

Who are we? (by B. Zephaniah)

1) Listen to the poem and complete the text. (Track 22) 🎵

So who are you?
Are you one of those
..... people?
Are you one of those
..... people?
Or are you just one of
Those people,
Those other people,
You know
Them people?

We are calling us
Disabled people,
Able-bodied people,
Rich people,
..... people,
Upper class people
Middle class people
Working people
And even
Lower class people.

Who do we think we are?
We call some people
Foreign people,
..... people,
..... people,
Why do we still
Label people?
Why do some people feel like
Chosen people?

OK
I know we come from different,
We have different shades of skin¹
And there are different ways of living
In the countries we live in,
And
Some people can do some things
And some people can do others,
But I think that we have to see
We're all sisters and
And

Children may be small people
Adults may be big people
But when you get right down to it²
All people are,
And
As far as I can see
You're all related³ to me,
That is why I say that
All people are

Now let your reply be true
Everybody
Who are you?



Glossary

1. diverse tonalità del colore della pelle
2. si va al sodo, diritti al punto
3. uniti da rapporti, legami
4. di parentela; imparentato

2) Translate into Italian.

tall = black = disabled = rich =
middle class = foreigner = different =
chosen = small =

3) Read the poem and find the opposite of:

1. disabled
2. rich
3. upper class
4. small
5. different.

4) Complete the sentences with these words to understand what the poem is about.

age different ethnicity health free

1. All people are universally equal and specifically
2. We are all born and equal.
3. Everyone must be treated equally regardless of (a prescindere da), race,, nationality, class, religion, belief, sex, gender, language, and

5) Read the poem and then choose two of the articles from the Universal Declaration of Human Rights and create a poster to illustrate them.

6) Name the basic human needs necessary to live with dignity and without fear.

7) Write down 7 human rights that each person needs in order to be happy, healthy, treated fairly and feel part of society. Then, discuss your list with the class. Explain why you think these are the most relevant rights.

Scars to Your Beautiful (by Alessia Cara)



1) Visit the website <https://www.youtube.com/watch?v=MWASeaYuHZo> and listen to the song then fill in the gaps with the following words:

star dark thing mirror eyes heart beautiful pain

She just wants to be,
She goes, unnoticed she knows, no limits
She craves¹, attention she praises², an image
She prays to be, sculpted by the sculptor

Oh, she don't see, the light that's shining
Deeper than the can find it
Maybe we have made her blind³
So she tries to cover up her pain⁴
And cut her woes⁵ away
'Cause covergirls⁶ don't cry
After their face is made⁷

But there's a hope that's waiting for you in the
You should know you're beautiful just the way you are
And you don't have to change a thing
The world could change its heart
No scars⁸ to your beautiful
We're stars and we're beautiful

Oh-oh-oh-oh Oh-oh-oh-oh

And you don't have to change a thing
The world could change its
No scars to your beautiful
We're stars and we're beautiful

She has dreams to be an envy⁹, so she's starving¹⁰
You know, covergirls eat nothing
She says, beauty is and there's beauty in everything

Glossary

1. desiderare intensamente
2. lodare, elogiare
3. cieco
4. mascherare il dolore
5. dolore
6. fotomodelle, ragazze-copertina
7. essere state truccate
8. cicatrici
9. invidia
10. morire di fame
11. fame
12. resistere ancora per un po' di tempo
13. scomparire
14. soffrire
15. dentro di voi

What's a little bit of hunger¹¹?
I could go a little while longer¹², she fades away¹³

She don't see her perfect
She don't understand she's worth it
Or that beauty goes deeper than the surface
Oh-oh, oh-oh
So to all the girls that's hurting¹⁴
Let me be your
Help you see a little bit clearer
The light that shines within¹⁵

There's a hope that's waiting for you in the dark
You should know you're beautiful just the way you are
And you don't have to change a
The world could change its heart
No scars to your beautiful
We're stars and we're beautiful

Oh-oh-oh-oh, oh-oh Oh-oh-oh-oh-oh

And you don't have to change a thing
The world could change its heart
No scars to your beautiful
We're stars and we're beautiful

No better you than the you that you are
(No better you than the you that you are)
No better life than the life we're living
(No better life than the life we're living)
No better time for your shine, you're a
(No better time for your shine, you're a star)
Oh, you're beautiful, oh, you're beautiful

There's a hope that's waiting for you in the dark
You should know you're beautiful just the way you are
And you don't have to change a thing
The world could change its heart
No scars to your beautiful
We're stars and we're beautiful

Oh-oh-oh-oh Oh-oh-oh-oh-oh

And you don't have to change a thing
The world could change its heart
No scars to your beautiful
We're stars and we're beautiful



2) Choose the correct alternatives in this summary of the song.

