

MENTAL & EMOTIONAL HEALTH



Mental & Emotional Health

- Images online and in the media do not always reflect reality.
- Images online and in the media can affect how people feel about themselves.

MONEY



Money

- You need to manage your money to be able to survive.
- You can create a budget sheet to help manage your money.
- You pay tax on money you earn.
- Tax is used to help provide funding for public services such as the NHS, education and the welfare system.
- Tax is currently set at 20%
- VAT stands for Value Added Tax. It is charged on items that people buy and is collected by businesses on behalf of the Government.
- There are a variety of skills needed to be an entrepreneur: curiosity, time management, strategic thinking and resilience to name a few.

DEMOCRACY



Democracy

- Martin Luther King is most well-known for his campaigns to end racial segregation on public transport and for racial equality.
- Martin Luther King was born on 15th January 1929.
- Bills must be agreed by both Houses of Parliament and receive Royal Assent from the Queen, before they can become Acts of Parliament which make our law.
- The purpose of a debate is to use examples and evidence to support ideas while working.

HEALTH & SAFETY



Health & Safety

- Pressure to behave in unacceptable, unhealthy or risky ways can come from a variety of sources including people you know and the media.
- You should not send images of yourself or others to strangers online.
- You should speak to a trusted adult if you feel uncomfortable or concerned with any requests.
- Risk is the likelihood that a person may be harmed.
- Hazard is a potential source of harm.
- There are different techniques for resisting peer pressure:
 1. You can arrange a 'bail-out' code phrase.
 2. You can blame your parents.
 3. You can ask for help from an adult or say no.

PHYSICAL HEALTH



Physical Health

- There are factors that can affect our physical health both negatively and positively: smoking, alcohol, drug use, diet, living situations and poor self-care.

Key vocabulary and meanings

***Liberty** -the condition in which an individual has the ability to act following his or her own will.

***Critical consumer** - a consumer is a person who buys goods or services. A critical consumer means they make a conscious choice about buying something or not, according to maybe ethical and political beliefs.

Enterprise - the ability to think of new and effective things to do, together with an eagerness to do them.

Democracy - a word to describe how the government is run—allowing people to vote on decisions that will affect them.

Media - a word that describes something that reaches many people such as the radio, television, internet and newspapers.

Debate - a formal discussion on a particular matter, in which opposing arguments are put forward and which usually ends with a vote.