

<p>Define: Platonic Relationship</p>	<p>What makes a good friend?</p>		<p>Signs of a Toxic Friendship</p>	
<p>A friendship or relationship where there is no romantic, intimate or sexual feelings.</p> <p>Friends and Colleagues.</p>	<p>Good friends make you feel good</p>	<p>Good friends say and do things that make you feel good, giving compliments and congratulations and being happy for you.</p>	<p>Sometimes people who claim to be your friends can show bullying behaviour. This is sometimes called a 'frenemy' but is a type of toxic relationship. You can spot them by:</p> <ul style="list-style-type: none"> • They might say "brutally honest" things to you which are unkind or hurtful • Put pressure on you to do things you don't want to do • Be manipulative (e.g. 'If you were my friend you would...') • Put you down • Laugh at you, or encourage others to laugh at you • Talk about you behind your back • Deliberately exclude you from group chat and activities • Take the "banter" too far • Share things about you online • Make you feel bad about yourself 	
<p>Define: Intimate Relationship</p>	<p>Good friends listen</p>	<p>A good friend allows you to talk and doesn't interrupt you. They're interested in what you have to say.</p>		
<p>A relationship which can include a sexual attraction and sexual activity.</p> <p>Boyfriend, Girlfriend, Married Couples</p>	<p>Good friends support each other</p>	<p>If you're feeling down, a good friend will support you. If you need help, a good friend will try to help you out.</p>		
<p>Define: Familial Relationship</p>	<p>Good friends are trustworthy</p>	<p>If you tell a good friend something private, they won't share it. You can trust a good friend not to be judgmental.</p>		
<p>A relationships with someone who has a blood, kinship or legal tie to you.</p> <p>Parents, Siblings etc.</p>	<p>Good friends handle conflict respectfully and respect boundaries</p>	<p>A good friend will tell you if you've done something to hurt them. If you tell a good friend they've hurt you, they'll be sorry and won't do it again.</p>	<p>What to do if you are in a toxic friendship</p>	
<p>Define: Toxic Relationship</p>	<p>Friends not followers</p>	<p>In the digital world you can feel under pressure to have a lot of friends and followers. Remember that you only need a small circle of friends to be happy,</p>	<ul style="list-style-type: none"> • Remember: the problem isn't you: Hold on to that thought. Their behaviour might make you feel bad, but they need to change, not you. • Talk to them about how their behaviour makes you feel: Explain calmly and without accusation. Be specific, Tell them what you'd like to happen moving forward. Their response will tell you a lot, sometimes our behaviour hurts others without us realising. • If they apologise, give them another chance: If they mean it, they'll change their behaviour and stop making you feel bad. However, sometimes frenemies might apologise insincerely, and their behaviour afterwards won't change. If they're still making you feel bad despite what you've told them, it's time to move on. • Make new friends: Moving on can be scary, but you deserve people in your life who support you and make you feel good about yourself. See our guide to making new friends for help. • Don't retaliate: It can be tempting to encourage others to exclude your former frenemy, or to put them down behind their back. Don't do this: you're only showing the same behaviour you found difficult in them. 	
<p>A relationship that has a negative impact on your mental health and self esteem.</p>	<p>Good friendships go both ways</p>			

**Define:
Domestic Abuse**

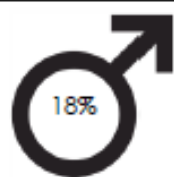
Domestic abuse is violence or other abuse by one person against another in a domestic setting, such as in marriage or cohabitation or between siblings. .

The Statistics

16 to 19-year old's had experienced domestic abuse in the past year (2015)



13 to 17-year old's who had experienced physical abuse from an intimate partner



13 to 17-year olds reported some form of sexual abuse within their relationships.



Types of Abuse

Physical Abuse:
Hitting, slapping, shoving, grabbing, pinching, biting, hair pulling, etc. are types of physical abuse. This type of abuse also includes denying a partner medical care or forcing alcohol and/or drug use upon him or her.

Sexual Abuse:
Coercing or attempting to coerce any sexual contact or behavior without consent. Sexual abuse includes, but is certainly not limited to, marital rape, attacks on sexual parts of the body, forcing sex after physical violence has occurred, or treating one in a sexually demeaning manner.

Emotional Abuse:
Undermining an individual's sense of self-worth and/or self-esteem is abusive. This may include, but is not limited to constant criticism, diminishing one's abilities, name-calling, or damaging one's relationship with his or her children.

Economic Abuse:
Is defined as making or attempting to make an individual financially dependent by maintaining total control over financial resources, withholding one's access to money, or forbidding one's attendance at school or employment.

Psychological Abuse:
Elements of psychological abuse include - but are not limited to - causing fear by intimidation; threatening physical harm to self, partner, children, or partner's family or friends; destruction of pets and property; and forcing isolation from family, friends, or school and/or work.

Signs of Abuse

Physical	Emotional	Social
<p>Unexplained and an increase in injuries such as:</p> <ul style="list-style-type: none"> • Black eyes • Busted lips • Red or purple marks on the neck • Sprained wrists • Bruises on the arms <p>It's also common for someone to try to cover up the physical signs with clothing. For example:</p> <ul style="list-style-type: none"> • Wearing long sleeves or scarves in the hot summer. • Wearing heavier than normal makeup • Wearing sunglasses inside 	<p>Domestic abuse, of course, can take a serious emotional toll, creating a sense of helplessness, hopelessness, or despair.</p> <p>Other emotional signs of abuse include:</p> <ul style="list-style-type: none"> • Low self-esteem • Extremely apologetic or meek • Seeming fearful • Changes in sleep habits • Agitation, anxiety, or constant apprehension • Developing a drug or alcohol problem • Symptoms of depression • Loss of interest in daily activities • Talking about or attempting suicide 	<p>If you notice that someone who was once outgoing and cheerful has gradually become quiet and withdrawn, it could be a sign of domestic abuse.</p> <p>You may notice that the person:</p> <ul style="list-style-type: none"> • Is reserved and distant • Drops out of activities they would usually enjoy. • Cancels appointments or meetings with you at the last minute. • Is often late to work or other appointments. • Exhibits excessive privacy concerning their personal life or the person with whom they're in a relationship. • Begins isolating themselves by cutting off contacts with friends and family members

Who Can you turn to for help and Support

Parents or trusted family members and Friends	The Police / Community support officers
School Safe Guarding Team or any member of staff.	
NSPCC	Helpline: 0808 800 5000 (24 hours, every day) nspcc.org.uk
Childline	Helpline: 0800 1111 (24 hours, every day) https://www.childline.org.uk
Women's Aid	Helpline: 0808 2000 247 24hr https://www.womensaid.org.uk
Men's Advice Line	Helpline: 0808 801 0327 Monday-Friday 9am-5pm http://www.mensadviceline.org.uk/