Scars to Your Beautiful is about body image and the importance of **accepting** / **don't accepting** our body, personality, and behaviour, and **don't protecting** / **protecting** ourselves against people's terrible judgments of ourselves. Severe criticism can cause in the person targeted discomfort and feelings of **adequacy** / **inadequacy**. The song **doesn't encourage** / **encourages** people, girls in particular, to be confident about themselves and their life.

The video that accompanies the song tells the stories of **actors** / **real people** from **the same** / **different** countries and cultures who have experienced difficulties in their lives because of **love** / **health problems**, physical appearance, or discrimination for being "different".

It is the singer's testimonial to the American national movement I AM THAT GIRL that **doesn't fight** / **fights** all forms of discrimination and bullying, and inspires girls to love, express and be who they are.

3) Search the web and find information about Alessia Cara. Write a profile of the singer and present it to the class.

Break the Chain (by Tena Clark and Tim Heintz)

- 1) Visit the website <https://www.youtube.com/watch?v=fL5N8rSy4CU> listen to the song and complete the gaps with the missing words.

screams sky wonderful pain time chain girl
body rules abuses oppression

I raise my arms to the
On my knees I pray
I'm not afraid anymore
I will walk through that door
Walk, dance, rise (x2)

I can see a world where we all live
Safe and free from all
No more rape or incest, or abuse
Women are not a possession

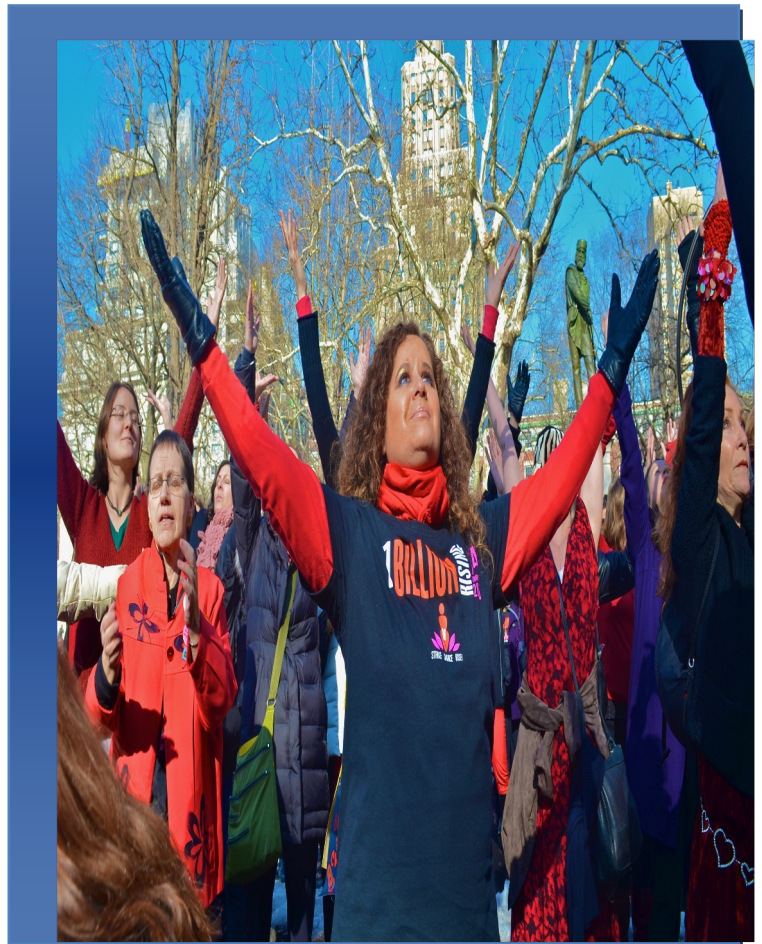
You've never owned me, don't even know me
I'm not invisible, I'm simply
I feel my heart for the first time racing
I feel alive, I feel so amazing

I dance cause I love
Dance cause I dream
Dance cause I've had enough
Dance to stop the screams
Dance to break the
Dance to stop the pain
Dance to turn it upside down
It's time to break the, oh yeah
Break the Chain
Dance, rise, dance, rise

In the middle of this madness, we will stand
I know there is a better world
Take your sisters & your brothers by the hand
Reach out to every woman &

This is my, my body's holy
No more excuses, no more abuses
We are mothers, we are teachers,
We are beautiful, beautiful creatures

I dance cause I love
Dance cause I dream
Dance cause I've had enough
Dance to stop the
Dance to break the rules
Dance to stop the
Dance to turn it upside down



Curiosities

- Every 11 minutes, one woman or girl is killed by members of her own family.
- In the world, 130 million girls don't go to school.
- Women hold only 26 per cent of parliamentary seats in countries around the world.
- 49 countries do not have any law which protects women from domestic violence.

