

Year 8 CPSHE Spring Term 1

Healthy Lifestyles

Lesson overview	1
First aid	
Drugs	
Alcohol	
Gambling	

Keywords	Definitions
2 CPR	CPR stands for cardiopulmonary resuscitation. It's a life saving medical procedure which is given to someone who is in cardiac arrest. It helps to pump blood around the person's body when their heart can't.
First aid	First aid is the first and immediate assistance given to any person suffering from either a minor or serious illness or injury, with care provided to preserve life, prevent the condition from worsening, or to promote recovery.
Drugs	A drug is a substance that affects the way the body functions. If a drug is classified as 'illegal', this means that it is forbidden by law.
Alcohol	Alcohol is a colourless liquid that is found in drinks such as beer, wine, and whisky.
Gambling	It can be said to cover various forms of entertainment involving gain and loss based upon risk. 'Gaming' is the playing of a game (being a game of chance or a game that combines skill and chance) for a prize.

FIVE WAYS YOU CAN SAVE SOMEONE'S LIFE

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WHAT TO DO IF SOMEONE IS CHOKING



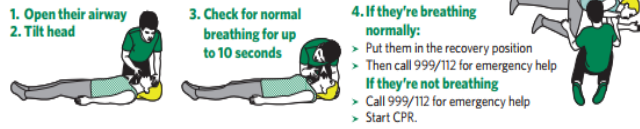
- 1. Cough it out**
> Encourage the person to keep coughing
- 2. Slap it out**
> Give up to five sharp back blows between their shoulder blades.
> Check their mouth
- 3. Squeeze it out**
> Give up to five abdominal thrusts
> If that doesn't work call 999/112.

WHAT TO DO IF SOMEONE IS BLEEDING



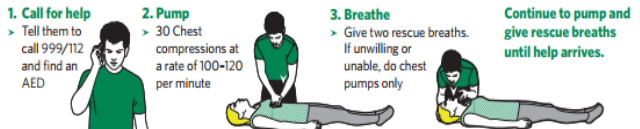
- 1. Press it**
- 2. Call 999/112 for emergency help**
- 3. Secure dressing with a bandage to maintain pressure**
- 4. Treat for shock.**

WHAT TO DO IF SOMEONE IS UNRESPONSIVE



- 1. Open their airway**
- 2. Tilt head**
- 3. Check for normal breathing for up to 10 seconds**
- 4. If they're breathing normally:**
> Put them in the recovery position
> Then call 999/112 for emergency help
If they're not breathing:
> Call 999/112 for emergency help
> Start CPR.

WHAT TO DO IF SOMEONE IS UNRESPONSIVE AND NOT BREATHING NORMALLY



- 1. Call for help**
> Tell them to call 999/112 and find an AED
 - 2. Pump**
> 30 Chest compressions at a rate of 100-120 per minute
 - 3. Breathe**
> Give two rescue breaths. If unwilling or unable, do chest pumps only
- Continue to pump and give rescue breaths until help arrives.**

WHAT TO DO IF SOMEONE HAS HAD A HEART ATTACK



- 1. Call 999/112 for emergency help**
- 2. Sit them down**
> Rest, supported with knees bent
- 3. Give them aspirin**
> 300mg dose to chew*
*Do not give aspirin if the person is under 16 or allergic.

Make sure you always have life saving knowledge at your fingertips. Download our free first aid app from your app store today.

Learn first aid.
Help save lives.
Be the difference.

HOW TO TAKE CONTROL OF PROBLEM GAMBLING

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Step 1 **Step 2** **Step 3** **Step 4** **Step 5**

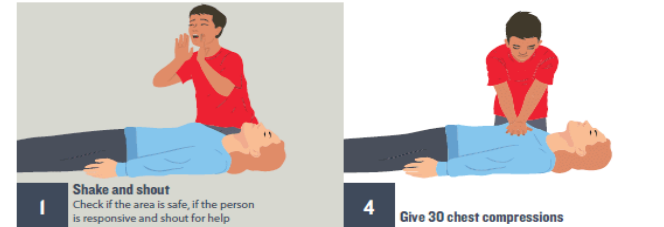
Set limits Take breaks Use blocking software Self-exclude Seek professional help and support



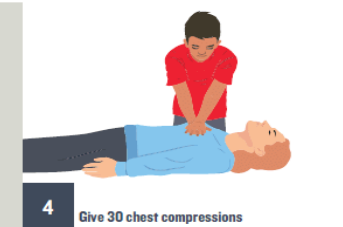
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Steps to CPR
Less than 1 in 10 people in the UK survive an out-of-hospital cardiac arrest. And every delay reduces a person's chance of survival. A cardiac arrest is the ultimate medical emergency. Follow these steps to save a life.