<p>Define: Sexual Consent</p> <p>The giving of permission by a person to engage in any form of sexual activity including penetrative and oral sex.</p>		<p>Consent is:</p>		<p>What does the Law say?</p>	
		1	<p>Freely given. It's not okay to pressure, trick, or threaten someone into saying yes.</p>	Act	Definition
		2	<p>Reversible. It's okay to say yes and then change your mind — at any time!</p>	Rape	<p>A rape is when a person uses their penis without consent to penetrate the vagina, mouth, or anus of another person.</p>
		3	<p>Informed. You can only consent to something if you have all the facts.</p>	Sexual Assault	<p>Sexual assault is when a person is coerced or physically forced to engage against their will, or when a person, touches another person sexually without their consent. Touching can be done with any part of the body or with an object.</p>
		4	<p>Enthusiastic. You should do stuff you WANT to do, not things people expect you to do. If someone doesn't seem enthusiastic stop and check in.</p>		<p>Consequence</p>
		5	<p>Specific. Saying yes to one thing (like going to the bedroom to make out) doesn't mean you're saying yes to other things (like having sex).</p>	Sex Between Minors	<p>Technically the law is that if two 13 – 15 year old's engage in consensual sexual activity and each knows that the other is under 16, they will both be guilty of an offence carrying a maximum penalty of five years' imprisonment, however it is unlikely the CPS will prosecute. If one party is under 13 and the other under 18 it is statutory Rape which is punishable by Life imprisonment, but the average is 6-7 years when prosecuted.</p>
<p>Define: Affirmative Consent</p> <p>Consent is only given when a person agrees verbally to engage in sexual activities including penetrative and oral sex.</p>		<p>When can consent not be given?</p>		<p>Who Can you turn to for help and Support</p>	
		1	<p>When a person is drunk or high, to the point that they are unable to speak or look after themselves.</p>	<p>Parents or trusted family members</p>	
		2	<p>Asleep or Passed Out – if they are not conscious they are unable to agree to any sexual activity. If someone passes out whilst engaging in sexual activity – STOP!</p>	<p>The Police / Community support officers</p>	
		3	<p>They are Underage – Legally a person under the age of 16 cannot give consent to any sexual activity.</p>	<p>School Safe Guarding Team or any member of staff.</p>	
		4	<p>Mental disability or learning difficulties which mean they are unable to fully understand what they are consenting to.</p>	NSPCC	<p>Helpline: 0808 800 5000 (24 hours, every day) nspcc.org.uk</p>
<p>Define: Coercion</p> <p>The action or practice of persuading someone to do something they wouldn't normally do or something they don't want to do by using force or threats.</p>				Childline	<p>Helpline: 0800 1111 (24 hours, every day) https://www.childline.org.uk</p>
				Rape Crisis	<p>Helpline: 0808 802 9999 (12-2:30 and 7-9:30) rapecrisis.org.uk</p>
<p>Define: A person who is a minor</p> <p>A person who is under the age of 18 and legally considered a child.</p>				Survivors UK – Male Rape and Sexual Abuse Support	<p>survivorsuk.org</p>
				RASAC (Rape and Sexual Abuse Support Centre)	<p>National Helpline: 0808 802 9999 (12-2.30 & 7-9.30) rasasc.org.uk</p>

<p>Define: Asexual</p>	<p>Define: Sexuality</p>	<p>Define: Intersex</p>	<p>Important legal changes that have affected LGBTQ+ people in the UK</p> <ul style="list-style-type: none"> • 2000: Government lifts the ban on lesbians and gay men serving in the Armed Forces. • 2001: Age of consent for gay/bi men is lowered to 16. • 2002: Equal rights are granted to same-sex couples applying for adoption. • 2003: Repeal of Section 28 - Section 28 was a law that made it illegal to talk positively about homosexuality in schools. • 2003: A new law comes into force protecting LGBT people from discrimination at work. Until 2003 employers could discriminate against LGBT people by not hiring them or not promoting them, just because of their sexual orientation or gender identity. • 2004: Civil Partnership Act is passed. • 2004: Gender Recognition Act is passed - This Act allowed trans people to change their legal gender. This means that they can get a new birth certificate that reflects who they really are, which helps for future legal processes like marriage. • 2007: It becomes illegal to discriminate against people because of their sexual orientation or gender identity when providing them with goods or services. • 2008: The Criminal Justice and Immigration Act makes 'incitement to homophobic hatred' a crime. • 2009: A new law gives better legal recognition to same-sex parents. • 2013: The Marriage (Same-Sex Couples) Act is passed. 	<p>Trans Teens and Children</p>
<p>A person who generally does not experience sexual attraction to any group of people</p>	<p>A person's sexual preference or orientation. Who they are attracted to.</p>	<p>A person with a set of sexual anatomy that doesn't fit within the labels of female or male (e.g., XXY phenotype, uterus, and penis)</p>		<p>If a child is under 18 and thought to have gender dysphoria, they'll usually be referred to a specialist child and adolescent Gender Identity Clinic (GIC). Treatment is arranged with a multi-disciplinary team (MDT). This is a group that may include specialists such as mental health professionals and paediatric endocrinologists. Most treatments offered at this stage are psychological, rather than medical or surgical.</p>
<p>Define: Androgyny</p>	<p>Define: Drag Queen</p>	<p>Define: Pansexual</p>		<p>If the child is diagnosed with gender dysphoria and they've reached puberty, they could be treated with gonadotrophin-releasing hormone (GnRH) analogues. These are synthetic hormones that suppress the hormones naturally produced by the body. They also suppress puberty and can help delay potentially distressing physical changes caused by the body becoming even more like that of the biological sex, until they're old enough for other treatment options. The effects of treatment with GnRH analogues are considered to be fully reversible, so treatment can usually be stopped at any time.</p> <p>Teenagers who are 17 years of age or older may be seen in an adult gender clinic. They are entitled to consent to their own treatment and follow the standard adult protocols.</p> <p>Gender Reassignment surgery will not be considered until a person has reached 18 years of age.</p>
<p>A gender expression that has elements of both masculinity and femininity</p>	<p>A man who dresses up in an exaggerated feminine form usually in a show or theatre setting.</p>	<p>A person who experiences sexual, romantic, physical, and/or spiritual attraction for members of all gender identities/expressions</p>		
<p>Define: Biological Sex</p>	<p>Define: Gender Dysphoria</p>	<p>Define: Transgender</p>		
<p>The physical anatomy and gendered hormones one is born with.</p>	<p>Where a person experiences distress due to a mismatch of their biological sex and their gender identity.</p>	<p>A person whose gender identity is the binary opposite of their biological sex, who may undergo medical treatments to change their biological sex</p>		
<p>Define: Bisexual</p>	<p>Define: Heterosexual</p>	<p>Define: Transsexual</p>		<p>Schools and LGBTQ+ Students</p>
<p>A person who experiences sexual, romantic, physical, and/or spiritual attraction to people of their own gender as well as another gender</p>	<p>A medical definition for a person who is attracted to someone with the other gender.</p>	<p>A person whose gender identity is the binary opposite of their biological sex, who may undergo medical treatments to change their biological sex</p>		<p>All Schools are required to have a policy relating to LGBTQ+ Students and how they are supported in schools. However each case will be dealt with on an individual basis as to what is best for the students. Discussions will be conducted with Safeguarding team, parents, wellbeing teams and appropriate external agencies involved in the students care.</p>
<p>Define: Cisgender</p>	<p>Define: Homosexual</p>	<p>Define: Gender Identity</p>		<p>Where to get more help and support</p>
<p>A description for a person whose gender identity, gender expression, and biological sex all align</p>	<p>A medical definition for a person who is attracted to someone with the same gender.</p>	<p>Gender identity is a way to describe how you feel about your gender. You might identify your gender as a boy or a girl or something different. This is different from your sex, which is related to your physical body and biology.</p>		<ul style="list-style-type: none"> • Parents and trusted family members • Teachers and School Staff including School Nurse and Wellbeing Team • Your Doctor or Community Nurse • NHS Online • Young Stonewall: https://www.youngstonewall.org.uk/ • The Proud Trust – Local Support groups: https://www.theproudstust.org • Friends and Family of Lesbians and Gays: https://www.fflag.org.uk/
<p>Define: LGBTQ+</p>	<p>Define: Transvestite</p>			
<p>Lesbian Gay Bisexual Trans Queer / Questioning + = Other</p>	<p>A person who dresses as the opposite gender expression for any one of many reasons, including relaxation, fun, and sexual gratification.</p>		<p>Some of these terms are controversial in their definitions and may mean slightly different things to different people. These definitions have been taken from Stonewall charity.</p>	

