view. They argue that there is a **spiritual** side to existence and that we must look for meaning in this life and beyond it. They believe that, as amazing as our brains are, there is more to being human than simply processing information. We are not computers performing the same tasks day in, day out. The Bible teaches that we have the capacity to think for ourselves, make choices that are good or bad, and control our lives as we see fit.

MI
SM
PD

What is Spiritual?

On a sheet of paper draw a large copy of this diagram.



Read each of the statements below, then write them into the appropriate section.

For example, "I believe in God" would go in the section marked "Spirit".

- | | |
|----------------------------|---------------------------------------|
| I believe in God. | I think about a lot of things. |
| I have dark hair. | I worry about schoolwork. |
| I am tall. | I am good at Maths. |
| I go to church. | I love my friends. |
| I have blue eyes. | I wonder how the world began. |
| I am a fast runner. | I don't believe in God. |

Draw another copy of the diagram and complete it to describe yourself.

TPD
SM
Cit
PD

What are you worth?

The chemicals that make up a human body could be bought for around £3.00.



Is a human being worth more than that?
What is it that gives human beings value?

Who am I?

I'm boy and child and brother and son
 Him over there, the poetry one
 Passport holder 41604
 I'm all of these things, and much much more.

I'm legs and arms and body and head
 A weight that makes a dip in the bed
 A size that stands in front of your door
 I'm all of these things, and much much more.

I'm skin and bone and muscle and brain
 A pumping heart, a feeler of pain
 A bundle of cells with ME at the core
 I'm all of these things, and much much more.

I'm every thought that rises and falls
 The face that stares from mirrors on walls
 A secret code passed down from before
 I'm all of these things, and much much more.

by Steve Turner

Taken from 'Dad You're not Funny' by Steve Turner
 (Lion Publishing plc, 1999. Copyright 1999 Steve Turner).

Com
SM
WO
PD

Get into **pairs**. Each of you should write a few paragraphs describing yourself in detail. You might want to think about:



- Your physical appearance
- Personality
- Hobbies and interests
- Likes and dislikes

When you are finished, read your description aloud to your partner. Take a few minutes to ask your partner what they thought of it. Was your description accurate?

In particular, try to think about which aspects you focused on most:

- Your physical appearance or your personality?
- Your negative or your positive qualities?

When you have finished, try writing a few paragraphs in which you describe your partner. Read it aloud to them when you have finished.

How does the description written by your partner compare with the one you wrote about yourself?

Self-Esteem

The French author Honoré de Balzac wrote:

'Nothing is a greater impediment to being in good terms with others than being ill at ease with yourself.'

MI
TPD
SM

Re-read the poem carefully and answer the following questions:



- 1 Do you think that 'Who am I?' is a good title for the poem?
- 2 Can you think of another title for it?
- 3 What does the poet mean when he refers to himself as a 'bundle of cells' and a 'secret code'?
- 4 Which phrase is repeated throughout the poem. Why do you think it is repeated?
- 5 Why is ME written in capital letters?
- 6 Do you think that this poem has an important message? If so, what is it?

Com
WO
PD

In pairs, take a few moments to consider the following questions:



- 1 What do you think Honoré de Balzac's words mean?
- 2 Do you agree with them? Why would our feelings about ourselves affect how we deal with others?

Some people find it difficult to respect others because they do not respect themselves. This is called **low self-esteem** - having a low opinion of yourself or feeling that you are worthless.

Everyone can struggle with feelings of low self-esteem at times. It is important that we deal with them properly or they can bother us all our lives. It also helps us to accept and get on well with others if we can accept who we are.



Talk to someone

The best thing you can do if you are struggling with low-self esteem is to talk to a trusted adult. Some people may find it too hard to talk to someone they know but there are lots of organisations which exist to help teenagers deal with their feelings.

One example is ChildLine, a free counselling service for children and teenagers.

You can call You can call ChildLine, the UK's free, confidential 24-hour helpline for children and young people on **0800 1111**.

ICT
SM

Other than ChildLine, what other organisations exist to help teenagers struggling with issues including low self-esteem?



People with low self-esteem struggle to believe that anybody would love them for who they are, even God. Yet, Christians believe that God does indeed love everybody. God sees each of us as uniquely made and we are incredibly important to God.

Com
BC
SM
WO
PD

Positives and Negatives

Get into groups of **six**.



Part A

- Place your hand on a blank piece of paper.
- Draw around your hand using a felt tip pen.
- Write your name beside the outline of your hand.
- On the fingers and thumb, write down **five** positive things about yourself.

