

# CITIZENSHIP: HEALTH AND WELLBEING

L1: Taking Risks: Alcohol	
<b>Alcohol</b>	An addictive drug which is a depressant meaning it slows down vital functions.
<b>Why might alcohol be used?</b>	Examples include stress relief, addiction, to be social, to celebrate, etc.
<b>Guidance</b>	NHS - 14 units per week for men and women, spread over 3+ days.
<b>Health risks</b>	Organ damage: Including - the brain and nervous system, heart, liver and pancreas. It costs the NHS £3.5bn a year (Lape.org)
L2: Peer pressure	
<b>Peer</b>	A person who is the same age or a similar social position/abilities as other people in a group.
<b>Peer pressure</b>	An intense pressure to fit in with people of a similar age / social position/ ability. Research further states that the presence of peer pressure is a predictor for increase stress levels, anxiety and sleep issues (Mentally Healthy Schools).
<b>Methods to deal with peer pressure</b>	<ul style="list-style-type: none"> <li>Use the delay tactic</li> <li>Think ahead</li> <li>Be forceful – say NO!</li> <li>Speak to an adult</li> </ul> Remember, you are legally responsible for your actions as you are over the age of 10.

L4: Taking risks: Prescription drugs	
<b>Prescription</b>	An instruction written by a doctor that authorises a patient to be issued with a medicine. You can buy 'over the counter' drugs in supermarkets and pharmacies. EG, paracetamol.
<b>Opiates</b>	Drugs such as codeine are opiates and have a similar chemical make-up as heroin. This addiction is a growing problem in the UK.
<b>Dangers</b>	Anxiety, depression, seizures and insomnia, lack of coordination, addiction, damage to liver and kidneys.
<b>Psychoactive substances</b>	In 2016 the law changed so 'legal highs' are now banned. They are now called psychoactive substances and are illegal. There's no penalty for possession, unless you are in prison. Supply and production can get you up to 7 years in prison.

**L5: Ranges of Stress**

**Every person feels stress and anxiety from time to time. These can develop into mental health issues, so it is important to deal with stress, anxiety and anger correctly.**

L3: Short term risks: Drugs	
<b>Classification</b>	The basis on which the law deals with drug crime. Classes A/B/C and psychoactive substances Possession: Found to own/use drugs for personal use. Supply/Production: Selling or making drugs.
<b>Short term risks</b>	Paranoia Rapid heart rate Sweating Drowsiness Seizures Death

<b>Coping strategies</b>	To make our own conscious effort, to solve problems to tolerate stress and conflict by using specific strategies. <b>Mindfulness:</b> A technique you can learn which involves making an effort to focus on what's happening in the present. It may involve breathing exercises and meditation. <b>Distraction activities</b> also help you rest your mind from worries. Examples are crafts, exercise, drawing, listening to music, reading.
<b>Help</b>	If you feel that you need support you can seek advice and help from a trained professional such as a doctor, school nurse or trained counsellor, accessible in school.

L6 Managing health and wellbeing	
<b>Demand</b>	The level of challenge or difficulty placed on a person.
<b>Stress</b>	The feelings we get when we have demands placed on us that we find difficult to cope with.
<b>Anxiety</b>	A natural human response when we perceive that we are under threat. It can be experienced through our thoughts, feelings and physical sensations.
<b>Controlling anger</b>	Scientists have identified a specific region of the brain called the amygdala, as the part of the brain that processes fear, triggers anger, and motivates us to act. It alerts us to danger and activates the fight, freeze or flight response.

**L7: Forced and arranged marriage**

<b>Forced marriage</b>	A marriage in which one or more of the parties is married without their consent or against their will, or someone who has consented to marriage but is forced to remain in the marriage against their will.
<b>Arranged marriage</b>	A type of marital union where the bride and groom are primarily selected by individuals other than the couple themselves, for example by family members or parents.
<b>Family Honour</b>	The idea a family must maintain a particular standing in a community.
<b>Sources of Support</b>	If you suspect someone is forced into marriage, call 999.

L8: Honour Based Violence	
<b>Culture</b>	The characteristics and knowledge of a particular group of people, encompassing language, religion, cuisine, social habits, music and arts.
<b>Honour based abuse</b>	A collection of practices used to control behaviour within families in order to protect perceived cultural and religious beliefs and/or honour.
<b>The law</b>	Practices such as assault, domestic abuse, theft (e.g. passport), abduction, forced repatriation can be considered forms of honour-based abuse, and are illegal in the UK.
<b>FGM</b>	Female Genital Mutilation - altering, changing, cutting or removing any part of the female external genitalia.









**L9: Sharing Explicit Content**

<b>Distribution</b>	The action of sharing something out among several recipients.
<b>Social media</b>	Social media sites such as TikTok and Snapchat store information about their users. This might include location history, photos, comments you have made or liked in groups, advertisers you have interacted with.
<b>The law</b>	It is against the <b>law</b> to send or share a nude or any kind of sexual image or video to someone under 18.
<b>Support</b>	You can seek support from Childline (0800 1111), CEOP or a trusted adult.