Caffeine	Cocaine	Heroin	Cannabis	Crack Cocaine	Amphetamines	Ecstasy
<p>Caffeine is a naturally occurring chemical stimulant called trimethylxanthine. In its pure form, caffeine is a white crystalline powder that tastes very bitter. Caffeine is in tea, coffee, chocolate, many soft drinks, and pain relievers and other over-the-counter medications.</p>	<p>The hydrochloride salt is usually in a powdered form by the time it makes it to street dealers and users. The texture is similar to baby powder. In fact, it is so similar that many dealers will cut their coke with baby powder in order to increase their profits. The color can range from a clear white to an off-white, and sometimes even a yellowish color.</p>	<p>In its purest form, heroin is a fine white powder. But more often, it is found to be rose gray, brown or black in color. The coloring comes from additives which have been used to dilute it, which can include sugar, caffeine or other substances. Street heroin is sometimes "cut" with strychnine¹ or other poisons.</p>	<p>Soft black resin, furry green leaves dried to look like herbs or hard brown lumps, cannabis can look very different depending on its type – but it all comes from cannabis plants.</p>	<p>Crack cocaine is a purer form of cocaine and looks somewhat like rocks. Most of the time, crack cocaine is off-white in color, but it can have a rosy hue that makes it appear pink.</p>	<p>It's usually an off-white or pinkish powder and can sometimes look like crystals. It's also available in a paste form which is usually white/grey or brown in colour, and can be damp and gritty.</p>	<p>Ecstasy comes in pill or powder form. Ecstasy pills can be white, coloured, round, square or pressed into any shape. Some pills have designs stamped into them, like well known company logos that the pills are then named after. Ecstasy powder looks like white/grey crystals and is called MDMA, mandy or MD.</p>
Alcohol	Inhalants	Tobacco	LSD		Magic Mushrooms	Steroids
<p>While some drinks have more alcohol than others, the type of alcohol in all alcoholic drinks is the same – it's a type of alcohol called ethanol. Alcohol is a colourless, odourless and inflammable fluid.</p>	<p>The term <i>inhalants</i> refers to the various substances that people typically take only by inhaling. These substances include solvents (liquids that become gas at room temperature), aerosol sprays; gases; nitrites (prescription medicines for chest pain)</p>	<p>Tobacco is a plant grown for its leaves, which are dried and fermented before being put in tobacco products. People can smoke, chew, or sniff tobacco. Smoked tobacco products include cigarettes, cigars, bidis, and kreteks. Some people also smoke loose tobacco in a pipe or hookah (water pipe). Chewed tobacco products include chewing tobacco, snuff, dip, and snus; snuff can also be sniffed.</p>	<p>It is produced in crystal form laboratories, mainly in the United States. These crystals are converted to a liquid for distribution. It is odorless, colorless, and has a slightly bitter taste. LSD is sold on the street in small tablets ("microdots"), capsules or gelatin squares ("window panes"). It is sometimes added to absorbent paper, which is then divided into small squares decorated with designs or cartoon characters ("loony toons"). Occasionally it is sold in liquid form.</p>		<p>Magic mushrooms are often sold raw or dried. In the UK, the most common types are liberty caps (<i>Psilocybe semilanceata</i>) and fly agaric (<i>Amanita muscaria</i>). Liberty caps look like small tan-coloured mushrooms. Fly agarics look like red and white spotted toadstools</p>	<p>Anabolic steroids come in the form of tablets, capsules, a solution for injection and a cream or gel to rub into the skin. Weightlifters and bodybuilders who use steroids often take doses that are up to 100 times greater than those used to treat medical conditions.</p>

Define: Drug

Drugs are chemicals that alter, block, or mimic chemical reactions in the brain. This causes alterations of the body's normal process's causing physical or mental changes.

Define: Medicine

A drug or other preparation for the treatment or prevention of disease.

Define: Stimulant

A drug which cause a person to feel like they have more energy or more awake.

Define: Depressant

A drug which cause a person to feel calmer or lethargic.

Define: Hallucinogen

A drug which cause a person to experience sensations that are not really there. This could be visual, auditory or physical.

Define: Analgesic

A drug which reduces the feeling of pain.

Define: Withdrawal

a predictable group of signs and symptoms that result from either the sudden removal of, or abrupt decrease in the regular dosage of a drug.

Define: Addiction

The feeling of needing a drug in order to get through the day.

Drug	Analgesic	Hallucinogen	Stimulant	Depressant
Caffeine			✓	
Cocaine			✓	✓
Heroin	✓			✓
Cannabis		✓		✓
Crack Cocaine			✓	
Amphetamines		✓	✓	
Ecstasy			✓	
Alcohol				✓
Inhalants		✓	✓	
Tobacco				✓
LSD		✓		
Magic Mushrooms		✓		
Steroids	✓			

Mental and Emotional Withdrawal Symptoms

- **Anxiety:** Anxiety, panic attacks, restlessness, irritability
- **Depression:** Social isolation, lack of enjoyment, fatigue, poor appetite
- **Sleep:** Insomnia, difficulty falling asleep or staying asleep
- **Cognitive:** Poor concentration, poor memory

Physical Withdrawal Symptoms

- **Head:** Headaches, dizziness
- **Chest:** Chest tightness, difficulty breathing
- **Heart:** Racing heart, skipped beats, palpitations
- **GI:** Nausea, vomiting, diarrhoea, stomach aches
- **Muscles:** Muscle tension, twitches, tremors, shakes, muscle aches
- **Skin:** Sweating, tingling

Dangerous Withdrawal Symptoms

- Grand mal seizures
- Heart attacks
- Strokes
- Hallucinations
- Delirium tremens (DTs)

Who Can you turn to for help and Support

Parents and Family members	School Staff and Safeguarding Team
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Your GP or Practice Nurse

NSPCC	Helpline: 0808 800 5000 nspcc.org.uk
Childline	Helpline: 0800 1111(https://www.childline.org.uk
NHS Live Well Website	www.NHS.UK/Livewell
The Mix	Helpline: 0808 808 4994
Talk to Frank	Helpline: 0300 123 6600 talktofrank.com
Action on Addiction	Helpline: 0300 330 0659 actiononaddiction.org.uk
DrugFAM	Helpline: 0300 888 3853 drugfam.co.uk

Define: Rehabilitation

Drug users are sent to specialist clinics to help them break their addiction and often the causes of it as well.

Define: Possession

Being caught with a small amount of drugs that could reasonably be used by one person.

Define: intent to Supply

Being stopped whilst holding drugs and the police have reasonable suspicions that you will share with others or sell.

Define: Supply

Being caught selling drugs or medicines to other people.

Define: Trafficking

Taking illegal substances from one country to another.