Part B

- Take a new blank piece of paper.
- Place your hand on the page and draw around it.
- This time the paper will be passed around your group.
- Each person in your group should write down **one** positive thing about you in your fingers and thumb.

As a class, discuss which task you found more difficult: **Part A** or **Part B**. Explain why.

Perhaps negative self-image made part A difficult. Similarly with part B, we can find it embarrassing when other people focus on us.



The Dalai Lama, a Buddhist teacher, once said, 'If you don't love yourself, you cannot love others', but what does 'loving yourself' mean? Here are some options:

- A **narcissistic** person loves and admires their appearance so much that they become completely self-absorbed. The word 'narcissistic' comes from the name Narcissus, a character in Greek mythology who fell in love with his own reflection in a pool of water. Narcissus was preoccupied with himself and neglected everyone else in his life.

- An **egoistic** person is selfish and always puts his or her needs before those of others. Such a person believes that their personal happiness is all that matters.
- The ideal is to have **healthy and realistic self-esteem**. You should be able to recognise your strengths and weaknesses, and accept your positive and negative qualities.



TPD
PD

From the following list choose **five** words that you feel best sum up how young people feel about the changes that adolescence brings. Give reasons for your choices.



- | | |
|------------------|-----------------------|
| Awkward | Frightened |
| Happy | Shy |
| Confused | Self-conscious |
| Emotional | Excited |
| Confident | Nervous |
| Angry | Sad |

Com
WO

As a class, discuss if there is a difference between loving yourself and being self-centred.



Adolescence and being yourself

Sometimes it is difficult to be content with who you are. Teenage years can be a time of great insecurity and anxiety. As you grow from a child into an adult, you change both physically and emotionally. Loneliness, fear and uncertainty are feelings common to most teenagers, even those who appear confident on the surface. You might feel self-conscious but not be entirely sure why. Surges of hormones can cause mood swings that are confusing and difficult to cope with.



A group of young people were asked how it feels to be teenagers rather than children. Here is a selection of their replies:



'It's difficult as people expect more from you.'



'I have more rows with my mum and dad.'



'I have so many questions. It's confusing.'

'It's great. I have so much more independence and confidence.'



Some teenagers find it hard to know who they really are. Instead they try to become what they think others expect them to be. They feel that to be accepted and loved they must wear certain clothes or trainers, go to particular places or socialise with the popular people from their school. Sometimes this leads them into doing things they should not be doing.

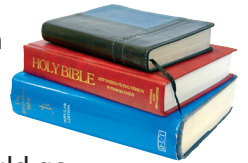
This is often the result of **insecurity**. It's said that people change their outside when they are not happy with the way they feel on the inside.

Unreality

In this mechanical world of false eyelashes, false teeth, contact lenses, fantastic face lifts, eye-deceiving hair pieces and surgically removed bulges – please help me to become what eternity planned me to be. For I suspect that striving to be what I am not is little more than symptoms of insecurity with what I am.

by Phil Streeeter

Taken from *The Divinity of Daydreams* (1986)



The Book of Proverbs is a collection of wise sayings in the Bible.

In **Proverbs 22:6** we read:

‘Train a child in the way he should go and when he is old he will not turn from it.’

Here, the writer says that a child raised with good morals is more likely to hold onto those standards in later life.

Anne Frank writes in her famous diary:

‘All children must look after their own upbringing. Parents can only give good advice or put them on the right paths, but the final forming of a person’s character lies in their own hands.’

Parents, teachers and other authority figures can support teenagers to guide them along the right path, but in the end each individual is responsible for their own behaviour.

Com
TPD

Discuss as a class:

Look again at the two quotations above. Which statement do you agree with more? Proverbs or Anne Frank?



TPD
PD

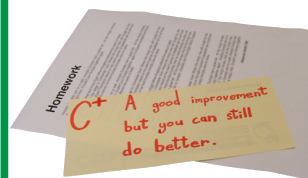
Look at the three pictures below.



1 Is the glass half full or half empty?



2 Is the burger half eaten or is half of it still left?



3 Is the homework good because it is an improvement or is it poor because it could be better?

Think carefully about your responses to these questions.

- Were your answers positive or negative?
- What do your responses tell you about how you think about things?

Com
MI
WO

In pairs, discuss the following questions. When you are finished, share your ideas with the rest of the class.



- 1 What do you think the poet is trying to say in ‘Unreality’? Why do you think he wrote this poem?
- 2 Many people feel under pressure to conform to the crowd and lose their uniqueness. Where do you think this pressure comes from? Make a list of your ideas.