



## Session 7

# What is normal anyway?



# Do you ever wonder what normal is?

- Is it the way someone acts?
- The way someone dresses?
- What people say?
- How smart they seem?
- Who they hang around with?
- What they want to become?



## It can be easy to wish you were more ‘normal’ – whatever that means!

‘If you were more like everyone else, you might think you would fit in better. You might also think that ‘normal’ people dress a certain way and appear to do what they should, when they should, acting in a way that society has decided people at this age, from this country, do. But never forget that everyone has those bits of themselves that they don’t like; even the most apparently ‘normal’ person with the apparently ‘perfect life’ in your year will, I guarantee you, have times when they wish they were more like someone else.’

**Matthew Burton,**

**Just be you and be happy you are.**

Every single one of you  
is a brilliantly unique  
person – embrace that!

If you were more like everyone else,  
you might think you would fit in  
better.

**BUT** there is no real normal, and  
everyone wishes they were more like  
someone else sometimes.



## Try out who you are



Secondary school is a chance to find out who you are and discover your possible place in the world. You will get new opportunities to try things out and see what you can do.



**‘Find out who you are  
and do it on purpose’**

*Dolly Parton, American  
singer and songwriter*

**‘You are beautiful.  
It’s okay to be  
quirky, it’s fine to be  
shy. You don’t have  
to go with the  
crowd.’**

Alek Wek, supermodel



# Transforming you into a superhero – your uniform



Some of the things that people often say when they get to secondary schools are:

‘Why do we have to wear this uniform?’

‘You say I am unique but don’t let me express it!’

‘What’s the big deal about uniform – why is it so strict? Does it even matter?’



**Do you know what the uniform at Acle Academy looks like?**

**If not- Do some research: go onto the school website and have a look at the uniform poster attached.**

In your workbook:

1. Write down a list of things that you have to wear.
2. What are you NOT allowed to wear?
3. Your equipment is also part of your uniform.

What do you have to take with you?

*Everyone in school is aiming for the same – and creating a sense of belonging is important.*



# Find out who you are and do it deliberately

## Activity:

- Write down all of the ways you are different and unique.
- How may these help you in your new school or in life?



# You belong to a new community



You can all have different personalities and have different opinions without wearing different clothes.

In uniform, we are:

- Ready for work
- Looking professional
- Equal
- Part of a community
- Proud to be here
- Important to our school
- Not having to agonise over fashion statements!

**We all look the same but express ourselves differently.**