Class	Examples	Sentence for Possession	Sentence for Dealing
Class A	Ecstasy, LSD, heroin, cocaine, crack, magic mushrooms, amphetamines (if prepared for injection).	Up to seven years in prison or an unlimited fine or both.	Up to life in prison or an unlimited fine or both.
Class B	Amphetamines, Methylphenidate (Ritalin),	Up to five years in prison or an unlimited fine or both.	Up to 14 years in prison or an unlimited fine or both.
Class C	Tranquilizers, Cannabis, some painkillers, Gamma hydroxybutyrate (GHB), Ketamine.	Up to two years in prison or an unlimited fine or both.	Up to 14 years in prison or an unlimited fine or both.
Temporary Class	The government can ban new drugs for 1 year under a 'temporary banning order' while they decide how the drugs should be classified.	None, but police can take away a suspected temporary class drug	Up to 14 years in prison, an unlimited fine or both

These are the maximum sentences that could be imposed but there are a number of factors which will determine the sentence given if someone is charged and convicted of a drug offence. In most cases a first-time possession offence will lead to a caution and confiscation. A caution is not a criminal conviction, but it could be used as evidence of bad character if you go to court for another crime.

Prescription Medications

The law surrounding the selling of or sharing of prescription medications is ambiguous and is often linked to the type of drug/medicine that is being sold.

If the medicine is on the controlled substance list (e.g. morphine, amphetamines and benzodiazepines) then the person supplying can be subject to the punishments which are for that class of drugs.

It is extremely dangerous to share prescription drugs because of the possible side effects and impacts of other medications that are being taken.

Consequences of having a drug conviction

Employment	Having a criminal record for a drug conviction can prevent you from getting jobs in certain fields such as education, working with vulnerable adults, Health professions and legal professions.
Travel	A conviction for a drug offence can prevent travel to certain countries such as the USA and Australia
Education	A criminal record may stop you from enrolling on a course at the university of your choice, as many universities will ask you to declare any criminal convictions on your application and consider this separately from your academic achievements. The nature of the offence, the time that has elapsed since the offence was committed and the potential impact on fellow students and staff will all be considered. Some universities and educational facilities will refuse applications on the grounds of the crime committed.

Define: Alcohol

While some drinks have more alcohol than others, the type of alcohol in all alcoholic drinks is the same – it's a type of alcohol called ethanol. Alcohol is a colourless, odourless and inflammable fluid.

Define: ABV













Alcohol by volume is a standard measure of how much alcohol (ethanol) is contained in a given volume of an alcoholic beverage (%).

Define: Unit of Alcohol

Units are a simple way of expressing the quantity of pure alcohol in a drink. One unit equals 10ml or 8g of pure alcohol, which is around the amount of alcohol the average adult can process in an hour.

Define: Binge Drinking

Consuming large quantities of alcohol in a short space of time. This is 8 units in a single session for men and 6 units in a single session for women.

1 UNIT	1.5 UNITS	2 UNITS	3 UNITS	9 UNITS	30 UNITS
 Normal beer half pint (284ml) 4%	 Small glass of wine (125ml) 12.5%	 Strong beer half pint (284ml) 6.5%	 Strong beer Large bottle/can (440ml) 6.5%	 Bottle of wine (750ml) 12.5%	 Bottle of spirits (750ml) 40%
 Single spirit shot (25ml) 40%	 Alcopops bottle (275ml) 5.5%	 Normal beer Large bottle/can (440ml) 4.5%	 Large glass of wine (250ml) 12.5%	Government advises alcohol consumption should not regularly exceed:  Men 3-4 units daily  Women 2-3 units daily	

How alcohol affects you drink by drink

Based on a standard (175ml) 13% volume glass of white wine or 4% strength pint of lager,

1 glass of white wine or a pint of lager (just over 2 units):

- You're talkative and feel relaxed.
- Your self-confidence increases.
- Driving ability is already impaired, which is why it's best to drink no alcohol if you're driving.

2 glasses of white wine or 2 pints of lager (just over 4 units):

- Your blood flow increases.
- You feel less inhibited and your attention span is shorter.
- You start dehydrating, one of the causes of a hangover.

3 glasses of white wine or 3 pints of lager (just under 7 units):

- Your reaction time is slower.
- Your liver has to work harder.
- Your sex drive may increase, while your judgement may decrease.

4 glasses of white wine or 4 pints of lager (just over 9 units):

- You're easily confused.
- You're noticeably emotional.
- Your sex drive could now decrease, and you may become less capable.

How to Calculate Units of Alcohol

Strength (ABV) x volume (ml) ÷ 1,000 = units

For example, to work out the number of units in a pint (568ml) of strong lager (ABV 5.2%): 5.2 (%) x 568 (ml) ÷ 1,000 = 2.95 units

Alcohol and the Law

It is against the law

- To sell alcohol to someone under 18 anywhere.
- For an adult to buy or attempt to buy alcohol on behalf of someone under 18.
- For someone under 18 to buy alcohol, attempt to buy alcohol or to be sold alcohol.
- For someone under 18 to drink alcohol in licensed premises.
- For an adult to buy alcohol for someone under 18 for consumption on licensed premises.
- To give children alcohol if they are under five.

It is not illegal:

- For someone over 18 to buy a child over 16 beer, wine or cider if they are eating a table meal together in licensed premises at the discretion of the manager.
- For a child aged five to 17 to drink alcohol at home or on other private premises.

Signs of Alcohol Addiction

It can be tricky to spot the signs of alcoholism as alcoholics can be secretive about it and can become angry if confronted. Some signs and symptoms can include:

- A lack of interest in previously normal activities
- Appearing intoxicated more regularly
- Needing to drink more in order to achieve the same effects
- Appearing tired, unwell or irritable
- An inability to say no to alcohol
- Anxiety, depression or other mental health problems
- Becoming secretive or dishonest

Who Can you turn to for help and Support

Parents or trusted family members

School Safe Guarding Team or any member of staff.

Your GP or Practice Nurse.

Drink Aware

0300 123 1110 (weekly 9am - 8pm, weekends 11am - 4pm)
<https://www.drinkaware.co.uk>

Al-Anon Family Group

0800 0086 811 from 10 am - 10 pm, 365 days a year
<https://www.al-anonuk.org.uk/>

AddAction

<https://www.addaction.org.uk> – Webchat facility

Define: Nicotine

A toxic colourless or yellowish oily liquid which is the chief active constituent of tobacco. It acts as a stimulant in small doses, but in larger amounts blocks the action of autonomic nerve and skeletal muscle cells.

Define: Vaping

The action or practice of inhaling and exhaling the vapour produced by an electronic cigarette or similar device.

Define: Smoking

The action or habit of inhaling and exhaling the smoke of tobacco or a drug. Usually through Cigarettes or Cigars.

Define: E-Cigarette

E-cigarettes are electronic devices that heat a liquid and produce an aerosol or mix of small particles in the air. Which is then inhaled.

Effects Of Nicotine

Nicotine is both a sedative and a stimulant.

When a body is exposed to nicotine, the individual experiences a "kick." This is partly caused by nicotine stimulating the adrenal glands, which results in the release of adrenaline. This surge of adrenaline stimulates the body. There is an immediate release of glucose, as well as an increase in heart rate, breathing activity, and blood pressure. Indirectly, nicotine causes the release of dopamine in the pleasure and motivation areas of the brain.

How do E-Cigarettes Work

E-cigarettes produce an aerosol by heating a liquid that usually contains nicotine, flavorings, and other chemicals that help to make the aerosol.

The liquid used in e-cigarettes often contains nicotine and flavorings. This liquid is sometimes called "e-juice," "e-liquid," "vape juice," or "vape liquid."

Users inhale e-cigarette aerosol into their lungs. Bystanders can also breathe in this aerosol when the user exhales it into the air. E-cigarette aerosol is NOT harmless "water vapor." The e-cigarette aerosol that users breathe from the device and exhale can contain harmful and potentially harmful substances, including:

- Nicotine
- Ultrafine particles that can be inhaled deep into the lungs
- Flavoring such as diacetyl, a chemical linked to a serious lung disease
- Volatile organic compounds
- Cancer-causing chemicals
- Heavy metals such as nickel, tin, and lead

It is difficult for consumers to know what e-cigarette products contain. For example, some e-cigarettes marketed as containing zero percent nicotine have been found to contain nicotine.

