

Word of the Week

**BLACK
HISTORY
MONTH**

Word of the Week

**BLACK
HISTORY
MONTH**

Empowerment (noun)

Are you familiar with this word?

What does it mean?

Can you use it in a sentence?

Word of the Week

Empowerment (noun)

**BLACK
HISTORY
MONTH**

Definition

The process of becoming stronger and more confident, especially in controlling one's life and claiming one's rights.

Word of the Week

Task

Add **empowerment** to your word of the week record sheet (page 18 of your planner).

E

Word of the Week

Week	Word
1	Inaugural
2	Extremophile
3	Sanctity
4	Placate
5	Heritage
6	Empowerment
7	
8	
9	
10	
11	
12	
13	

Record (verb)

To set down in writing for later reference.

“Use this page to **record** each Word of the Week”

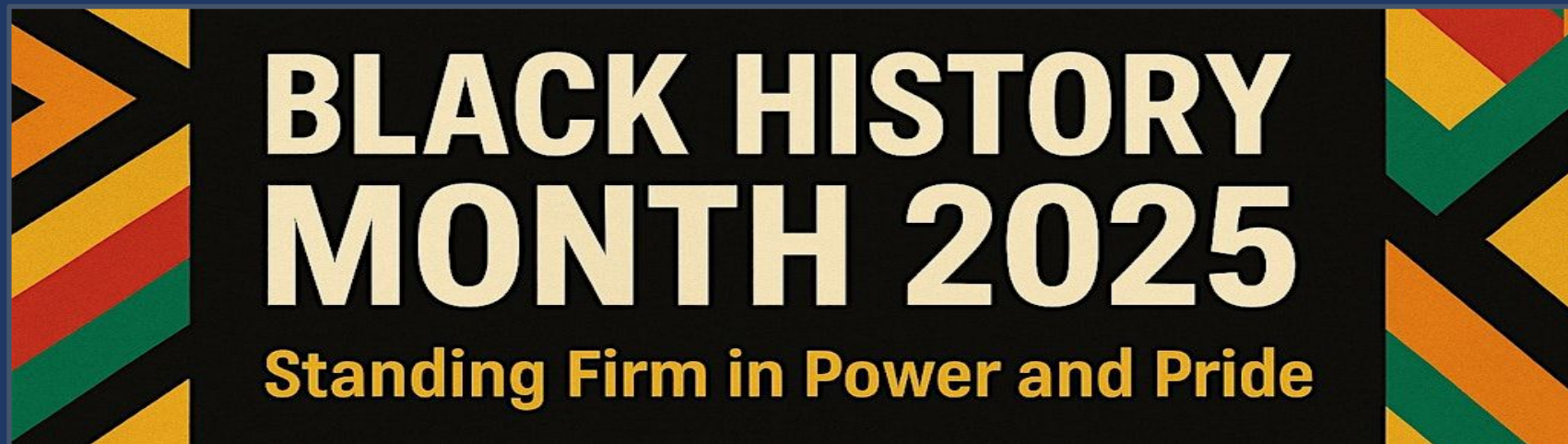
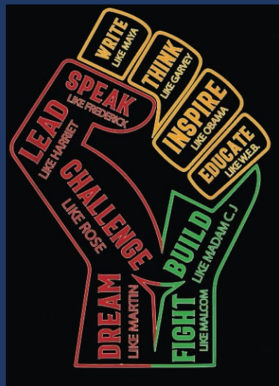
Week	Word
21	
22	
23	
24	
25	
26	
27	
28	
29	
30	
31	
32	
33	
34	

Black History Month UK 2025



This year's theme is:

Standing Firm in Power and Pride

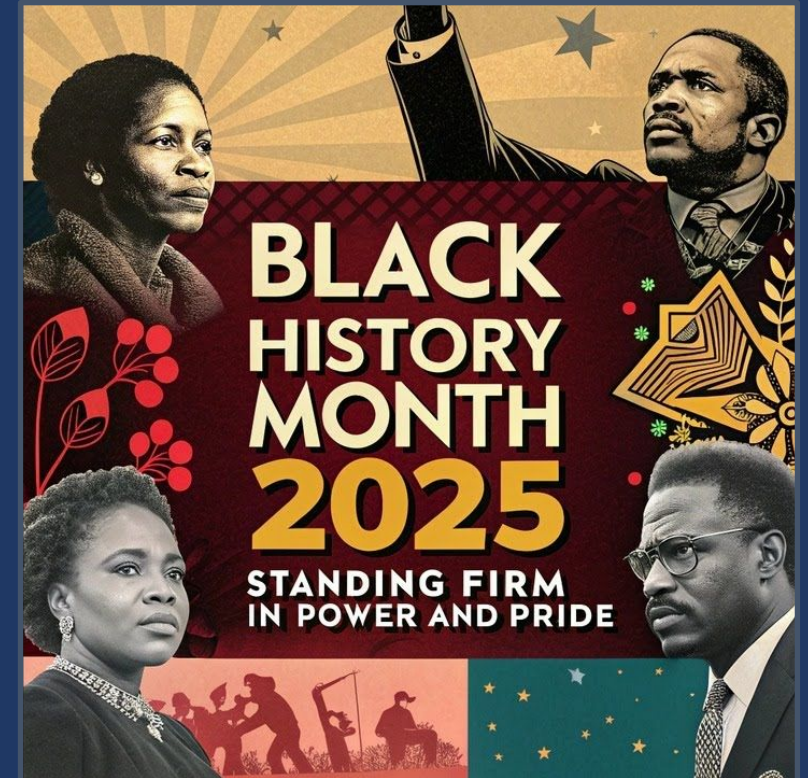


Standing Firm in Power and Pride

**BLACK
HISTORY
MONTH**

“Standing Firm in Power and Pride” challenges all of us to:

- Recognise the achievements and sacrifices of those who came before us.
- Learn from their stories to shape a more inclusive future.
- Celebrate heritage and identity as sources of strength, not division.



Discuss: How can music be used to show power and pride?

The Power of Music - Bob Marley

**BLACK
HISTORY
MONTH**

Task:

1. Read the lyrics to the chorus of Bob Marley's song "Get Up Stand Up"
2. Discuss the following questions:
 - How does Marley's music show power (standing up, resisting injustice)?
 - How does it show pride (in culture, identity, heritage)?
 - Why do you think his message reached people all over the world?
 - If you could choose one message from this song to carry forward today, what would it be and why?

*Get up, stand up
Stand up for your right
Get up, stand up
Stand up for your right
Get up, stand up
Stand up for your right
Get up, stand up
Don't give up the fight*