**L10: Pornography**

<b>Pornography</b>	Printed or visual material containing the explicit description or display of sexual organs or activity.
<b>Impacts of viewing pornography</b>	Viewing pornography may have an impact on the brain, your relationships and society. For example, it is addictive and causes unrealistic sexual expectations in relationships.

Ultimate questions: Does religion cause conflict?

<b>Lesson 1: What are the Causes of War?</b>		<b>Lesson 4: Reconciliation</b>		<b>Lesson 7: Nuclear War</b>		
<b>Peace</b> 	A state of quiet; especially freedom from public disturbance or war.	<b>Reconciliation</b>	Fixing a broken relationship and restoring friendly or amicable relations. Reconciliation is a sacrament in Catholicism, where forgiveness must be obtained to restore a broken relationship with God.	<b>Weapons of mass destruction</b>	A weapon which is designed to kill and bring significant harm to numerous humans or cause great damage to the environment. Radiation also makes areas uninhabitable.	
<b>Conflict</b>	A clashing or sharp disagreement (as between ideas, interests, or purposes). An example of ongoing conflict is the Israel and Palestine war. 		<b>The Troubles</b>		Violent conflict from about 1968 to 1998 in Northern Ireland between the Protestant unionists who wanted NI to remain part of the UK, and the Roman Catholic Nationalists who wanted to form part of the republic of Ireland. 	<b>Hiroshima &amp; Nagasaki</b> 
<b>Holy War</b>	A religious war sanctioned by God or a religious authority, for example, the Pope.	<b>Greater Jihad</b>		The personal spiritual struggle of every Muslim to follow the teachings of Allah in their daily lives, and includes overcoming evils such as anger, greed, pride and hatred, forgiveness, and working for justice. 		
<b>Crusade</b>	A series of medieval military expeditions made by Europeans to recover the Holy Land from the Muslims in the 11th, 12th, and 13th centuries.		<b>Lesser Jihad</b>		Muslims may believe it is justifiable to struggle to defend Islam, for justice of those who are weak, or in self-defence.	<b>Theological attitudes to WMD:</b>
<b>Lesson 2: What does it mean to be a pacifist?</b>		<b>Lesson 5: What is the true meaning of Jihad?</b>		<b>Ummah</b>		
<b>Pacifism:</b>	The belief of people who refuse to take part in war and any other form of violence. This may be due to religious or philosophical beliefs. 	<b>Lesson 6: Terrorism: 9/11</b>			<b>Lesson 8: Victims of War</b> 	
<b>Peace-maker</b>	A person who works to establish peace in the world or in a certain part of it.	<b>Terrorism</b>		<b>Victim</b>	Somebody a person who has been harmed by the consequences of an internationally unlawful act.	
<b>Conscientious Objectors:</b>	A person who refuses to do something because of their conscience. For example, refusing to serve in the armed forces.	<b>9/11</b>		<b>Short-term aid</b>	Immediate relief in emergencies such as war which helps immediately saves lives. This includes money, food, blankets, tents and medical supplies.	
<b>Conscience:</b>	A person's moral sense of right and wrong, viewed as acting as a guide to one's behaviour. Some believe it is God.	<b>7/7</b>		<b>Long-term Aid</b>	Involves providing local communities with education, resources and skills for sustainable development. EG, a water well or a school.	
<b>Lesson 3: What is a Just War?</b>		<b>Islamophobia</b>		<b>Refugee</b>	A person who has been forced to leave their country in order to escape war, persecution, or natural disaster. It is essential misconceptions are addressed regarding refugees. The UK ranks 16th in Europe for asylum applications.	
<b>Just</b>	Morally acceptable; considered fair or right.	<b>#notinmy name</b>		<b>Civil War</b>	A war between organised groups within the same state or country. EG, to overpower the government. For example, the Civil War in Syria.	
<b>Just War Theory</b>	A largely Christian philosophy that deals with the criteria for going to war.	<b>Lesson 3: What is a Just War?</b>				
<b>Just War Criteria</b> 	The set criteria limits wars and ensures they are fought for the right reasons and in the right way. For example: there is a just cause, it is a last resort or that it is fought for the right intentions.	The unlawful use of violence in to inflict fear on innocent civilians. This may lead to injury or death.				
		Four coordinated terrorist attacks by the Islamist terrorist group Al-Qaeda against the United States on the morning of Tuesday, September 11, 2001.				
		A series of coordinated Islamist suicide attacks in London, England, that targeted commuters travelling on the city's public transport system during the morning rush hour.				
		Irrational hatred, fear or violence towards the Muslim community. Following the 9/11 terror attacks, anti-Muslim crimes now make up about 13% of religiously-motivated hate crimes in the US.				
		A campaign by the Muslim community in response to terror attacks worldwide.				