SDG 10

Reduced Inequalities

SDG 10 減少不平等

A Bilingual Lesson for Grade 6
六年級雙語課程

What Is Fair?	Equal vs. Fair	Our School's Story	Our Actions
什麼是公平	平等與公平	育英的故事	行動方案

17
Global Goals, this is #10
項全球目標，這是第 10 項

1 in 6
people have felt discriminated against
人感受過被歧視

0
students should feel left out
沒有人該被冷落

Hello, I'm Dom!

大家好，我是 Dom！

I grew up in Compton, California.
我在美國加州的 Compton 長大。

I have been teaching students in Taiwan for a couple of years.
我在台灣教學生已經有幾年了。

I won the UNA 2024 Young Leader of the Year Award.
我獲得 2024 年聯合國協會青年領袖獎。

Today: why fair is not always the same.
今天要談：公平，不一定是一模一樣。

🙋

Raise your hand: has anyone ever guessed something wrong about you?
舉手：有沒有人曾經對你有過錯誤的猜測？



🌏

That is a 13-hour flight. What would you miss most if you moved that far?

那是 13 小時的飛行。如果你搬那麼遠，最想念的會是什麼？

🙋 Stand Up If...

如果是你，就站起來！

1. **Stand up if you have ever been the new person somewhere.**
   曾經是某個地方的新來的人，站起來。

2. **Stand up if you have ever felt left out of a game.**
   曾經覺得自己被排除在遊戲外的，站起來。

3. **Stand up if someone once made you feel welcome.**
   曾經有人讓你覺得被歡迎的，站起來。

That one person changed everything. Today, you can be that person.
那一個人改變了一切。今天，你可以當那個人。

What is SDG 10?

什麼是 SDG 10？

In 2015, every country agreed on 17 Global Goals for 2030. Goal 10 is Reduced Inequalities — no one should be left behind because of where they are from, what they look like, or what they have.

2015 年，全世界所有國家訂下 17 項全球目標，要在 2030 年前達成。第 10 項是「減少不平等」——不該有人因為出身、長相或擁有的多寡而被丟下。

fair 公平	**include** 接納	**respect** 尊重	**belong** 歸屬

🎮 Game Time! 遊戲時間

Q1

Two students need to see over a wall. One is tall, one is short. What is FAIR?

