

## What is gang culture?

- Joint Enterprise means that if your presence, knowledge or actions lead to a serious crime such as murder, you too could be charged with murder.
- The maximum penalty for an adult carrying a knife is 4 years in prison and an unlimited fine.
- There are four different categories of drugs: socially acceptable (e.g. alcohol), prescribed drugs (e.g. penicillin), over the counter medicines (e.g. cold and flu tablets) and controlled drugs (e.g. heroin).
- Controlled drugs as classified: Class A, Class B and Class C.

## How do I maintain positive healthy relationships?

- A family is a group of people who are related to one another by blood, marriage or a strong common bond.
- Family conflict is the struggle or disagreement between parents, parent and child or other members of the family.
- Men and women can be victims of domestic abuse.
- There are many different types of abuse including physical, emotional, sexual, psychological and financial.
- The signs of abuse are not always visible.

## What are my options for the future?

- According to Career Planner, there are approximately 12,000 different careers!
- Employers look at a person's qualifications alongside their skills, hobbies and interests.
- After aged 16 students are able to progress to further education or an apprenticeship. Further education may involve attending college or sixth form.
- At aged 18, students are able to progress to higher education, often at a university, where they work towards a degree level qualification.

## Key terms

Gang	A group of people with a shared interest, or who share a common identity.
Joint Enterprise	A law which allows more than one person to be charged and convicted of the same crime.
Controlled drugs	Drugs which are controlled by the law, often known as illegal drugs.
Stimulant	A drug which cause a person to feel like they have more energy.
Depressant	A drug which cause a person to feel calmer or lethargic.
Hallucinogen	A drug which cause a person to experience sensations that are not really there.

## Key terms

Nuclear family	A family consisting of two adults and any number of children living together.
Blended family	A family where one or both adults have children from previous relationships living with them.
Same-sex family	A family where both parents are of the same sex.
Adoption	The act of legally taking a child to be taken care of as your own.
Fostering	Taking care of a child without being the child's legal parent.
Divorce	An official or legal process to end a marriage.
Domestic abuse	Violence or other abuse by one person against another in a domestic setting.

## Key terms

Career	An occupation/job undertaken for a significant period of time.
Transferable Skills	Qualities that can be transferred from one job to another.
Further Education	Education that takes place after Year 11 and before higher education.
Apprenticeship	Combines on-the-job training with the opportunity to complete a qualification.
Higher Education	Education at universities in which you work towards a degree. This takes place after sixth form/college.
Student Finance	A government scheme which allows you to borrow money to help pay for university or college fees and living costs.

## Access to support

NSPCC – [www.nspcc.org.uk](http://www.nspcc.org.uk) (0808 800 5000)  
 Childline – [www.childline.org.uk](http://www.childline.org.uk) (0800 1111)  
 NHS Live Well – [www.NHS.uk/Livewell](http://www.NHS.uk/Livewell)  
 Talk to Frank – [www.talktofrank.com](http://www.talktofrank.com) (0300 123 6600)

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 Barnardo's – [www.barnados.org.uk](http://www.barnados.org.uk)

## Access to support

C&K Careers - <https://ckcareersonline.org.uk/>  
 Duke of Edinburgh – [www.dofe.org](http://www.dofe.org)  
 Apprenticeships – [www.apprenticeships.gov.uk](http://www.apprenticeships.gov.uk)  
 UCAS – [www.ucas.com](http://www.ucas.com)  
 Student Finance – [www.ucas.com/sfe](http://www.ucas.com/sfe)

## What are the implications of drinking alcohol?

- It is illegal to sell alcohol to under 18s. It is also illegal for an adult to buy alcohol on behalf of someone under 18.
- Alcohol can have a range of damaging effects on a person's health including their liver and heart.
- Healthy eating promotes positive body confidence.
- Regular self-examination is important to detect the early signs of cancer.
- We must take responsibility for our physical health including maintaining a healthy diet, exercising regularly and ensuring we get enough sleep.

## How do I keep myself safe in an intimate relationship?

- People must be 16 or over to legally consent to sex. The age of consent is the same regardless of gender or sexual orientation.
- It is crucial that both people engaging in sexual activities provide consent.
- There are a range of contraceptives which prevent against pregnancy.
- Only a condom can prevent against STIs.
- If a person falls pregnant there are three options: having the baby, adoption and abortion.
- It is illegal to share explicit images of children.

## What systems are in place to keep society fair and just?

- Britain is a democracy. The people elect representatives, known as Members of Parliament (MPs) to reflect their views in Parliament.
- Parliament is the highest law-making body in the land. It is made up of the House of Commons and the House of Lords.
- There are three main types of court in the UK: Magistrates, Youth and Crown.
- The criminal age of responsibility in the UK is 10. This means children under 10 can't be arrested or charged with a crime.

### Key terms

Alcoholism	Addiction to the consumption of alcoholic drinks.
Anorexia	A serious mental illness where people are of low weight due to limiting their energy intake.
Bulimia	People with bulimia are caught in a cycle of eating large quantities of food and then trying to compensate for that overeating e.g. by vomiting.
Self-examination	Checking your own body for signs of illness, e.g. breast or testicles.
Sleep deprivation	The condition of suffering from a lack of sleep.
Balanced diet	A diet consisting of a variety of different food types to maintain good health.

### Key terms

Consent	Actively agreeing to be sexual with someone.
STI	Sexually transmitted infections – infections which are passed on through unprotected sex.
Contraception	The deliberate use of methods to prevent pregnancy e.g. condom.
Condom	A thin rubber sheath worn during sexual intercourse to protect against pregnancy and STIs.
Combined pill	A contraceptive tablet which is taken to prevent pregnancy.
Abortion	The deliberate termination of a pregnancy.
Sexting	Swapping sexual messages and photos, often using a mobile phone.

### Key terms

Democracy	A system of government in which power is held by elected representatives.
Parliament	The highest law-making body in the UK.
Political Party	An organised group of people who share the same views about how power should be used.
Election	A process of voting for a person for a political position e.g. an MP.
Monarchy	A state that has a king or queen.
Court	A place where trials and other legal cases happen.
Human Rights	Basic rights and freedoms which belong to every person.

### Access to support

- Drink Aware - [www.drinkaware.co.uk](http://www.drinkaware.co.uk)
- Beat Eating Disorders – [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)
- CoppaFeel – [www.coppafeel.org](http://www.coppafeel.org)
- Rise Above – [www.riseabove.org.uk](http://www.riseabove.org.uk)

### Access to support

- Brook – [www.brook.org](http://www.brook.org)
- Calderdale and Huddersfield Sexual Health – [www.sexualhealth.cht.nhs.uk](http://www.sexualhealth.cht.nhs.uk)
- Family Planning Association – [www.fpa.org.uk](http://www.fpa.org.uk)
- Childline – [www.childline.org.uk](http://www.childline.org.uk) (0800 1111)

### Access to support

- UK Parliament – [www.learning.parliament.uk](http://www.learning.parliament.uk)
- Elections in the UK - <https://www.gov.uk/elections-in-the-uk>
- Crown Prosecution Service – [www.cps.gov.uk](http://www.cps.gov.uk)