

Actions and Consequences

Key Vocabulary

Consequences	A result or effect of something.
Emotions	A feeling that you experience; love, fear, anger, happy
Attitudes	Someone's opinions or feelings about something that can be shown through their behaviour.

The Ripple Effect

If you drop a stone into water it has a ripple effect [as seen in the picture].

All of our actions have an effect like that. How we behave can affect different people around us and/or lead to other things happening as a result of that behaviour.



Actions

All of our actions (spoken and physical) have consequences therefore, it is important to behave in a way that has positive consequences.

Our actions are mostly guided by our thoughts and emotions, this can help explain why we may not make the best choices when we are in a low mood. A good way to deal with this is pausing to think about things before we act – this can help us avoid making negative actions.

When we make positive actions it leaves us feeling good about ourselves which can increase positive thoughts and emotions resulting in more positive actions.

Consequences

Positive consequences can make behaviour more likely in the future. E.g. praise, rewards, bonuses at work

Negative consequences can make behaviour less likely in the future. They can also guide behaviour if used consistently, fairly and at the right time. E.g. detentions, banned from phones/computers

Drug Awareness

Key Vocabulary

Recreational drugs	Legal and illegal drugs that are used without medical supervision.
Class B	Dangerous substances but perhaps not as harmful as Class A drugs.
Possession	Something that you own.
Supply	The act or process of providing something.
Prosecution	The act of officially accusing someone of committing an illegal act.
Illegal	Forbidden/not allowed by law.



The Risks

- Slows down the brain, making it harder to concentrate
- Affects coordination
- Schizophrenia and other mental health issues
- Mood swings
- Tired
- Confused
- Increases heart rate and can affect blood pressure
- Cuts sperm count
- Anxiety and panic attacks
- Lung disease and cancer
- Aggressive
- Paranoia

Cannabis

- The most commonly used illegal drug in the UK.
- Cannabis is currently a class B drug, this means that if someone is caught with possession they can get up to 5 years in prison or 14 years for supplying.
- If someone has possession of drugs in or around an educational establishment (e.g. a school) or near any gathering of young people (e.g. youth clubs/parks), this will result in an automatic prosecution.

Health and Wellbeing

Key Vocabulary

Wellbeing	The state of being comfortable, healthy or happy.
Mental health	Relates to a person's emotional, mental and social wellbeing. It determines how an individual handles stress, relationships and decision making.

Factors affecting health and wellbeing



Social –
relationships



Stress – work,
school etc.



Ill health



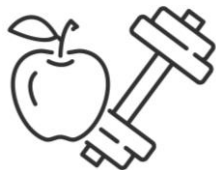
Genetics



Environment –
home, school etc.



Finances



Exercise and diet

There is a two way relationship between health and wellbeing: health influences wellbeing and wellbeing itself influences health. Both physical and mental health influence wellbeing.

We can do many things to help support our physical and mental health, some are highlighted below:

Physical

- Preventative health care – optician, dentist, vaccinations etc.
- Balanced diet
- Exercise
- Enough sleep



healthy
body



healthy
mind



happy
life

healthy + healthy = happy
body mind life

Mental

- Balanced diet
- Exercise and fresh air
- Enough sleep
- Time out to relax
- Having hobbies/interests
- Having positive relationships and avoiding toxic ones



Resilience

Resilience is a skill that helps people to recover quickly from difficulties, change or misfortune; to adapt to and overcome risk and hard times; to keep at and 'bounce back'.

Key Skills

Key skills are employability skills that you need for the world of work – and they are pretty important for life as well. By developing employability skills, you will improve your chances of getting a job and thriving in your career.

Using your initiative is about getting things started under your own steam. It means being the person to seize an idea and get it off the ground – often, before it's even been asked for.

Some examples of initiative:

- Your colleagues struggle to set up the laptop and projector before the team meeting. You know how, so you go and set it up before the next meeting.
- After a meeting, everyone drifts back to their desks. You see the room is a mess so you tidy up, stack chairs and make sure the room is as you found it.