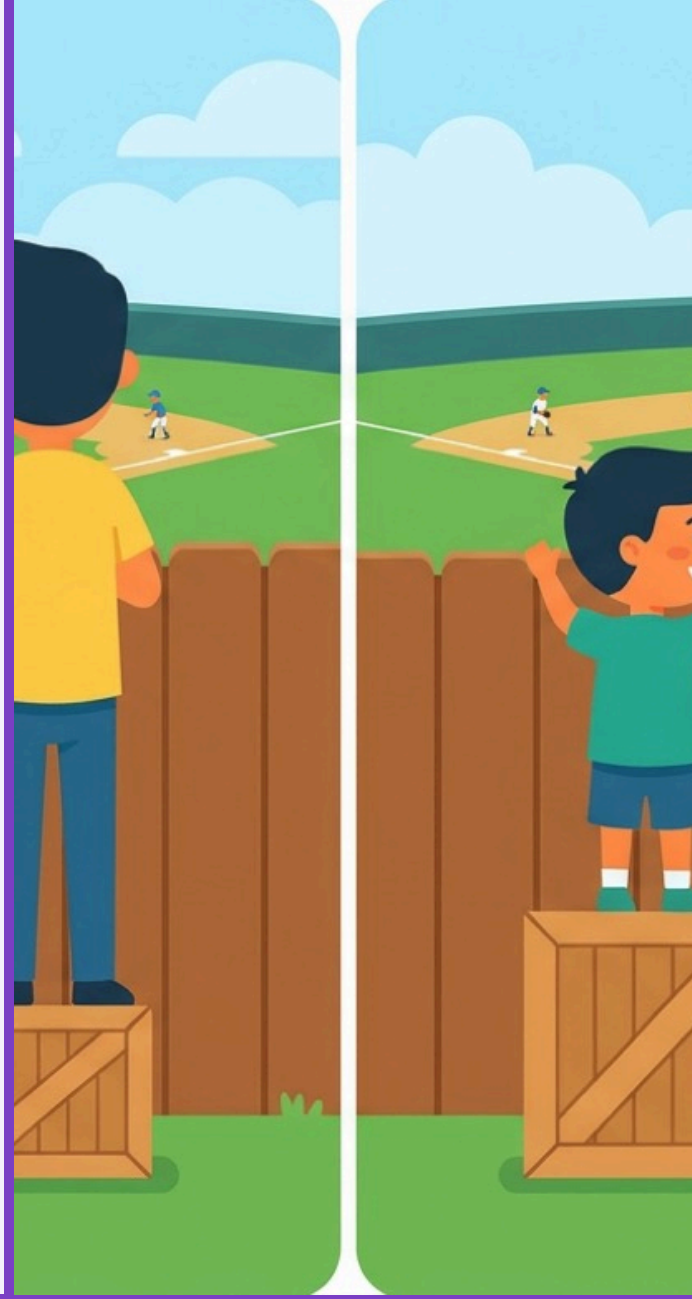
兩個學生要看過一道牆，一高一矮。怎樣才叫「公平」？

A Give both the same size box — 兩個人給一樣高的箱子

B Give nobody a box — 兩個人都不給箱子

C Give the shorter one a taller box — 矮的那個給比較高的箱子

D Make the short one leave — 叫矮的那個離開



👆 Tap any option to reveal・點任一選項公布答案

🎮 Game Time! 遊戲時間

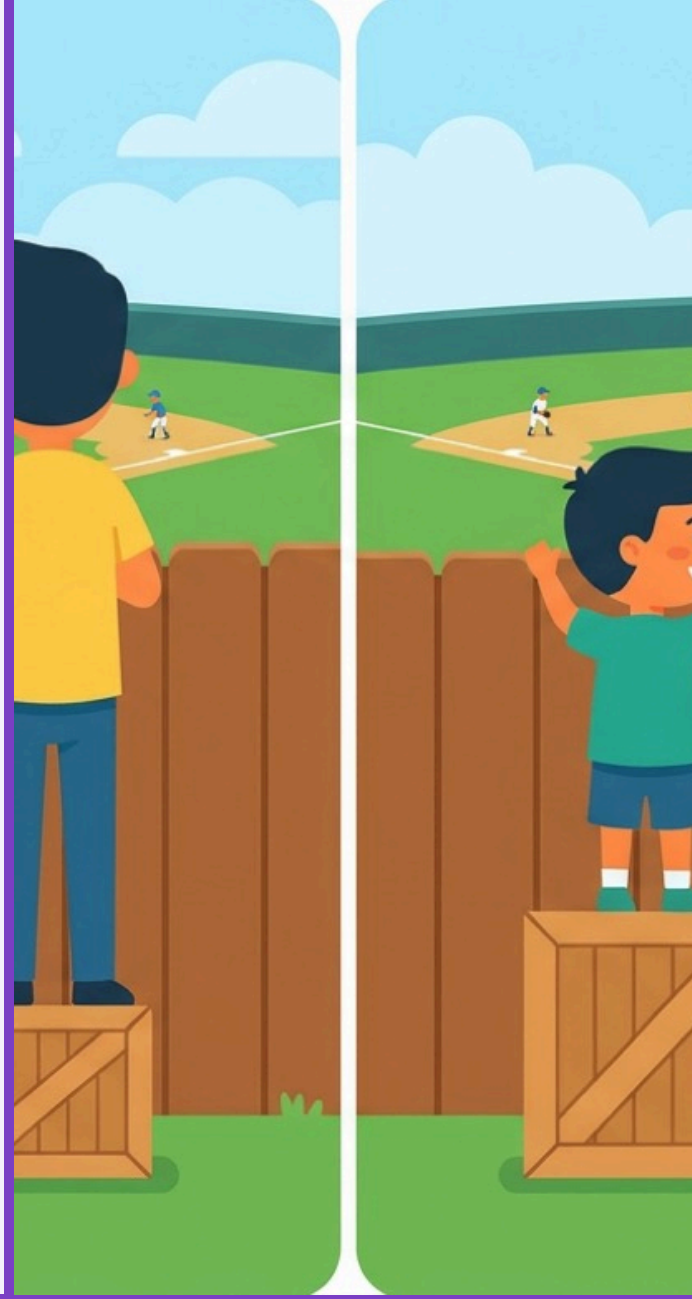
Q1

Two students need to see over a wall. One is tall, one is short. What is FAIR?

兩個學生要看過一道牆，一高一矮。怎樣才叫「公平」？

C **Give the shorter one a taller box**

矮的那個給比較高的箱子



✅

Equality gives everyone the same. Equity gives everyone what they need to reach the same view.

平等是「給一樣的」；公平是「給他所需要的」，讓大家都看得到一樣的風景。

Fair Is Everywhere

公平就在身邊

A ramp helps someone in a wheelchair get in. Glasses help someone see the board. Subtitles help someone who cannot hear. Each one gives a person what they need.

斜坡讓坐輪椅的人進得來；眼鏡讓人看得清黑板；字幕讓聽不到的人也能看懂。每一樣，都是給一個人他所需要的。

ramp	glasses	subtitles	need
斜坡	眼鏡	字幕	需要

1 in 6

people have felt discriminated against

每 6 個人就有 1 人感受過被歧視

Because of age, gender, skin color, disability, language, or where they come from.

原因可能是年齡、性別、膚色、身心障礙、語言，或來自哪裡。

?

Which of those could happen at a school?

這些原因裡，哪幾個可能發生在學校裡？

Our School's Story
育英的故事



🏫

In 1933, Taiwanese and Japanese kids went to different schools. Today, everyone learns here together.

1933 年，台灣孩子和日本孩子念不同的學校。現在，大家都在這裡一起學習。

🎮 Game Time! 遊戲時間

Q2

Which of these is the BEST way to include a new classmate?

下列哪一個是接納新同學最好的方法？