It's time to break the chain, oh yeah
Break the Chain, oh yeah
Break the Chain
Dance Break
Dance, rise, dance, rise

Sister won't you help me, sister won't you rise (x4)

Dance, rise, dance, rise

Sister won't you help me, sister won't you rise (x4)

This is my body, my body's holy
No more excuses, no more
We are mothers, we are teachers,
We are beautiful, beautiful creatures

I dance cause I love
Dance cause I dream
Dance cause I've had enough
Dance to stop the screams
Dance to break the rules
Dance to stop the pain
Dance to turn it upside down
It's to break the chain, oh yeah
Break the Chain, oh yeah (Repeat chorus)

2) Read the lyrics and find the words that have the same sound.
For example: oppression / possession

3) Match.

1. Alzo le braccia al cielo
 2. Prego in ginocchio
 3. Attraverserò quella soglia
 4. Non mi hai mai posseduta, neppure sai chi sono
 5. Nel mezzo di questa follia, noi ci ergeremo
 6. Questo è il mio corpo, il mio corpo è sacro
-
- a. I will walk through that door
 - b. On my knees I pray
 - c. In the middle of this madness, we will stand
 - d. This is my body, my body's holy
 - e. You've never owned me, don't even know me
 - f. I raise my arms to the sky

1.....

2.....

3.....

4.....

5.....

6.....

4) Translate into Italian.

1. rape 2. incest 3. abuse 4. to break

5) Read the lyrics and write the words related to violence against women.

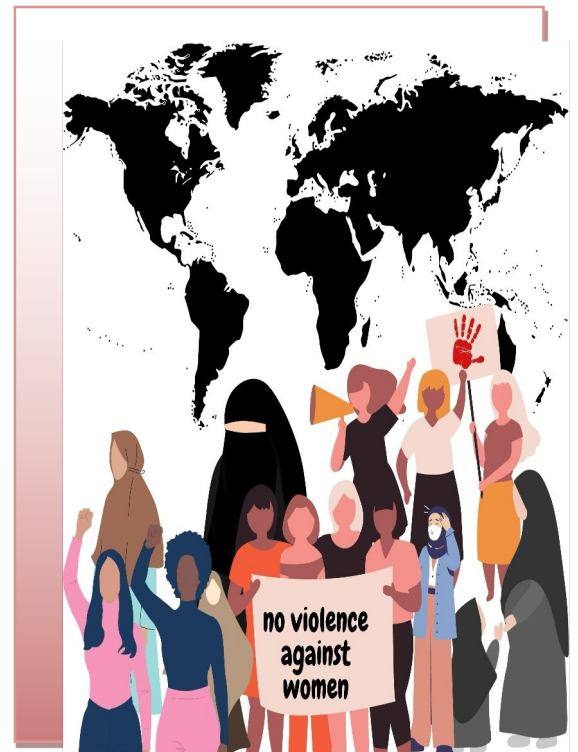
6) Choose the correct alternatives in this summary of the song.

The song is a rallying cry that inspires listeners to join the fight for **men's / women's** rights and gender equality. Dancing is **sad / joyous** and contagious, but it is also a liberating gesture, an artistic form of resistance and a **good / bad** therapy, particularly for those women who experienced violence in their life. The act of **private / public** dance breaks the rules and models and can help abused women accept their bodies, feel alive and begin living again without any **fear / hope** and shame, and more aware of their strength and beauty.

7) Read the text and answer these questions.

Break the Chain is the anthem of the global activist movement V-Day's ONE BILLION RISING campaign to stop violence against women and girls. One billion rising refers to data that show that more than one in every three women across the world will experience physical or sexual violence during their lifetime.

Every year on 14th February people worldwide celebrate a special Valentine's Day by coming together to demand an end to violence against women and girls. They spread a message of unity, solidarity, justice, and equality. They also celebrate diversity, the power of art and music and the preservation of the Earth.



1. What is Break the Chain?
2. Why is "One Billion Rising" the title of the campaign?
3. What do people do on the 14th of February every year?

8) Group work. Create a slogan and a poster for a "Stop Violence Against Women" campaign. Then share your work with the class.