



Teacher's Guide

On Equality

Period 3

Based on the NCERT curriculum for Standard VII



JANAAGRAHA CENTRE FOR CITIZENSHIP & DEMOCRACY

Janaagraha's initiative to improve citizen engagement in India's democracy through their civic learning program

Developed in collaboration with Young Leaders for Active Citizenship (YLAC)

On Equality | Teacher's Guide (3/3)

Period 3

Class VII
Board – CBSE
Subject – Social and Political Life
Textbook – Social and Political Life Textbook for Class VII (NCERT)
Chapter 1 – On Equality
Number of periods – 03
Length – 50 minutes

Section I – What are we going to learn and why is it important?

Learning Objectives

In this lesson, students will:

- Learn about inequality in different parts of the world, with the example of the United States.
- Understand their role as a citizen in ensuring equality for all citizens.

Learning Outcomes

Students will understand that:

- Inequality in various kinds is present all over the world.
- Every small act can help achieve a more equal society.
- The fight for equality is a continuous battle.

Key Terms:

Racism	Civil Rights Movement	Injustice	Racial Inequality	Citizen Participation
Social Inequalities				

Section II: How are we going to learn?

Discussion: Inequality- An issue in every society

Time: 15 Minutes

Facilitation Notes:

- So far, we have extensively talked about inequality and how it dominates Indian society.
- How many of you think that inequality is only an Indian problem? Is there inequality in developed countries like United States of America or United Kingdom? It is true that as Indians, we live in an extremely unequal society, but that does not mean that inequalities or unjust treatment of people is only limited to our society.
- In so many countries across the world, people are subjected to some extremely inhuman forms of **injustice** and inequality.
- Let's take the example of USA. How many of us think that USA is a developed country where society is much more equal? *[Take a couple of responses. Likely answers- half the class raises their hands]*



Developed nations are often perceived to be more progressive

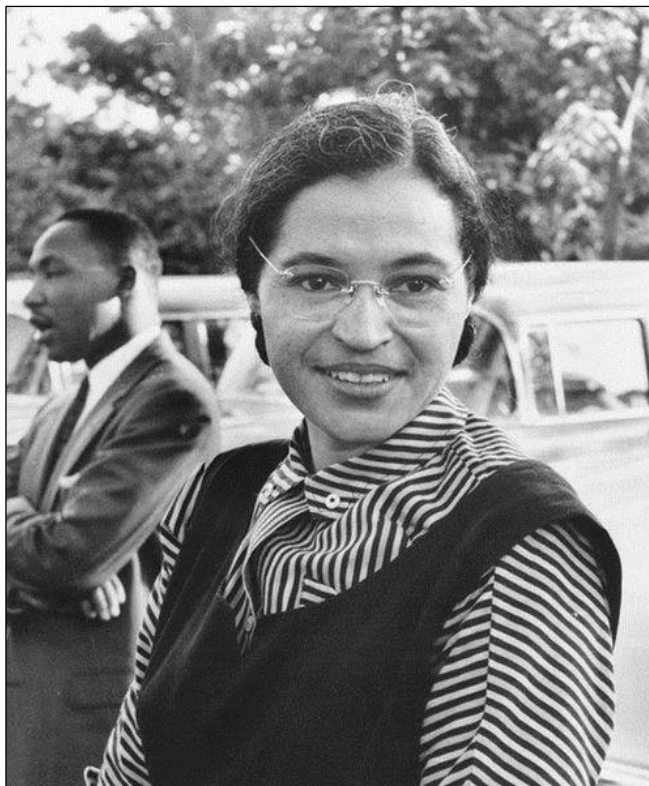


Even the American Society has its own share of injustices

[\(Image Source\)](#)

[\(Image Source\)](#)