Risks from Smoking



Side effects of vaping

Mouth and airways

- Irritation
- Cough
- Increased airway resistance

Heart and circulation

- Chest pain
- Increased blood pressure
- Increased heart rate

Stomach

- Vomiting
- Nausea

Smoking and the Law

- You must be over 18 to buy cigarettes in the UK. If you're under 16 the police have the right to confiscate your cigarettes.

It's illegal:

- For shops to sell you cigarettes if you are underage
- For an adult to buy you cigarettes if you are under 18
- To smoke in all public enclosed or substantially enclosed area and workplaces.
- To smoke in a car with a child.

Vaping and the Law

- You must be 18 or over to purchase e-cigarettes or e-liquids in the UK. It also became illegal for an adult to buy e-cigarettes for someone under the age of 18.
- Although there is no legal restriction on where you can vape in the UK there are local laws and bylaws in force that prohibit the practice. The choice of whether or not to allow vaping is that of the property owner.
- Vaping generally is not allowed on the underground, planes, buses or trains and train stations in the United Kingdom.
- Vaping while you drive may not seem like such a big deal but it could land you with up to nine penalty points and a fine of £2,500.

Who Can you turn to for help and Support

Parents or trusted family members

School Safe Guarding Team or any member of staff.

Your GP or Practice Nurse.

Smoke Free Future

<https://smokefreefuture.co.uk>

NHS – Stop Smoking

<https://www.nhs.uk/live-well/quit-smoking>

Smoke Free

<https://smokefree.gov/>

Define: E-Safety

Strategies and systems to help people stay safe online.

Define: Digital Citizenship

Accepted ways on behaving whilst engaging in online activity.

Define: Cyber Bullying

The use of electronic communication to bully a person, typically by sending messages of an intimidating or threatening nature

Define: Hacking

Gaining access to systems and computers which you do not have permission to access. Can be for malicious purposes.

Define: Grooming

When someone uses the internet to trick, force or pressure a young person into doing something they wouldn't normally do, this could be sexual behavior or radical beliefs.

Define: Digital Footprint

The information about a particular person that exists on the internet as a result of their online activity. It can not be deleted.

10 strategies for staying safe online

1. Don't post any personal information online – like your address, email address or mobile number.
2. Think carefully before posting pictures or videos of yourself. Once you've put a picture of yourself online most people can see it and may be able to download it, it's not just yours anymore.
3. Keep your privacy settings as high as possible.
4. Never give out your passwords.
5. Don't befriend people you don't know.
6. Don't meet up with people you've met online. Speak to your parent or carer about people suggesting you do.
7. Remember that not everyone online is who they say they are
8. Think carefully about what you say before you post something online.
9. Respect other people's views, even if you don't agree with someone else's views doesn't mean you need to be rude.
10. If you see something online that makes you feel uncomfortable, unsafe or worried: leave the website, turn off your computer if you want to and tell a trusted adult immediately.

Digital Footprints and Online Behaviour

A person's digital footprint cannot be deleted and can be accessed at any time through a simple social media or search engine search.

To promote a positive digital footprint there are 5 simple rules:

1. **Would you want your grandmother to see it?**
Is that photo/video/comment appropriate for the wider public audience? Would you want a future partner or employer to see it? Once something is online it stays forever.
2. **Do you really think that is private?**
Just because your privacy settings are high doesn't mean that someone else can't repost or screenshot what you have posted.
3. **Would you say it to someone's face?**
If you wouldn't say it to someone face, don't say it online. Portray yourself in a positive way as this may be seen by future friends, partners or employers.
4. **Is this your work to publish/use?**
Reposting or using someone else's work is fine if you credit the original owner creator. If you don't it is plagiarism.
5. **Would you want someone to do it to you?**
How would you feel if someone posted a picture of you or made a comments about you that you didn't like or want online?

Online Behaviour and the Law

- **The Computer Misuse Act 1990** says you can't impersonate or steal someone else's identity online. This means that writing a status on social media pretending to be your friend is technically against the law as it creating fake profiles or websites.
- It is a criminal offence under the **Communications Act 2003** to send messages using any public electronic communications network, such as Twitter or Facebook, which are grossly offensive or of an indecent, obscene or menacing character.
- It is a criminal offence under the **Criminal Justice and Courts Act 2015** for someone to disclose private sexual images of you online or offline without your consent with the effect of causing you distress. This is more commonly known as 'revenge porn'.
- There are a range of other offences which the police can investigate including harassment, harassment when someone fears violence, and stalking under the **Protection from Harassment Act 1997**.

Each case will be taken on an individual basis looking at context and evidence to determine if a crime has been committed. If you believe you have been the victim of a crime screen shot the evidence and speak to the police.

Where to get more help and support

- Parents and trusted family.
- School Staff and Wellbeing Team
- Directly to the police.
- Report any inappropriate behaviour to the website.
- NSPCC - <https://www.nspcc.org.uk>
- Childline - Helpline: 0800 1111 (24 hours, every day) / <https://www.childline.org.uk>
- CEOPS - <https://www.ceop.police.uk/safety-centre/>

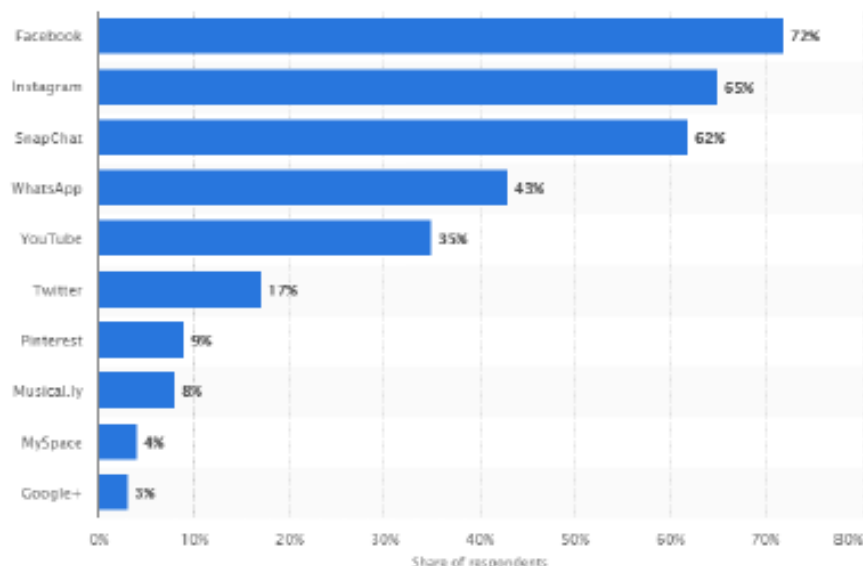
Define: Social Media

Websites and applications that enable users to create and share content or to participate in social networking.

Top tips for staying safe on Social media

1. Use a strong password. The longer it is, the more secure it will be.
2. Use a different password for each of your social media accounts.
3. If you have social media apps on your phone, be sure to password protect your device.
4. Be selective with friend requests. If you don't know the person, don't accept their request. It could be a fake account.
5. Click links with caution. Social media accounts are regularly hacked.
6. Be careful about what you share. Don't reveal sensitive personal information i.e: home address, financial information, phone number.
7. Become familiar with the privacy policies of the social media channels you use and customize your privacy settings to control who sees what.
8. Remember to log off when you're done.
9. Report any inappropriate behavior to the site.