A **Tell them they can join if they want** 跟他說他想加入的話可以來

B **Say their name and ask them to sit with you** 叫出他的名字，請他坐你旁邊

C **Wait for them to ask you first** 等他先來找你

D **Tell the teacher to assign them a friend** 請老師指派一個朋友給他

👆 Tap any option to reveal・點任一選項公布答案

🎮 Game Time! 遊戲時間

Q2

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下列哪一個是接納新同學最好的方法？

B **Say their name and ask them to sit with you**

叫出他的名字，請他坐你旁邊

✅

Using someone's name is the fastest way to make them feel real to you. An invitation beats permission.

叫出名字是讓對方覺得被看見最快的方法。「主動邀請」勝過「允許加入」。

🗂️ Include or Leave Out? 1/2

接納，還是排除？

INCLUDE 接納	LEAVE OUT 排除
🪑 **Saving a seat for someone** 幫別人留位子	🤫 **An inside joke nobody else gets** 只有小圈圈懂的玩笑
🗣️ **Asking how to say a name correctly** 問對方名字怎麼唸才對	📱 **A group chat that leaves one person out** 刻意少加一個人的群組

👆 Thumbs up for INCLUDE, thumbs down for LEAVE OUT! · 接納比讚，排除比倒讚！

🗂️ Include or Leave Out? 1/2

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🗣️ **Asking how to say a name correctly** 問對方名字怎麼唸才對 → **INCLUDE 接納**	📱 **A group chat that leaves one person out** 刻意少加一個人的群組 → **LEAVE OUT 排除**

👆 Thumbs up for INCLUDE, thumbs down for LEAVE OUT! · 接納比讚，排除比倒讚！

🗂️ Include or Leave Out? 2/2

接納，還是排除？

INCLUDE 接納	LEAVE OUT 排除
📋 **Explaining the game rules to a new kid** 跟新同學解釋遊戲規則	🙊 **Copying someone's accent to be funny** 模仿別人的口音取笑
⚽ **Splitting teams so nobody is picked last** 分組時不讓任何人最後被挑	🚪 **“Sorry, this game is full.”** 「抱歉，這個遊戲人滿了。」