- Well, you are right that USA is an extremely developed nation, but sadly it has its own problems- **Racial Inequality** being the worst of them.
- How many of you know what **racism** or racial inequality is?
[Take a couple of responses. Likely answer- racism is when people are discriminated based on their race/colour]
- Racism stems from the idea of race. In the world, depending on the country their **forefathers** came from, people belong to different races. For instance, the people who were first born in Africa are a different race and the people first born in India or Europe are a different race. The one clear distinction between races can be seen by skin color.
- Racism is a situation when people are treated unequally based on the race that they belong to.
- In America, racism is a huge problem even today. It was a much bigger and worse problem in the past when American citizens of African descent were subjected to unthinkable cruelties for no reason but the color of their skin.
- For instance, they were given low paying jobs, sent to much worse schools, not allowed to buy homes in white neighborhoods, not allowed to vote etc. They also faced political injustices, as they were not even allowed to vote or stand for office.
- This kept going on for decades. On December 1, 1955, an incident happened that angered the entire country. A black woman by the name of Rosa Parks was coming back from her work and she boarded a bus in the city of Montgomery in the state of Alabama. Since the bus was crowded, she sat on a seat that was usually meant only for white people. A white man insulted her and asked her to stand up from the 'white seat'. Very angry, she refused. The poor old woman was then thrown off the bus and, in this process, she hurt herself very badly. She later recovered from her injury, but this was one of the many incidences when countless African Americans were oppressed, beaten, or even killed for no fault of their own.
- This incidence and a whole lot of other such injustices led to the '**The Civil Rights Movement**' in America. A movement that was meant to ensure equal rights for the black people in USA. The movement was led by one of the most prominent black leaders of America. His name was Dr. Martin Luther King Jr.
- The law in US now forbids racial discrimination. However, in reality, black people continue to face racism in very large numbers and are significantly poorer than the white people.



Rosa Parks
[\(Image Source\)](#)



Dr. Martin Luther King Jr.
[\(Image Source\)](#)

- Can anyone tell me of other incidences of inequality that you may have heard of from other nations? *[Take a couple of responses. Likely answers- Racism in Europe, religious discrimination in Myanmar, gender discrimination in middle eastern countries]*

Discussion: Active Citizenship: Raising voices against inequality and injustice.

Time: 15 mins

Facilitation Notes:

- We see that inequality is such a major problem and seems to be present everywhere in the world. And in truth, it is so deeply spread out in our society that it will take years and years for us to make a difference in the lives of people who have historically been discriminated against. I now want everyone to close their eyes and listen to my question. Raise your hand if the answer is yes. Otherwise do not react.
- Teacher says the question: I believe that I can make a difference and fight against inequality even alone. (A few students raise their hands, a few don't).
- Now everyone put your hands down, open your eyes. Everyone must keep your own answer to the question in mind. A few of you raised your hand and a few of you didn't. And there is no right and wrong answer. In truth, it is definitely very hard for one person to make a difference to this massive problem. But let's look at the stories of some individuals who have made a difference.



Person 1: Nelson Mandela

Nelson Mandela is one of the most inspiring fighters against racial equality in the world. Born into a royal family, Mandela studied to be a lawyer. He saw the injustices and racial discrimination faced by Africans at the hands of the British. Determined to change it, Mandela started speaking out against racism and rose in politics. Seeing his influence and popularity, the government imprisoned him for 27 years. Even in prison, at no point did Mandela give up his fight. Due to pressure from governments across the world, Mandela was finally released, and he ran in the first democratic election of South Africa becoming the first black president of the country. Ever since then, the condition of the blacks in Africa has become much better. This one man's efforts led to a change in the future of an entire country.

[\(Image Source\)](#)



Person 2: Dr. BR Ambedkar

Dr Bhimrao Ambedkar was born in a 'lower caste' in India. Having seen and faced many humiliations because of his caste, Dr. Ambedkar was very strongly against the caste system. He believed that the system created pointless divides and led to massive injustice. As his political influence increased, he advocated for legal provisions to reduce caste inequalities in our country. For example, it was because of his efforts that caste-based reservations were introduced in the constitution. Countless Indians benefitted because of this constitutional provision and got access to new opportunities.

[\(Image Source\)](#)



Person 3: Malala Yousafzai

Some of us may already know of this story. Malala Yousafzai was born in Pakistan. As a student, she wasn't only great at studies but also loved them. When her city was taken over by terrorists, they banned all girls from going to school. Being a girl herself, she was strongly against this discrimination and believed that everyone- girls and boys should get to go to school and get an education. Despite threats, Malala kept going to school and encouraged all her friends to do so. She even wrote blogs on the importance of educating the girl child.