Social media sites or apps used by children (12- 15) in the UK in 2018



Age Restrictions On Social Media



These are in the websites terms and conditions and are not legal restrictions.

Define: WhatsApp

WhatsApp is a messenger app for smartphones. WhatsApp uses the internet to send messages, images, audio or video. The service is very similar to text messaging services, however, because WhatsApp uses the internet to send messages, the cost of using WhatsApp is significantly less than texting.

Define: YouTube

YouTube is a video sharing service where users can watch, like, share, comment and upload their own videos. Users can search for and watch videos, Create a personal YouTube channel, Upload videos to your channel, Like/Comment/share other YouTube videos, Users can subscribe/follow other YouTube channels and users, Create playlists to organize videos and group videos together

Define: Twitter

Twitter is known as a micro-blogging site. Blogging has been around for some time. Usually blogging consists of people setting up basic websites where they write about whatever they want, whether it be politics, sport, cooking, fashion etc. Posting a message is known as a tweet. People make connections by following other people's twitter feeds. Once you click follow, anything that person or organisation says will appear on your timeline.

Define: TBH

short for To Be Honest — is a polling app that lets your friends answer questions anonymously. Essentially it is a big popularity contest, where people received "gems" when they are picked in a poll.

Define: Facebook

Facebook is a website which allows users, who sign-up for free profiles, to connect with friends, work colleagues or people they don't know, online. It allows users to share pictures, music, videos, and articles, as well as their own thoughts and opinions with however many people they like.

Define: Snapchat

Snapchat is a mobile messaging application used to share photos, videos, text, and drawings. It's free to download the app and free to send messages using it. There is one feature that makes Snapchat different from other forms of texting and photo sharing: the messages disappear from the recipient's phone after a few seconds.

Define: Instagram

At its most basic, Instagram is a social networking app which allows its users to share pictures and videos with their friends. Once a user snaps a picture, Instagram filters – of which there are dozens – can transform images in a manner reminiscent of old-fashioned Polaroid prints.

Define: TikTok (formally Musical.ly)

TikTok is an app for creating, sharing and discovering short music videos (15 sec), think Karaoke for the digital age. It used by young people as an outlet to express themselves through singing, dancing, comedy, and lip-syncing.

Define: *Mental Wellbeing*

Mental wellbeing describes your mental state - how you are feeling and how well you can cope with day-to-day life. Our mental wellbeing is dynamic. It can change from moment to moment, day to day, month to month or year to year.

Define: *Emotional Literacy*

The ability to understand and express feelings. Emotional Literacy involves having self-awareness and recognition of one's own feelings and knowing how to manage them.

Define: *Primary Emotions*

There are 5 primary emotions but over 600 words in the English language for different emotions. The primary emotion groups are:

1. Joy
2. Anger
3. Sadness
4. Disgust
5. Fear

Define: *Mental Illness*

Mental illnesses comprise of a broad range of problems, with different symptoms. However, they are generally characterized by some combination of abnormal thoughts, emotions, behaviour and relationships with others.

They can only be diagnosed by a Doctor or Mental Health Professional

Signs of good mental wellbeing

- Feeling relatively confident in yourself and have positive self-esteem
- Feeling and express a range of emotions
- Building and maintaining good relationships with others
- Feel engaged with the world around you
- Live and work productively
- Cope with the stresses of daily life
- Adapt and manage in times of change and uncertainty

Things that can affect our mental wellbeing

Everyone is different and what affects someone's mental wellbeing won't necessarily affect others in the same way. Everyone will have times when they have low mental wellbeing, where they feel stressed, upset or find it difficult to cope.

Common life events that can affect your mental wellbeing include:

- loss or bereavement
- loneliness
- relationship problems
- issues at work
- worry about money

However there are times when there is no discernable reason for the way a person feels which can be extremely frustrating.

There are some factors that may make people more vulnerable to experiencing a period of poor mental wellbeing. These may have happened in the past or might still be happening now:

- Childhood abuse, trauma, violence or neglect
- Social isolation or discrimination
- Homelessness or poor housing
- A long-term physical health condition
- Social disadvantage, poverty or debt
- Unemployment
- Caring for a family member or friend
- Significant trauma as an adult, such as military combat, being involved in a serious accident or violent crime

Signs of poor mental wellbeing

- Erratic changes in mood and behavior
- Distancing from friends and family.
- Loss of interest in things that they used to be interested in.
- Excessive sleeping or not sleeping.
- Increased alcohol consumption.
- Poor concentration and being easily distracted
- Finding it hard to make decisions
- Feeling overwhelmed by things & tearfulness
- Finding it difficult to control your emotions
- Irritability and short temper or aggression

The Importance of Positive Relationships

Connecting with others can help us to feel a greater sense of belonging and can help to challenge feelings of loneliness.

- **Make time for the people you love.** Keeping regular contact with friends and family, whether it's face-to-face, on the phone or by text, can strengthen your relationships.
- **Join a group.** Think of the things you like to do, such as drawing, gardening or sport and look for local groups. Meeting others with a shared interest can increase your confidence and build your support network.
- **Talk about the way you feel.** Opening up to a trusted friend or family member can help you to feel listened to and supported. Just acknowledging your feelings by saying them out loud can help.
- **Use peer support.** If you're finding things difficult, talking to people who have similar feelings or experiences can help you to feel accepted.

The Importance of Self Care

At times people may feel guilty for spending time on themselves. But it's essential for mental wellbeing and can help people to be more resilient.

Some self care techniques include

- Mindfulness
- Doing something you enjoy
- Relaxation techniques
- Get outdoors and fresh air
- Exercise

If someone is living with a mental health problem, taking steps to look after their mental health can help you improve your wellbeing.

Strategies can include:

- Talking to someone
- Knowing triggers and warning signs
- Keeping a mood diary
- Building your self esteem.

Where to get more help and support

- Parents and trusted family.
- School Staff and Wellbeing Team
- Your Doctor or Practice Nurse
- MIND - <https://www.mind.org.uk>
Help line - 0300 123 3393 open 9am to 7pm, Monday to Friday or Text: 86463
- Young Minds - <https://youngminds.org.uk> Text: 85258 or Parents Helpline: 0808 802 5544
- Stem4 - <https://stem4.org.uk/>

Define: Stress

A state of mental or emotional strain or tension resulting from adverse or demanding circumstances.

Define: Chronic Stress

The response to emotional pressure suffered for a prolonged period of time in which an individual perceives they have little or no control.

Define: General Anxiety Disorder

A condition characterized by 6 months or more of chronic, exaggerated worry and tension that is unfounded or much more severe than the normal anxiety most people experience.

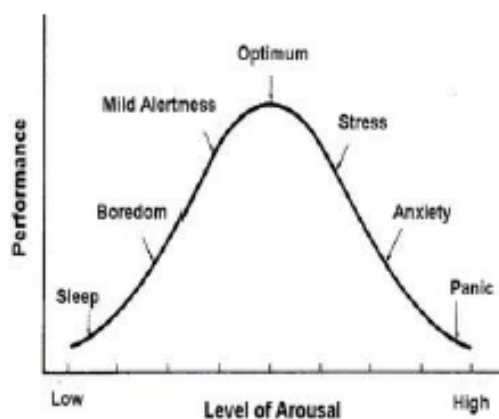
Define: Social Anxiety Disorder

Also called social phobia, is intense anxiety or fear of being judged, negatively evaluated, or rejected in a social or performance situation.

Define: Depression

People experience low mood, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, low energy, and poor concentration.

Some stress is good as it can motivate people however too much can be detrimental, especially if over a long period of time.