👆 Thumbs up for INCLUDE, thumbs down for LEAVE OUT! · 接納比讚，排除比倒讚！

🗂️ Include or Leave Out? 2/2

接納，還是排除？

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📋 **Explaining the game rules to a new kid** 跟新同學解釋遊戲規則 → **INCLUDE 接納**	🙊 **Copying someone's accent to be funny** 模仿別人的口音取笑 → **LEAVE OUT 排除**
⚽ **Splitting teams so nobody is picked last** 分組時不讓任何人最後被挑 → **INCLUDE 接納**	🚪 **"Sorry, this game is full."** 「抱歉，這個遊戲人滿了。」 → **LEAVE OUT 排除**

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True or False? 1/2

真的還假的？手比 ⭕ 或 ❌

Treating everyone exactly the same is always fair.

對每個人一模一樣，就一定公平。

Leaving someone out can hurt as much as saying something mean.

把人排除在外，可能跟說難聽話一樣傷人。

👆 Tap each one to reveal・點每一題公布答案

True or False? 1/2

真的還假的？手比 ⭕ 或 ❌

Treating everyone exactly the same is always fair.

對每個人一模一樣，就一定公平。

❌ **FALSE**

People start from different places — fair means giving what is needed.

每個人的起點不同，公平是給他需要的。

Leaving someone out can hurt as much as saying something mean.

把人排除在外，可能跟說難聽話一樣傷人。

⭕ **TRUE**

Being ignored is one of the most common forms of bullying.

被忽略是最常見的霸凌形式之一。

👆 Tap each one to reveal・點每一題公布答案

True or False? 2/2

真的還假的？手比 ⭕ 或 ❌

Inequality only happens in poor countries.

不平等只發生在貧窮國家。

One student speaking up can change how a whole class behaves.

一個學生出聲，就可能改變全班的氣氛。

👆 Tap each one to reveal・點每一題公布答案

True or False? 2/2

真的還假的？手比 ⭕ 或 ❌

Inequality only happens in poor countries.

不平等只發生在貧窮國家。

❌ **FALSE**

It happens everywhere — including the USA and Taiwan.

每個地方都有，包括美國和台灣。

One student speaking up can change how a whole class behaves.

一個學生出聲，就可能改變全班的氣氛。

⭕ **TRUE**

When one person speaks up, it becomes easier for the next person to join.

只要有一個人先出聲，下一個人就比較敢跟上。

👆 Tap each one to reveal・點每一題公布答案

🎮 Game Time! 遊戲時間

Q3

Someone is being left out at lunch. What helps MOST?

午餐時有人被排擠，怎麼做幫助最大？

A Feel sorry for them — 為他感到難過

B Tell others they are being mean — 去說別人很壞

C Go and sit with them yourself — 自己走過去坐在他旁邊

D Post about it online — 在網路上發文講這件事

👆 Tap any option to reveal・點任一選項公布答案

🎮 Game Time! 遊戲時間

Q3

Someone is being left out at lunch. What helps MOST?

午餐時有人被排擠，怎麼做幫助最大？

C **Go and sit with them yourself** 自己走過去坐在他旁邊

✅

Sympathy changes nothing. Sitting down next to someone changes everything.

同情改變不了什麼，坐到他旁邊改變一切。

🌍 30-Second Challenge

30 秒挑戰

In 30 seconds, shout out as many countries in English as you can. I will count!

30 秒內，用英文喊出越多國家名越好，我來數！

Japan 日本

Vietnam 越南

Thailand 泰國

Philippines 菲律賓

Indonesia 印尼

Korea 韓國

Canada 加拿大

Kenya 肯亞

Class record to beat: 15

要打破的班級紀錄：15 個

👥 Turn and Talk

兩人一組，說說看

Tell your partner about a time someone made you feel welcome. What did they actually do?

