

How do I look after my mental well being?

- 1 in 5 young people suffer from mental illness.
- Not looking after your mental well being can lead to poor concentration, worrying and anxiety, consistent low moods and feeling overwhelmed by daily activities.
- People with mental health problems say that the social stigma attached to mental ill health and the discrimination they experience can make their difficulties worse and make it harder to recover.
- Instagram is found to be the form of social media that has the biggest negative impact on a persons mental well being.

How do I identify and challenge discrimination?

- In 2018/19 there were 103,379 hate crimes recorded by the police in England and Wales
- The majority of hate crimes were race hate crimes, accounting for around three-quarters of offences (76%; 78,991 offences).
- In 2013, one in six LGBT+ adults had experienced a hate crime or incident in the last 3 years.
- People who commit hate crimes towards any group in society can face up to 7 years in prison. Examples of hate crimes are, hate speech, destruction of property and physical violence.

What opportunities are out there?

- In 2010 the Equality Act was created. This was to tackle discrimination in the work place. This law fights to ensure that everyone is on a 'level playing field' when it comes to pay, promotions and other work benefits.
- In the UK around 1.56 million people are unemployed.
- In the UK around 3.3 million people are self employed.
- The average salary in the UK is £29,000 a year.
- The minimum wage for 16 year olds is £4.55 an hour.

Key terms

Well Being	The state of being comfortable, healthy, or happy.
Physical Well Being	A lifestyle that promotes a health and balance.
Mental Well Being	A lifestyle that promotes supporting the mind and understanding emotions and feelings.
Stigma	A negative label attached to someone or something, similar to prejudice and discrimination.
Stereotypes	A widely held 'image' of someone or something – often negative.
Discrimination	Treating someone differently based on who they are or what they look like.

Key terms

Discrimination	Treating someone differently based on who they are or what they look like.
Racism	Treating someone differently based on the colour of their skin.
Homophobia	Treating someone differently based on their sexuality.
Sexism	Treating someone differently based on their gender.
Transphobia	Treating someone differently based on them identifying as transgender.
Ableism	Treating someone differently based on a disability.

Key terms

Equality of Opportunity	The idea that people ought to be able to compete on equal terms, or on a "level playing field," for advantaged offices and positions.
Employment	The state of having paid work.
Self Employment	The state of working for oneself as a freelance or the owner of a business rather than for an employer.
Voluntary	A person who voluntarily offers himself or herself for a service or undertaking.
Labour Market Index	It tells you about the current work and job environments in specific regions. It includes information about specific companies, industries and occupations.

Access to support

- NSPCC – www.nspcc.org.uk (0808 800 5000)
- Mind – www.mind.org.uk
- NHS Mental Health – <https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

Access to support

- LGBTQ+ Support - <https://www.youngstonewall.org.uk/>
- Disability Support Line - <https://www.supportline.org.uk/problems/disability/>
- Childline (0800 1111) <https://www.childline.org.uk/info-advice/bullying-abuse-safety/crime-law/racism-racial-bullying/>

More information

- National careers service— www.nationalcareers.service.gov.uk
- Apprenticeships - www.apprenticeships.gov.uk
- Future Goals <https://futuregoals.co.uk/>

How can my lifestyle choices impact my health?

- In 2018 4,359 people died from drug poisoning in the UK.
- Smoking is the leading cause of premature (early) death, killing 78,000 people in England each year.
- E-Cigs contain some of the harmful chemicals that are found in cigarette smoke.
- Side effects of drinking energy drinks include - fast heartbeat, difficulty sleeping, headaches, feeling sick, diarrhoea, chest pains and seizures.
- Peer pressure is reported to be one of the main reasons young people try intoxicants such as drugs, smoking and e-cigs.

Key terms

Overconsumption	The action or fact of consuming something to excess (a lot).
Medicinal	Drugs that have been prescribed by a doctor or are taken to heal.
Recreational	Drugs used without medicinal reasons.
Addiction	The fact or condition of being addicted to a particular substance or activity.
Intoxicant	A substance that impacts the brain and/or body.
Peer Pressure	Influencing someone to do something.

Access to support

- Ask Frank (Drugs) - <https://www.talktofrank.com/>
- NHS - <https://www.nhs.uk/live-well/healthy-body/drug-addiction-getting-help/>
- Drink aware - <https://www.drinkaware.co.uk/advice/underage-drinking/the-law/>

How do I maintain a healthy safe relationship?

- A healthy relationship should consist of Communication, Compromise and Commitment. Within this each person in the relationship should be honest, trusting, and respectful.
- It is illegal to have explicit images of someone under the age of 18 on your phone. This includes if the images are of yourself. This can result in a prison sentence of up to 10 years.
- Around 3.6 million people in the UK identify as homosexual (gay or lesbian).
- The Office for National Statistics estimates that there are between 200,000 – 500,000 trans people in the UK.

Key terms

Homosexual	Sexually attracted to people of one's own sex.
Bisexual	Sexually attracted not exclusively to people of one particular gender; attracted to both men and women.
Heterosexual	Sexually attracted to people of the opposite sex.
Asexual	Without sexual feelings.
Pansexual	Not limited in sexual choice with regard to biological sex, gender, or gender identity.
Consent	Permission for something to happen or agreement to do something.

Access to support

- LGBTQ+ Support - <https://www.youngstonewall.org.uk>
- Rape Crisis - [rapecrisis.org.uk](https://www.rapecrisis.org.uk)
- Domestic Violence - <https://www.nationaldahelpline.org.uk/> (0808 2000247)

How do I keep myself safe online?

- The UK are currently arresting around 400 adults a month, relating to online grooming.
- In the UK alone, it is estimated there are 800,000 people who present a sexual threat to children online.
- 11% of 11-16 year olds say they spend their own money on gambling activities each week.
- 45% of adults in the UK believe they encounter fake news everyday.
- There are around 200 million monthly engagements with fake news stories on Facebook.

Key terms

Grooming	The action of preparing a child for a meeting, especially via an internet chat room/social media with the intention of committing a criminal offence.
Fake News	A form of news that contains deliberate misinformation.
Public Sharing	When information is shared on the social media and is accessible by all.
Private Sharing	When information shared on social media is only accessible by the people the sharer agrees to.
Gambling	Take risky action in the hope of a desired result.

Access to support

- [Childline - online grooming](https://www.childline.gov.uk) (0800 1111)
- Rape Crisis - [rapecrisis.org.uk](https://www.rapecrisis.org.uk)
- Be gamble aware - <https://www.begambleaware.org/>