Symptoms of Chronic Stress

Chronic stress affects the whole body. It can have several physical or psychological symptoms, which can make functioning on a daily basis more challenging.

The type and severity of symptoms vary considerably from person to person.

Signs and symptoms of chronic stress can include:

- Irritability, which can be extreme
- Fatigue
- Headaches
- Difficulty concentrating.
- Rapid, disorganized thoughts
- Difficulty sleeping / insomnia
- Digestive problems and changes in appetite
- Feeling helpless
- A perceived loss of control
- Low self-esteem
- Loss of sexual desire
- Nervousness
- Frequent infections or illnesses
- High blood pressure

Anxiety Disorders

Anxiety is an evolutionary and survival mechanism which is often linked to the flight or fight response. The brain responds to a perceived threat or danger by releasing stress hormones such as adrenaline and cortisol which cause the physical symptoms of anxiety. Once the threatening situation has stopped, the body will usually return to normal.

But if someone has an anxiety disorder these feelings of fear and danger can be ongoing and interrupt their daily routine long after the threat has gone. They can make them feel like things are worse than they actually are.

General Anxiety Disorder is a long-term condition that causes a person to feel anxious about a wide range of situations and issues, rather than a specific event. People with GAD feel anxious most days and often struggle to remember the last time they felt relaxed. As soon as 1 anxious thought is resolved, another may appear about a different issue.

Social Anxiety Disorder, also called social phobia, is a long-lasting and overwhelming fear of social situations. Social Anxiety is more than shyness. It's an intense fear that does not go away and affects everyday activities, self-confidence, relationships and work or school life.

Symptoms of General Anxiety Disorder

Mental symptoms of anxiety can include:

- Racing thoughts,
- Uncontrollable over thinking,
- Difficulties concentrating,
- Feelings of dread, panic or 'impending doom',
- Feeling irritable,
- Heightened alertness,
- Problems with sleep,
- Changes in appetite,
- Wanting to escape from the situation you are in, and
- Dissociation.

Physical symptoms of anxiety can include:

- Sweating,
- Heavy and fast breathing,
- Hot flushes or blushing,
- Dry mouth,
- Shaking,
- Hair loss,
- Fast heartbeat,
- Extreme tiredness or lack of energy
- Dizziness and fainting, and
- Stomach aches and sickness.

Treatments for Chronic Stress and Anxiety

- Therapy and Counselling such as Cognitive Behaviour Therapy
- Medications – including SSRI's, Benzodiazepines, and Beta-blockers
- Self Care including mindfulness, meditation and journaling.
- Alternative therapies such as acupuncture.

Things to Remember

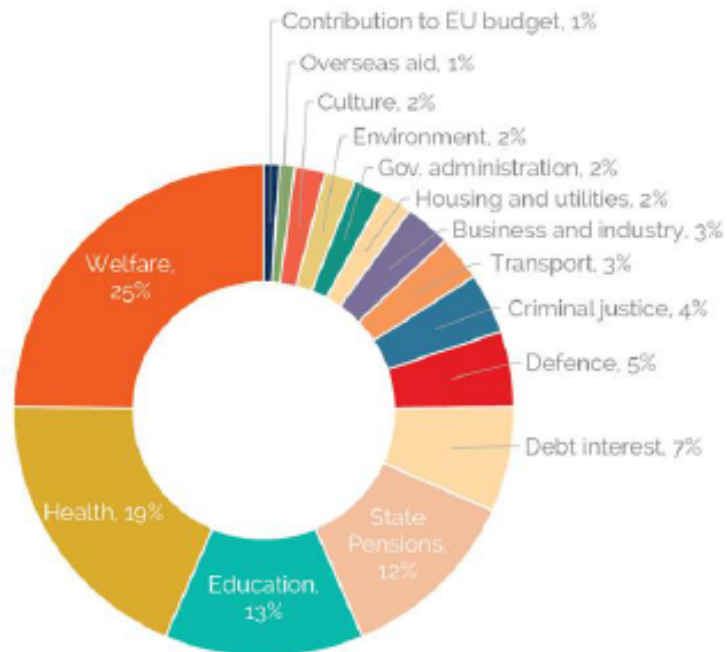
- Everyone experiences stress and anxiety at points in their lives.
- Only a Doctor or Mental Health Professional can diagnose Chronic Stress or an Anxiety Disorder.
- There are treatments available and coping mechanisms.
- Having a stress or anxiety disorder is not a sign of weakness and is more common than people think.

Where to get more help and support

- Parents and trusted family
- School Staff and Wellbeing Team
- GP or Practice Nurse.
- MIND - <https://www.mind.org.uk> Help line - 0300 123 3393 open 9am to 7pm, Monday to Friday or Text: 86463
- Young Minds - <https://youngminds.org.uk> Text: 85258 or Parents Helpline: 0808 802 5544
- Stem4 - <https://stem4.org.uk/>

<p>Define: Taxation</p> <p>A means by which governments finance their expenditure by imposing charges on citizens and corporate entities.</p>	<p>Types of Taxations in the UK</p>		<p>How is income tax calculated.</p>
<p>Define: Deductions</p> <p>Any item or expenditure subtracted from gross income to reduce the amount of income.</p>	<p>Income Tax</p>	<p>This is the tax levied directly on personal income. The amount of income tax you pay depends on two things: How much of your income is above your Personal Allowance How much of your income falls within each tax band</p>	<p>As an employee:</p> <ul style="list-style-type: none"> You pay 0% on earnings up to £12,500* for 2019-20 Then you pay 20% on anything you earn between £12,501 and £50,000 You'll pay 40% income tax on earnings between £50,001 to £150,000 If you earn £150,001 and over you pay 45% tax. <p>For example, if you earn £52,000 a year, you pay:</p> <ul style="list-style-type: none"> Nothing on the first £12,500 20% (£7,500.00) on the next £37,500 40% (£800) on the next £2,000. <p>Therefore you would expect to pay</p> <ul style="list-style-type: none"> £8,300 per year / £691.66 per month
<p>Define: National Insurance</p> <p>The system of compulsory payments by employees and employers to provide state assistance for people who are sick, unemployed, or retired.</p>	<p>National Insurance Contributions</p>	<p>You pay this in order to qualify for certain benefits and State Pension. Anyone over 16, earning £157 or more each week, or is self-employed and has a profit of more than £6,025 a year is expected to pay National Insurance.</p>	<p>How is National Insurance calculated.</p>
<p>Define: Direct Taxation</p> <p>Are usually obvious amounts such as income tax which you can see being taken from your pay or have to pay direct to HMRC. Other direct taxes include corporation tax, capital gains tax and inheritance tax.</p>	<p>Consumption Tax (VAT)</p>	<p>It is found on most goods and services, with the standard VAT rate being 20%. In this category, you'll find goods such as alcoholic drinks, chocolate, prams and pushchairs, and taxi fares. There's a reduced rate of 5% levied on children's car seats, electricity, gas, heating oil and solid fuel, and mobility aids for the elderly, among other things. The zero rated products include books, meat and poultry, fruit and vegetables, and household water, etc.</p>	<p>As an employee: You pay National Insurance contributions if you earn more than £166 a week before tax you pay 12% of your earnings above this limit and up to £962 a week the rate drops to 2% of your earnings over £962 a week.</p> <p>For example, if you earn £1,000 a week before tax, you pay:</p> <ul style="list-style-type: none"> Nothing on the first £166 12% (£95.52) on the next £796 2% (£0.76) on the next £38. <p>Therefore you would expect to pay</p> <ul style="list-style-type: none"> £96.28 per week / £417.21 per month <p>Employers pay 0% on employee's pay up to £156 a week (£8,112 a year); 13.8% on pay above this</p>
<p>Define: Indirect Taxation</p> <p>This is less obvious than a direct tax as it is included in the price of things that you buy. E.G. VAT</p>	<p>Excise Duty</p>	<p>These are charged on things such as alcohol, tobacco, betting, and vehicles as well as the producer of these goods being charged. Excise duties are usually imposed in addition to an indirect tax such as VAT. The excise tax is included in the final sale price of the product, meaning that the consumer pays indirectly. Excise is used as a deterrent towards three broad categories of harm:</p> <ul style="list-style-type: none"> Health risks from abusing toxic substances e.g. tobacco or alcohol Environmental damage e.g. fossil fuels Socially damaging/morally objectionable activity e.g. gambling or soliciting 	
<p>Define: Gross Income</p> <p>Total amount of income earned before any deductions.</p>	<p>Corporation Tax</p>	<p>This is tax on company profit so you'll have to pay if you're doing business as:</p> <ul style="list-style-type: none"> A limited company A foreign company with a UK branch or office A club, co-operation, or other unincorporated association e.g. a sports club <p>From 1st April 2017, the normal rate of corporation tax is 19%, this tax can be confusing as it must be paid before you file your company tax return, which leaves many businesses with two accounting periods, making it harder to keep an overview.</p>	
<p>Define: Net Income</p> <p>Total amount of income you receive after all deductions</p>	<p>Stamp Duty</p>	<p>The Stamp Duty Land Tax (SDLT) has to be paid if you buy a property or land over £125,000 for residential properties and £150,000 for non-residential land and properties. The amount paid is dependent on the value of the property, but first time buyers maybe exempt from this tax.</p>	

