

## Key Terms

Risk	(n) A situation involving exposure to danger. (v) Expose (someone or something valued) to danger, harm, or loss
Anxiety	An uncomfortable feeling of nervousness or worry about something that is happening or might happen in the future.
Fatigue	Extreme tiredness
Tolerance	The capacity to endure continued subjection to something such as a drug or environmental conditions without adverse reaction.
Blue Light	Blue light is a colour in the visible light spectrum that can be seen by human eyes. Blue light is a short wavelength, which means it produces higher amounts of energy.
Mental Health	A person's condition with regard to their psychological and emotional well-being
Dopamine	a compound present in the body as a neurotransmitter and a precursor of other substances including adrenaline.
Compulsion loops	A <i>compulsion loop</i> (or <i>core loop</i> ) is a cycle of activities that are encouraged to be looped or repeated because of a neurochemical reward (in the form of dopamine) released into your brain.
Addiction	the fact or condition of being addicted to a particular substance or activity
Gambling	play games of chance for money; bet
Serotonin	Serotonin is a <b>neurotransmitter</b> . It plays an important role in regulating mood, sleep, and your digestive system.
Unethical	Not morally correct

## What Skills will I Develop in Heart for Life?

Each lesson will have opportunities to develop your skills through a variety of learning activities, ranging from:

- Thinking skills
- Enquiry and evaluation skills
- Research skills
- Debate and communication skills
- Active learning.
- Reflective learning skills.
- Personalised learning skills.
- Revision and recall.

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## Essential attributes developed through Heart for Life.

Self -Improvement  
Resilience  
Self-organisation  
Clarifying own values  
Developing and maintaining a healthy self concept  
Empathy and compassion  
Respect for others  
Skills for employability  
enterprise skills

## Careers Link

Benchmark 2: Learning from career and labour market information  
Benchmark 3: Addressing the needs of each pupil  
Benchmark 4: Linking curriculum learning to careers  
Benchmark 5: Encounters with employers and employees

<b>Physical</b> <b>Voice</b> - Fluency & pace of speech - Tonal variation - Clarity of pronunciation - Voice projection <b>Body language</b> - Gesture & posture - Facial expression & eye contact	<b>Linguistic</b> <b>Vocabulary</b> - Appropriate vocabulary choice <b>Language</b> - Register - Grammar <b>Rhetorical techniques</b> - Rhetorical techniques such as metaphor, humour, irony & mimicry
<b>Cognitive</b> <b>Content</b> - Choice of content to convey meaning & intention - Building on the views of others <b>Structure</b> - Structure & organisation of talk <b>Clarifying &amp; summarising</b> - Seeking information & clarification through questioning - Summarising <b>Reasoning</b> - Giving reasons to support views - Critically examining ideas & views expressed	<b>Social &amp; Emotional</b> <b>Working with others</b> - Guiding or managing interactions - Turn-taking <b>Listening &amp; responding</b> - Listening actively & responding appropriately <b>Confidence in speaking</b> - Self assurance - Liveliness & flair <b>Audience awareness</b> - Taking account of level of understanding of the audience

### Treatment for Drug Addiction

**Psychotherapy:** Develops healthier behaviors & thinking patterns  
**Medication:** Eases withdrawal symptoms  
**Behavioral therapy:** Builds coping skills & provides positive reinforcement  
**Hospitalization:** To detox before beginning long-term treatment  
**Support groups:** Peer support, resources, & accountability

## Key Concepts

British Values, Citizenship, Health and Well Being, Living in the Wider World, Human Rights, Children's Rights and Islamic knowledge

## Careers

Addiction Counselor, Public Health Educator, Law Enforcement Officer,

Key Topics	Summary	Focus
<b>Unhealthy Relationships</b>	Features of unhealthy relationships, including imbalance of power, coercion, control, and exploitation.	Recognize bullying, abuse, and strategies to manage being targeted or witnessing others being targeted.
<b>Peer Pressure and Risky Behaviors</b>	Recognize peer pressure and strategies to manage it. Understand feelings and pressure related to peer approval in context of tobacco, alcohol, drugs, and other risky behaviors.	Develop skills to handle peer pressure and make informed decisions about risky behaviors.
<b>Dependence and Addiction</b>	Understand terms like 'dependence' and 'addiction' in various contexts including substance use and IT.	Learn where to access support for dependence and addiction issues.
<b>Gangs and Friendship Groups</b>	Differentiate between gangs and friendship groups.	Understand the risks and consequences of gang involvement.
<b>Gambling</b>	Understand gambling, its consequences, and why people might choose to gamble.	Learn how to manage pressures or influences to gamble and where to access support.
<b>Screen Addiction</b>	Identify risks and effects of excessive online usage, including screen addiction's impact on brain chemistry and mental health.	Evaluate the effects of screen addiction and strategies to manage online usage.
<b>Binge Drinking and Alcohol Addiction</b>	Explore short- and long-term effects of binge drinking, its impact on organs, relationships, and mental health.	Analyze why people binge drink despite knowing the consequences and why government campaigns to curb it have failed.
<b>Drug Addiction</b>	Identify dangers and types of drugs, including legal, illegal, and prescription drugs. Understand addiction and its consequences.	Evaluate why some drugs are legal and the ethical considerations around drug use.
<b>Smoking, Vaping, and E-Cigarettes</b>	Categorize health problems caused by smoking and vaping. Understand addiction's link to nicotine and dopamine.	Evaluate the long-term health effects of smoking alternatives and economic issues.
<b>Grooming and County Lines</b>	Identify how criminals groom young people into gangs. Understand County Lines and how it exploits vulnerable individuals.	Learn the signs of grooming and where to get help.