告訴隔壁同學：有沒有誰曾讓你覺得被歡迎？他實際上做了什麼？

I felt welcome when someone _____.

當有人 _____ 的時候，我覺得被歡迎。

⏱️

60 seconds — then 3 pairs share with the class.

60 秒，然後請 3 組跟全班分享。

✋ Which One Helps Most?

哪一個最有效？

Vote with your hands — 1, 2, 3, or 4 fingers.

用手指投票——比 1、2、3 或 4。

1. **Learn and use people's names**
   記住並叫出別人的名字
2. **Invite someone into your group**
   邀請別人加入你的小組
3. **Speak up when you hear a mean joke**
   聽到傷人的玩笑時出聲
4. **Ask someone about their family's hometown**
   問問對方家人的家鄉

Reveal 公布

🖐 Which One Helps Most?

哪一個最有效？

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4. **Ask someone about their family's hometown**
   問問對方家人的家鄉

All four work. #3 is the hardest and the most powerful — it changes what the whole room thinks is okay.

四個都有效。第 3 個最難也最有力量——它會改變整個班認為「可以接受」的界線。

🗣️ Say It With Me

跟著我唸

Everyone belongs here.
每個人都屬於這裡。

Come sit with us.
過來跟我們一起坐。

That's not funny.
那並不好笑。

What's your name?
你叫什麼名字？

Be the change.
成為那個改變。

Dom on Reduced Inequalities

Dom 談減少不平等



Watch — then tell me one way we can help everyone belong.

看完之後，告訴我一個讓每個人都有歸屬感的方法。

3 Things You Can Do This Week

這週你可以做的 3 件事

1. **Learn the name of someone you rarely talk to.**
   記住一個你很少講到話的同學的名字。

2. **Invite one person into something you're doing.**
   邀請一個人加入你正在做的事。

3. **If a joke hurts someone, don't laugh.**
   如果一個玩笑傷到人，就不要跟著笑。

🎮 Game Time! 遊戲時間 BONUS 加碼 Q4

What does the word 'equity' mean?

equity（公平）這個字是什麼意思？

A **Everyone gets exactly the same** 每個人拿到完全一樣的東西

B **Everyone gets what they need** 每個人拿到他所需要的

C **Nobody gets anything** 每個人都拿不到

D **The fastest person wins** 最快的人贏

👆 Tap any option to reveal・點任一選項公布答案

🎮 Game Time! 遊戲時間 BONUS 加碼 Q4

What does the word 'equity' mean?

equity（公平）這個字是什麼意思？

B **Everyone gets what they need** 每個人拿到他所需要的

✅

Equality = same. Equity = what each person needs. Remember the boxes and the wall.

Equality 是一樣；Equity 是各取所需。想想剛才那道牆跟箱子。

🎮 Game Time! 遊戲時間 BONUS 加碼 Q5

About how many languages are spoken in Taiwan?

台灣大約有多少種語言在使用？

A **Just 1** 只有 1 種

B **About 3** 大約 3 種

C **More than 20** 超過 20 種

D **Exactly 10** 剛好 10 種

👆 Tap any option to reveal・點任一選項公布答案

About how many languages are spoken in Taiwan?

台灣大約有多少種語言在使用？

C **More than 20** 超過 20 種

✅

Mandarin, Taiwanese, Hakka and 16+ indigenous languages. Difference is normal here.

華語、台語、客語，加上 16 種以上的原住民族語。「不一樣」在這裡本來就是常態。

💬 Leave a Message for Dom

留言給 Dom

Go to our School Tour page and find the Yuying Elementary column. No sign-up, no login — just write your comment for Teacher Dom.

到我們網站的 School Tour 頁面，找到育英國小那一欄，免註冊、免登入，直接留言跟 Teacher Dom 互動。

myculturеconnect.org/dom-school-tour.html

Today I learned _____.

今天我學到 _____。

Be kind, be brave, be the change.

善良、勇敢，成為那個改變。

Thank you, Yuying Elementary!

謝謝育英國小！