How is taxation spent by the government



What do National Insurance Contributions go towards

- State retirement pension;
- Bereavement benefits for spouse/civil partner;
- Contribution-based Jobseeker's allowance;
- Contribution-based Employment and Support Allowance.
- The NHS

National Insurance payments cannot be used directly to fund general government spending.

What happens if I don't pay Income Tax

Most people pay Income Tax through PAYE. This is the system your employer or pension provider uses to take Income Tax before they pay your wages or pension.

If your employer makes a mistake and under pays your tax, you could be made to repay that amount through the next years PAYE if the amount is under £3,000 and you earn under £30,000 per year.

In some very limited circumstances, it may be possible for HMRC to write off the debt, or, if your employer or pension payer is at fault, to collect the tax from them instead.

If you are a self-employed person, you are responsible for filing your tax returns each year with the HMRC. Failure to do so or filing late or inaccurate returns can result in a HMRC Enquiry.

If the enquiry find you are guilty of deliberately misleading or falsify your tax record you can be prosecuted for fraud.

In most cases you will be given a bill for the unpaid tax and a set time frame to pay it back.

What happens if I don't pay National Insurance contributions

Most people pay National Insurance through PAYE. This is the system your employer or pension provider uses to take National Insurance contributions before they pay your wages or pension.

If your employer makes a mistake and under pays your national insurance, they can be fined and expected to make up the payments. You are not responsible if this is not paid.

If you do not pay any national insurance, then you may not be entitled to benefit pays mends which are considered "contributory Benefits" such as:

- Unemployment benefits, in the form of Jobseeker's Allowance (JSA) and Employment and Support Allowance (ESA)
- Maternity Allowance, if you don't qualify for statutory maternity pay
- Bereavement benefits (Bereavement Allowance, Bereavement Payment and Widowed Parent's Allowance)
- Incapacity Benefit, if you face long term unemployment because of illness or disability.

It does not affect your ability to apply for Universal Credit, PIP, Pensions or access to the NHS.

Define: Pension

A regular payment made by the state to people of or above the official retirement age and to some widows and disabled people.

Define: Social Security

A system of payments made by the government to people who are ill, poor, or who have no job.

Please note this is for 2019 and subject to change, it is also an overview and doesn't cover every possible situation, scenario, add-ons or exemptions. For more detailed information see:

- <https://www.citizensadvice.org.uk/benefits/>
- <https://www.gov.uk/universal-credit/>

Eligibility for state pension

The current pension age for those born after 1960 is 67 years old

To get the full basic State Pension you need a total of 30 qualifying years of National Insurance contributions or credits. This means you were either:

- Working & paying national insurance
- Getting national insurance credits, for example for unemployment, sickness or as a parent or carer
- Paying voluntary national insurance contributions

If you're not eligible for a basic State Pension or you're not getting the full amount, you might qualify for a 'top up' to £77.45 per week through your spouse's or civil partner's National Insurance contributions.

What are you entitled to?

The full basic State Pension is £129.20 per week

Winter Fuel Payment is available once you (or your partner) have reached Pension Credit age. It is a one-off payment £100 or £200 per year towards your heating costs. At 80 this increases to £150, £200 or £300 per year. The amount received is dependent on your living situation and your age.

Types of social Security in the UK

Universal Credit

Universal Credit has replaced these benefits for most people:

- Housing Benefit
- Income-related Employment and Support Allowance
- Income-based Jobseeker's Allowance
- Child Tax Credit
- Working Tax Credit
- Income Support

To get Universal Credit, you must:

- Be 18 years old or over
- Usually be under state pension age
- Live in the UK - there are extra rules you'll need to meet if you're not a British citizen
- Have less than £16,000 in savings
- You are able and actively looking for work.

You can also get Universal Credit if you can't work because of disability, illness or caring responsibilities.

If you're in full-time education or training, you usually can't get Universal Credit

If you're claiming Universal Credit, you will get one basic allowance for your household. The amount you will get is:

- £251.77 per month for single claimants under 25
- £317.82 per month for single claimants aged 25 or over
- £395.20 per month for joint claimants both under 25
- £498.89 per month for joint claimants with either aged 25 or over

If you're looking after a child under the age of 16 this entitles you to:

- £277.08 per month for first or only child born before 6 April 2017
- £231.67 per month per child in all other circumstances.

You can only claim the child element for a maximum of two children, unless an exemption, such as a multiple birth applies, or you've adopted.

If you're caring for a severely disabled person for at least 35 hours a week, you will get £160.20 per month.

UC is paid in arrears so it can take up to five weeks after you make your claim to get your first payment. The amount you get in Universal Credit can go down or up depending on what income you get from:

- Working your Universal Credit payment will go down by 63p for every £1 on all your earnings.
- a pension
- other benefits
- savings and capital above £6,000.

Personal Independence Payments

PIP is extra money to help you with everyday life if you've an illness, disability or mental health condition.

You can get it on top of Employment and Support Allowance or other benefits. Your income, savings, and whether you're working or not don't affect your eligibility.

To be eligible for PIP you must be aged between 16 and your State Pension age.

PIP is not based on the condition you have or the medication you take. It is based on the level of help you need because of how your condition affects you.

You're assessed on the level of help you need with specific activities.

The DWP makes the decision about the amount of Personal Independence Payment (PIP) you get and for how long. It's not possible to say exactly what you'll get before you apply because the DWP bases the amount you get on your application, and the length of your award on the likelihood of your condition changing, however it is usually a fixed term after which you will need to reapply. However, if you have a terminal illness, you'll get the enhanced daily living rate for 3 years. PIP is made up of 2 components (parts) called daily living and mobility, and each can be paid at either a standard or enhanced rate.

Component	Weekly rate
Daily living - standard rate	£58.70
Daily living - enhanced rate	£87.65
Mobility - standard rate	£23.20
Mobility - enhanced rate	£61.20