The terrorists decided to stop Malala and even tried to kill her by shooting her. But she was saved and then taken for treatment to the UK. Today Malala is an international icon for empowerment of girls around the world. She has set up a number of NGOs, donated money, and supports girl child education. Because of her efforts, many girls around the world have access to education.

[\(Image Source\)](#)

De- Brief

- Malala, Nelson Mandela, and Dr. Ambedkar all started out as individuals who wanted to fight against a social wrong. They did not know if they will win this fight or even make the smallest of difference. But despite these doubts, they chose to raise their voices in small and big ways. And because of their efforts, so many people around the world have better lives today. Not only them, but there are other countless people around the world who are fighting against inequalities in various forms.
- Even on a day-to-day basis, we hear about how different people are trying to fight different forms of injustice. Think about every time you have read in the newspaper or seen someone fighting against discrimination of the poor, elderly, women, or lower castes. Many of these people never become famous, but their stories are no less powerful.
- You don't need to be a very powerful politician or a celebrity to fight injustice. All you need is the will to do something about it. This brings me to our next important discussion.

Discussion: Little Acts of Change- How can I make a difference?

Time: 20 minutes

Facilitation Notes:

- As students and the future generation of this country, there are many small and big things that we do that will have an impact on the way our society shapes up. We will talk about inequality and how to fix it, but I would like to hear from a few students on why do we even need to fight against inequality as citizens? Isn't that the job of the government or the politicians? (a few students answer)
- We need to fight against inequality or any other injustice because society as a whole is made from every person in it. If we leave society in the hands of the rich or the powerful, they will only do things that are beneficial for them and no one will think about the disadvantaged. Since we all live in the same society, we all benefit from or are harmed by it. When every citizen takes responsibility of making society better, only then will we be able to achieve a society where everyone progresses. Therefore, **citizen participation** in every aspect of public life is important.
- Before we talk about solutions, let's talk about the daily examples of inequality that we see all around us.
- *(Students give a few instances like different treatments for boys and girls, caste discrimination, different utensils in home for domestic workers, religious bias against some people etc.)*
- So now we understand that there is a lot of inequality in society, what do you think we can do to promote equality? And to help you think, let's take all of them separately?

- I will be distributing a worksheet to every person. Everyone will take about 7-8 minutes to fill this independently and then we will share these in pairs and large groups. (Distribute one worksheet to each student)
- Okay, now you all can start your independent work. (after 8 minutes, the teacher asks the students to share a few answers in the classroom)

Discrimination	What have I seen? (Here you fill in the instances of this inequality that you have seen happening around you. Give as many examples as possible)	What can we do about it? (What all do you think you can do, as students and young citizens, to help fight the inequality. Give as many examples as possible)
Discrimination based on gender		
Discrimination based on caste/ religion		
Discrimination based on income		
Others forms of discrimination		

Sample Solutions Sheet- *please note it is difficult to make this exhaustive, students may come up with different ideas.*

Discrimination	What have I seen? (Here you fill in the instances of this inequality that you have seen happening around you. Give as many examples as possible)	What can we do about it? (What all do you think you can do, as students and young citizens, to help fight the inequality. Give as many actions as possible)
Discrimination based on Gender	<ul style="list-style-type: none"> • Girls are expected to stay at home and do housework while boys are allowed to go play and 	<ul style="list-style-type: none"> • Parents should ensure that both boys and girls help around in the housework. • Girls should be encouraged to play

	<p>not help in housework.</p> <ul style="list-style-type: none"> In sports, girls are not allowed to play with the boys. 	<p>outside the home for better overall development.</p> <ul style="list-style-type: none"> Boys should be taught to do housework Schools should make physical training compulsory for girls.
	In many families, birth of a boy is celebrated but not of a girl.	Create awareness/sensitize family members, friends and community to not discriminate between girls and boys. Girls are as much of an asset to the home as a boy.
	In many cases, families practice female feticide, as they do not want a girl child.	Create awareness/sensitize family members, friends and community to not discriminate between girls and boys. Also tell people how this practice is banned under law.
Discrimination based on Caste/Religion	People don't rent out their homes to people of other religions.	<ol style="list-style-type: none"> Create awareness/sensitize family members, friends and community on religious and caste discrimination. Students should have conversations with their parents on how this practice is baseless and unjustified.
	In many homes, people from certain castes are not allowed to eat/drink in the same utensils.	Create awareness/sensitize family members, friends and community on religious and caste discrimination.
	Sometimes people make fun of other people from lower castes.	Caste does not govern a person's abilities. Besides everyone deserves respect. Students should publicly discourage such behavior by friends and family.
Discrimination based on Income	Security guards, drivers, cooks, household help etc. are looked down upon and not treated with respect.	We should give respect to everyone, irrespective of their economic background. They perform important functions and we should respect their dignity. Students should set this

