



CITIZENSHIP: HEALTH AND WELLBEING

L1: Taking Risks: Alcohol	
Alcohol 	An addictive drug which is a depressant meaning it slows down vital functions.
Why might alcohol be used?	Examples include stress relief, addiction, to be social, to celebrate, etc.
Guidance	NHS - 14 units per week for men and women, spread over 3+ days
Health risks	Organ damage: Including - the brain and nervous system, heart, liver and pancreas. It costs the NHS £3.5bn a year.
L2: Peer pressure	
Peer	A person who is the same age or a similar social position/abilities as other people in a group.
Peer pressure	An intense pressure to fit in with people of a similar age / social position/ ability. You are 6x more likely to be involved in illegal activity when with your peers.
Methods to deal with peer pressure	<ul style="list-style-type: none"> Use the delay tactic Think ahead Be forceful – say NO! Speak to an adult <p>Remember, you are legally responsible for your actions.</p>
L3: Short term risks: Drugs	
Class of drugs	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
Health risks	Increased risk of mental health problems, kidney damage/failure, problems with the heart, overdose due to increased tolerance, brain injury or death.

L4: Taking risks: Prescription drugs	
Prescription	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 pharmacy's. EG, paracetamol.
Opiates	Drugs such as codeine are opiates and have a similar chemical make-up as heroin. This addiction is a growing problem in the UK
Dangers	Anxiety, depression, seizures and insomnia, lack of coordination, addiction, damage to liver and kidneys.
Psychoactive substances	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.	
Coping strategies	To invest one's own conscious effort, to solve problems in order to tolerate stress and conflict Mindfulness: 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. Distraction activities also help you rest your mind from worries. Examples are crafts, exercise, drawing, listening to music, reading.
	
Help	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	
Demand	The level of challenge or difficulty placed on a person.
Stress	The feelings we get when we have demands placed on us that we find difficult to cope with.
Anxiety	A natural human response when we perceive that we are under threat. It can be experienced through our thoughts, feelings and physical sensations.
Management	Breathing exercises (square method), getting out of the situation, counting.
Controlling anger	Scientists have identified a region of the brain called the amygdala 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	
Forced marriage	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.
Arranged marriage	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.
Family Honour	The idea a family must maintain a particular standing in a community.
Sources of Support	If you suspect someone is forced into marriage call 999.

L8: Honour Based Violence	
Culture	The characteristics and knowledge of a particular group of people, including language, religion, cuisine, social habits, music and arts.
Honour based abuse	A collection of practices used to control behaviour within families in order to protect perceived cultural and religious beliefs and/or honour.
The law	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.
FGM	Female Genital Mutilation - altering, changing, cutting or removing any part of the female external genitalia
L9: Sexting	
Distribution	The action of sharing something out among a number of recipients
Social media	Social media sites such as Facebook 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,
The law	It's against the law to send a nude or any kind of sexual image or video to someone under 18. Asking for or viewing sexual images of someone who's under 18 is a crime.
Support	You can seek support from Childline (0800 1111), CEOP or a trusted adult.
L10: Pornography	
Pornography	Printed or visual material containing the explicit description or display of sexual organs or activity, intended to stimulate sexual excitement
Impacts of viewing pornography	Viewing may have a impact on your brain, your relationships and society. For example it is addictive and causes unrealistic expectations in relationships.