CALL PUSH RESCUE
To learn life saving CPR visit bhf.org.uk/cpr



1 Shake and shout
Check if the area is safe, if the person is responsive and shout for help



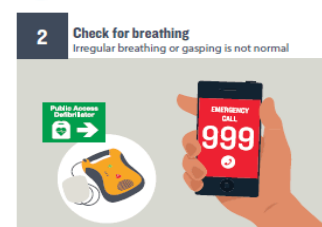
4 Give 30 chest compressions



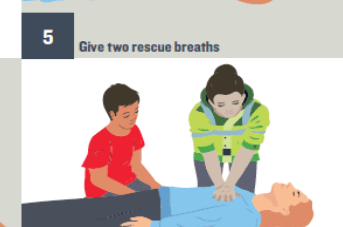
2 Check for breathing
Irregular breathing or gasping is not normal



5 Give two rescue breaths



3 Call 999 and send someone for a defibrillator
Continue CPR and follow the defibrillator's instructions



6 Repeat until the emergency services take over

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WHAT IS A UNIT?
A UK unit is 10ml of pure alcohol

2.8 UNITS Standard beer (Pint (ABV 5%))
2.1 UNITS Wine (Standard glass (ABV 12%))
1.4 UNITS Alcohol (Bottle (ABV 5%))
1 UNIT Fortified Wine (Standard measure (ABV 20%))
1 UNIT Spirit (Small measure (ABV 40%))

DAN, 16, HAS BEEN STABBED AND FORCED TO SELL DRUGS MILES AWAY FROM HOME.

FIND OUT MORE ABOUT #COUNTYLINES

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#kooth
#childline

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Year 8 CPSHE Spring Term 2
Rights of Young People

Lesson overview

1

Rights of Young People—Legal age in the UK

Rights of Young People—Criminal responsibilities

Rights of Young People— UNICEF



The age of criminal responsibility in England and Wales is 10 years old.

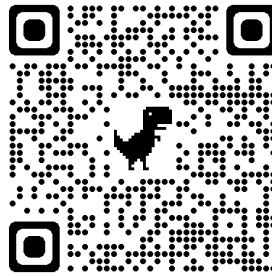
This means that children under 10 cannot be arrested or charged with a crime. There are other punishments that can be given to children under 10 who break the law (they can be given a Local Child Curfew or a Child Safety Order).

Children between 10 and 17 can be arrested and taken to court if they commit a crime. They are treated differently from adults and are:

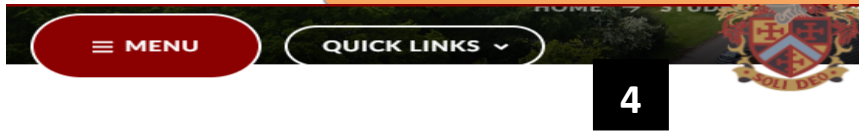
- Dealt with by youth courts
- Given different sentences
- Sent to special secure centres for young people, not adult prisons.

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Keywords	Definitions
Rights	That which is morally correct, just, or honourable.
Legal	Something connected to law or a government's system of rules. An example of legal is the type of action that will be decided by a court.
Criminal	A person who has committed a crime.
UNICEF	UNICEF, also known as the United Nations Children's Fund, is a United Nations agency responsible for providing humanitarian and developmental aid to children worldwide.
CEIAG	CEIAG (Careers Education, Information, Advice and Guidance) is designed to prepare students for life in modern Britain by providing the knowledge, understanding, confidence and skills that they need to make informed choices and plans for their future learning and career.



Careers Education, Information, Advice and Guidance



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CAREERS EDUCATION, INFORMATION, ADVICE AND GUIDANCE (CEIAG)

Careers education and guidance helps students gain the knowledge and skills needed for their future career choices and gives them the information they will need to get there.

What does UNICEF do?

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- UNICEF provides child protection to children all around the world by enforcing laws that protect children's rights
- Some laws that UNICEF may help to enforce are laws against poor working conditions or laws that help children from being forced to become soldiers
- UNICEF also helps children meet their basic needs and strive to reach their full potential
- UNICEF provides help to children in 156 countries
- UNICEF helps children in developing countries by providing them with health and nutrition, education, child protection, water supply and sanitation



6 Legal ages in England

	ENG
Leave school	16
Drink alcohol	18 (16 in bars)
Have consensual sex	16
Be charged with a crime	10
Vote	18 (UK elections)
Get married	16 (with parental consent until 18)
Work	13 14 School leaving age
Bet, gamble and play lotteries	18