



Mental & Emotional Health

MENTAL & EMOTIONAL HEALTH

- **An orizuru (origami crane):** is a sign of peace. It's link to peace started with a young girl called Sadako Sasaki who was born in Hiroshima in 1943 during the Second World War.
- **Body image** refers to a person's perception of the attractiveness of their own body: it's about how you see yourself, not what you actually look like.
- **Media Influence:** The media often heavily edit photos which give an unrealistic perception of what the 'perfect' body and face look like. This can cause people to develop a negative body image of themselves.
- **Gender stereotyping:** this is where assumptions are made based on a person's gender rather than their character. This can often limit a person's horizons/aspirations.
- **Gender inequality:** this is when men and women are not treated equally.



Health & Safety

HEALTH & SAFETY

- **Peer pressure** can lead young children to drink alcohol or experiment with drugs.
- Alcohol and drugs have become cheaper— in fact alcohol prices have dropped by 60% in the last 50 years and are now far more affordable
- **Medicinal drugs:** Some drugs are safe to use and prescribed by a doctor or purchased over a counter.
- **Illegal drugs** are placed into one of 3 classes - A, B or C. This is broadly based on the harms they cause either to the user or to society when they are mis-used.
- **Places to find help:** www.recovery.org.uk is a helpline that can help support people involved with drug or alcohol addiction. The NHS website can also give support.
- Many crimes and traffic accidents are linked to alcohol and drug abuse.



Physical Health

PHYSICAL HEALTH

- **Alcohol:** Drinking excessive amounts of alcohol or taking drugs at a young age can be dangerous due to the fact adolescent bodies are still developing. Drinking alcohol can limit growth and damage body and brain development.



Democracy

DEMOCRACY

- **The Universal Declaration of Human Rights (UDHR):** this was an agreement signed after the horrors of WW2 with the idea it would deter any such event happening again
- **The Human Rights Act 1998:** this sets out the fundamental rights and freedoms that everyone in the UK is entitled to, these include a right to express yourself and a right to education.
- **Chancellor of the Exchequer:** a member of the political party that is in power who decides how much tax will be collected and what it will be spent on.



Money

MONEY

- **Welfare State-** a system whereby a country takes responsibility to protect the health and well-being of its citizens
- **Social Security-** is the protection and aid that a country provides to individuals and households who are in need for example, in cases of old age, unemployment, sickness, invalidity, work injury, maternity or loss of employment.
- **Benefits—** People in need can claim benefits (money) from the government. For example, someone who has lost their job can claim jobseeker's allowance (currently between £60-75 a week).
- **Media Influence:** The media can often give misguided information about the amount spent on benefits and being claimed by particular groups.

Key vocabulary and meanings

- **Right-** a moral or legal entitlement to have or do something.
- **Responsibility—** a moral obligation to behave correctly.
- **Charity-** an organisation set up to provide help and raise money for those in need.
- ***Manifesto—** a document produced by a government explaining how much tax they will collect and what it will be spent on.
- **Electorate-** people who are eligible to vote in an election.
- **VAT—** stands for Valued Added Tax and is a tax the government adds to most things we buy.
- **Petition-** is a series of signatures people have signed supporting an idea or change of law.
- ***Stereotype-** ideas about how people will act, based on the group to which they belong.