Communication



Creative Problem Solving



Self-Management



Collaboration



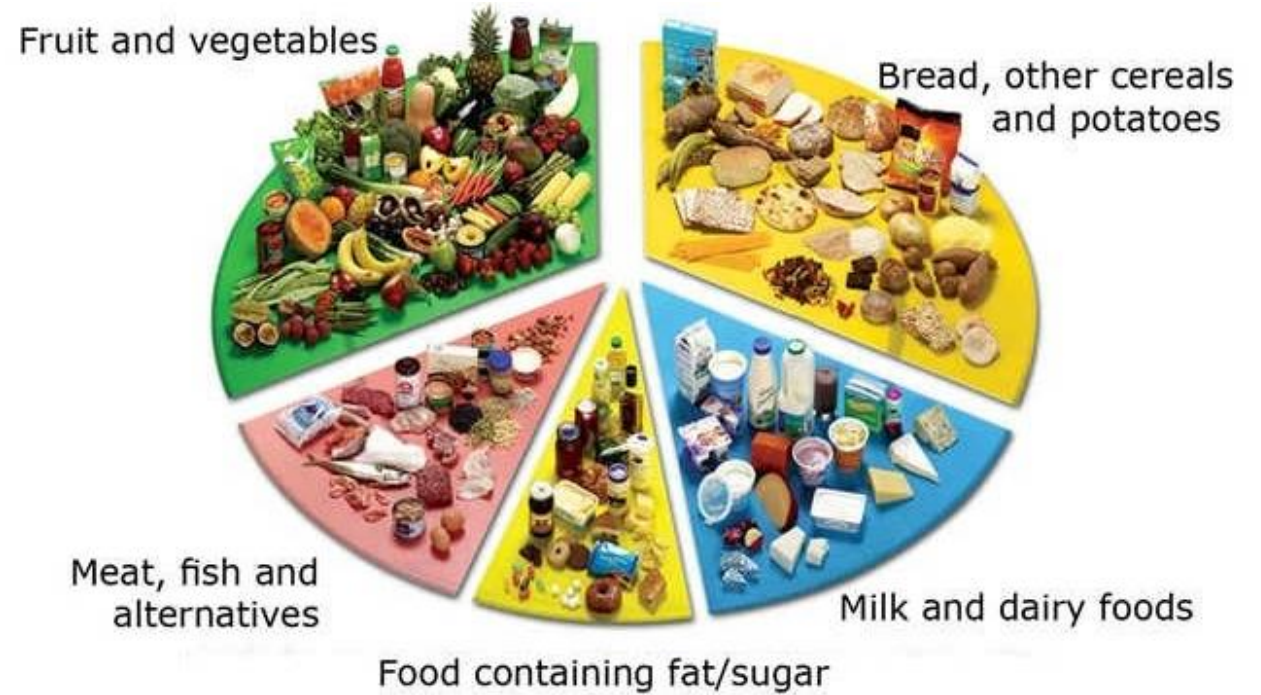
Healthy Eating

Diet

Typically, when we hear/see the word diet we straight away think of 'losing weight'. However, the term diet simply refers to the food we eat.

Eating a healthy, balanced diet is an important part of maintaining good health and can help you feel and perform at your best.

This means eating a wide variety of foods from each of the different categories on this page.



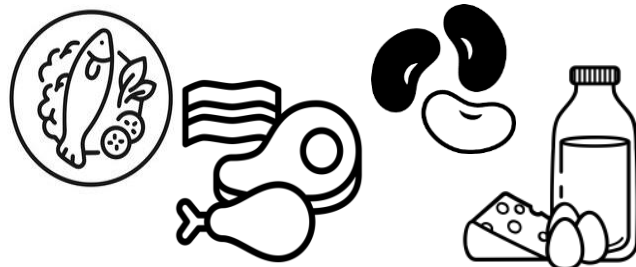
Carbohydrates

The main source of energy for the body. These consist of simple carbohydrates (sugars), complex carbohydrates (filler foods) and non-starch (fibre).



Protein

It helps our body to stay healthy and work the way it should. Protein can be found in dairy products, meat, fish and beans.



Fats

Also helps to keep our body working properly. It helps to keep our body absorbing vitamins and helps keep us warm. However, we need to think about what types of fat and how much we are eating. Saturated fat is what contributes to weight gain. Choose low fat options and/or unsaturated fat oils.

REMEMBER!
Drink plenty of water