		example in front of their friends and families
Other forms of discrimination	People who speak English are considered superior to those who cannot.	Speaking a language is in no way indicative of a person's abilities. Knowledge and behavior of a person is important and not how well they can speak English and therefore, we should not make fun of them and treat them differently.
	Private schools are considered better than government schools.	Education and knowledge are important and not the school a person went to. Therefore, we should not consider children having studied at a private school superior to those studied in a govt. school.

Debrief:

- You all came up with good points.
- Think about this- if you tell people once to not discriminate on any basis, will the problem get solved? No.
- This is because a lot of these ideas have been prevalent in society for centuries and getting people to completely change their beliefs and mindset is not just difficult, it also requires a lot of time.
- For these reasons, as young citizens of this country, we should keep in mind that working for equality is a constant battle that needs to be fought and won in small proportions every day.
- With this, we are completing our conversation on equality. Change does not happen in one go and as much as we all want a better future, we will have to keep doing small things every day if we hope to make a huge mark on this world. It may be an inequality against women or children, the poor, or it may be corruption, injustice or any other problem you want to solve. You need to be patient and keep fighting. That is the only way to bring about change.



do these small things that brought about huge changes.

Let's now close out with this video:

Video

The video shows how one person keeps trying to make small changes in people's lives every day and slowly he sees results of his actions.

Link: [YouTube](#)

Debrief of video:

Big changes are achieved by small wins. Every time you feel like it's very difficult, think of all the people who made all those sacrifices. Our society would not have moved forward if people like you and me hadn't decided to

Section III: Assessment

Time: 10 minutes

1. Define Racial Inequality.
2. True or false (give reasons)
 - a. Inequality exists only in India.
 - b. Gender Inequality is the only form of inequality.
 - c. All forms of inequalities are interconnected.
 - d. I, as a student, cannot do anything to promote an equal society.
 - e. Fighting for equality is a constant battle

Solutions:

- a. Inequality exists only in India. **FALSE:** Inequality exists in every society. For eg, racial inequality in America.
- b. Gender Inequality is the only form of inequality. **FALSE** There are multiple forms of inequality including gender, caste, income etc.
- c. All forms of inequality are interconnected. **TRUE**
- d. I, as a student, cannot do anything to promote an equal society. **FALSE** Even as a student, every little act that promotes equality matters. For instance, encouraging the girl students of our class to play sports is a step forward to promote gender equality.
- e. Fighting for equality is a constant battle **TRUE**

Homework

1. Study a few examples from other nations and write about at least 3 instances of inequalities that exist in other countries. Has the government or the people made any attempts to tackle it? If yes, how have they done it?
2. Talk to three elders in your homes and neighborhoods. Explain to them the concept of inequality and ask them for three measures that they think we, as citizens, should adopt to promote equality.
3. Find one newspaper article about caste-based violence in the country and write a summary of the incident and why do you think it is wrong.

Section IV: Closure

Time: 5 minutes

Facilitation Notes:

Summary by the teacher:

We talked about the inter-connection between **social inequalities**, inequalities in other societies, discussed some role models who fought for equality and finally our role in society to promote equality.

Section V: Additional Resources

Resources for students:1. Video: The Girl Effect

The video details how a girl's entire life is ruined by poverty and gender discrimination.

Link: [Youtube](#)

Resources for teachers:1. Reading: Meet 6 inspiring Human Rights Activists in India

The article talks in brief about the story of 6 different people who are fighting for various causes.

Link: [The Better India](#)

2. Video: Slave Trade from Africa to America

The video is a brief history of slavery in America

Link: [Youtube](#)

3. Video: How to Make Peace?

In this Video, Nobel Prize Winner Kailash Satyarthi talks about how he believes we can fight injustice? By getting angry at injustice.

Link: [Youtube](#)

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