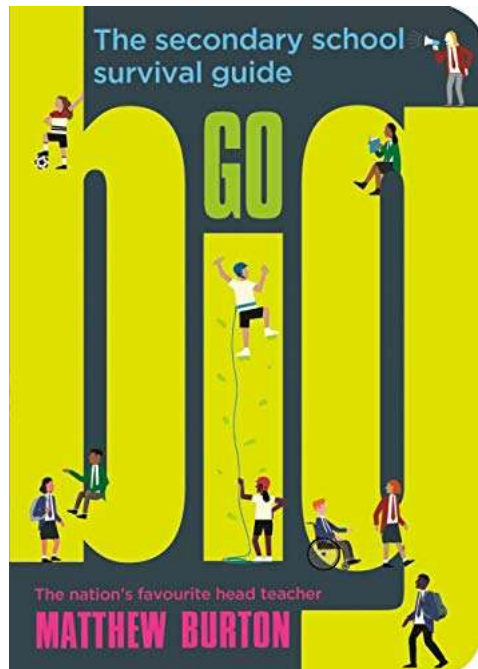




What is normal anyway?



In this section, we are looking at ‘what is normal anyway?’ Here is Matthew to explain some more...



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.’

**Live your life and
don't try to be
someone else.**



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



High 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 high school 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 your uniform will look like at your high school? You can find a description on the school's website. Make sure you have a look.

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 think you will have to bring with you in your school bag?

You should be proud to wear your high school uniform

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

This is **why** you have a uniform.

It is symbolic of your community.





“Everyone is wearing the same badge. Everyone **shares** responsibility for each other and should feel that **sense of responsibility.**”



Matthew Burton

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.

As far as uniform is concerned...

Whatever the rule is: FOLLOW IT!



Here is Gemma, back again to end this section.

