



**Limit Less**

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# **Limit Less for teachers**

**Support young people to change the world**

The [Limit Less campaign careers booklet](#) is designed for 12 – 15-year-olds and their families. We want young people and their families to have correct information about physics and the opportunities that doing physics post-16 can open up for their futures. Unfortunately, many young people are told by people they trust that physics is too hard, boring or irrelevant to the things they care about. Or they are told that physics isn't for "people like them". Teachers have an important role in actively challenging these misconceptions and showing students that, if they're interested in the way the world works and want to make a difference, then doing physics is right for them.

We particularly want to encourage young people from groups currently underrepresented in physics. These are:

- **Girls**
- **Young people from disadvantaged backgrounds**
- **Disabled young people**
- **Young people of Black Caribbean descent**
- **LGBT+ young people**

The mindset, skills and perspectives that young people get from doing physics is highly valued by employers and will expand their options and opportunities for rewarding work, both in the sciences and beyond.

We know that teachers are a vitally important influence on young people's aspirations and confidence to pursue their ambitions. **We need you to be that positive voice in a young person's life.**

# Six ways you can help

**1** Recognising and challenging your own biases and treat young people as individuals, not as members of a stereotyped group. Read our [Inclusive Teaching Guide](#) for tips on how to counter unconscious bias and include everyone in your teaching.

**2** Suggesting physics to young people who might enjoy it. Use these key messages in your teaching:

Doing physics empowers young people to change the world

Physics is for people of all identities

Physics depends on teamwork and diverse viewpoints

Being a physicist isn't the only career available to physics students

Physics opens the door to many stable career options, including many well-paid jobs

**3** Encouraging young people who show an interest in physics. Use the [Limit Less Careers Lesson PowerPoint slides](#) to deliver a dedicated careers lesson that showcases the opportunities opened up by doing physics.

**4** Finding out more about the wide range of jobs that doing physics can lead to in your area and passing on correct information to young people. Use the profiles in the [Limit Less careers booklet](#) as examples of people from underrepresented backgrounds who have done physics post-16 and gone on to do something exciting, fulfilling, and well-paid. Use them as an opportunity to bust the myths about physics and reinforce the relevance of what they are learning in the classroom.

**5** View our schools reports for your nation at [iop.org/SchoolsReports](http://iop.org/SchoolsReports) to find out more about whole-school equity approaches and why these are vital.

**6** Supporting our **manifesto for change**. Show your support for the Limit Less campaign to ensure that no student is denied the opportunity to follow their interests and shape their future. Sign the manifesto at [iop.org/manifesto](http://iop.org/manifesto).

All of our Limit Less careers resources can be found online at [iop.org/CareersResources](http://iop.org/CareersResources)

# Did you know that:



**1 in 20** (or 1.85 million!)

jobs across the UK and Ireland make use of physics skills and knowledge.



**Demand for physics skills**

is widespread across critical industries, in **engineering, construction, manufacturing, energy** and **transport**, as well as in **business** and **finance, digital, teaching, health**, and the **public sectors**.



**Physics skills and ways of thinking are**

**valuable to a wide variety of careers**

and are valued and recognised by employers. In a **survey** commissioned by the IOP in **2020**,

**78%** of employers

across the UK's professional sectors, including **legal, sales, media** and **marketing** said that they have a positive impression when they see a candidate has studied physics to A-level or above.



**Jobs related to physics are well paid**



**You don't need a degree**

to access physics-related jobs. In fact, more than half of all jobs that demand physics do not typically require a university degree. Many require qualifications such as **A Levels, Highers, Leaving Certificate, apprenticeships** or **technical qualifications**.

**For teachers in England and Wales: This careers resource has been developed in line with helping your school to achieve the eight Gatsby Benchmarks for Good Career Guidance.**