

Name: _____

STAGE 4 PDHPE

Term 2 Work

Miss Wrightson

Key terms glossary

binge drinking drinking large amounts of alcohol in a short period of time or drinking constantly for a number of days

cannabinoid a type of chemical that acts on particular receptors in the brain

cardiopulmonary resuscitation (CPR) an emergency life support procedure using a combination of rescue breathing and chest compressions

defibrillator a device that provides an electric shock to a patient whose heart has stopped beating

dependence reliance on or needing the drug to function; many of your thoughts, emotions and actions focus on the drug

depressant a drug that slows the activity of your nervous system

drug a substance that changes the way in which your nervous system and body work

endorphin a chemical naturally released in the brain to reduce pain, that in large amounts can make you feel relaxed or full of energy

first aid the initial care or treatment of someone who is ill or injured

first aid kit a collection of supplies such as bandages, plasters, and antiseptic wipes for use in giving help to a sick or injured person until full medical treatment is available

hallucinogen a drug that works on the brain to cause hallucinations

interpersonal a person's ability to relate to other individuals

passive smoking a non-smoker breathing in the second-hand smoke from a burning cigarette

recovery position the position in which to place someone (on their side) to protect the airway from being blocked by the tongue or by vomit

rescue breaths given to a victim who is not breathing. The breath will take one second to deliver and will make the victim's chest rise.

rip a stretch of turbulent and dangerous water at sea or in a river

sign something experienced that you and others can see or measure, such as a rash or elevated heart rate

stimulant a drug that stimulates or speeds up your brain and nervous system

symptom something experienced that is known only if you tell someone, such as a headache or blurry vision

tolerance the higher the tolerance, the more of the drug is needed for the same effect

upstander a person who witnesses or is aware of a situation where someone is being treated unfairly and takes action to correct the situation. This is usually in the form of support of the victim.

Safe relationships

Find more information in subtopic 8.2.

Being a good friend involves not just being there for the good times but also those times when a friend may be experiencing stress in their lives and is in need of our help. Supporting your friends in such times can help ensure they stay safe, both emotionally and physically. Understanding ways to help and being prepared to exercise assertiveness at times can be important factors in ensuring your own and others' safety.

Peer relationships

While much of our peer interaction will be positive, there will be times when we need to stand up for ourselves or others in the face of unsupportive, unpleasant or bullying behaviour. Learning how to stand up to such behaviour can improve your sense of empowerment, assertiveness, self-esteem and communication.

Tick the below boxes if you think they are an example of bullying.

Example	Is it bullying?
Ernie and Frank have an argument and Ernie shouts at Frank.	
Whenever Holly passes Nora in the hallway she deliberately bumps into her with her shoulder.	
Miles found out that Lily's family needed help paying their school fees and now calls Lily the Povo girl.	
Josh punched Steve in the face during a lunchtime football game.	
Olivia's old group of friends constantly make negative comments on all of her social media posts.	
Whenever Jane approaches, the girls in her class go silent and ignore her until she walks away again.	
A boy from Tim's work gave the thumbs down on one of Tim's social media posts.	

Being a supportive upstander

Explain the difference between being a 'bystander' and an 'upstander'.

Forms of violence

We tend to think of violence as a purely physical thing, but the World Health Organization defines it as being ‘the intentional use of physical force or power, threatened or actual, against oneself, another person, or against a group or community, that either results in or has a high likelihood of resulting in injury, death, psychological harm, maldevelopment, or deprivation’.

Today, we recognise that violence can take various forms.

State whether the following examples are physical, sexual, financial or psychological/emotional forms of violence.

Example	Form of violence
John put a calendar up in the work lunchroom featuring half-naked women.	
Kate insists on looking at all of Ben’s emails and text messages and won’t speak to him if he refuses.	
Gary keeps a tight control on their finances and gets angry at Mike if he spends money.	
Brett grabbed Harriet’s arm and pushed her down to the couch during an argument.	

Harassment

Harassment is unwanted behaviour that offends, humiliates or intimidates a person. Having an understanding of the different behaviours that constitute violence and harassment and recognising when things are ‘not okay’ are an important part of keeping ourselves and others safe within our relationships.

Choose the correct words to complete the sentences about harassment.

flirtatious	cultural	body-shaming	relationship	sexuality
complimenting	teasing	physical	congratulating	

Harassment can involve _____ someone because they are from a different _____ background.

It can also involve _____, which is making negative comments about someone’s _____ appearance.

It can also include making comments about someone’s _____, gender identity or what someone believes it to be.

It can even be making _____ comments or continuing to ask someone out when they have indicated they have no interest in a _____ of that nature.

Online safety

Find more information in subtopic 8.3.

Increasingly, we rely on the internet for our information-gathering, social interaction, financial management and employment. Having the understanding and skills to safely and responsibly negotiate the ever-evolving online environment enables you to participate fully in its positive offerings, while ensuring you and others remain safe from its potentially negative influences and effects.

Strategies for keeping safe online

Social media connects us to our friends, peers and family in a virtual world, as well as to people we don't know. Our online profile is created when we use a phone, set up a social network page or play games on the internet. Connecting with others via blogs or social media provides an avenue for creating our social identity. The decisions we make about what we share online have consequences for our online reputation, which speaks volumes about our values and social identity and creates our digital footprint.

Fill in the missing words to complete the sentences.

bullying abusive gesture report texting explicit excluding sexting help
technology crime funny attack

Cyberbullying is the act of using _____ for the purpose of _____ a person or group of people.

In the online context, bullying can include sending _____ texts or emails, such as spreading rumours, or _____ someone from a group.

_____ is the act of sending _____ images or videos to someone. Australia enacted its first sexting laws in August 2014, making it a _____ to share explicit images of another person without their consent.

If you are the victim of cyberbullying it's okay to seek _____ from others. If you know someone who is being bullied, let them know you are there to support them and encourage them to _____ the bully.

List three strategies you could try to deal with antisocial online behaviour.

- _____
- _____
- _____
- _____
- _____
- _____

Complete the following wordsearch. Words could be forwards, backwards, vertical, horizontal or diagonal.

C	P	Z	W	T	S	R	E	S	P	E	C	T	Y	P
X	R	H	C	B	U	O	T	P	S	H	F	S	V	L
Z	I	Y	O	G	N	I	G	G	A	T	Q	G	C	H
M	V	Z	M	F	S	D	U	O	B	H	O	N	Y	A
J	A	F	M	S	E	X	T	I	N	G	A	I	B	R
S	C	X	U	N	T	K	E	E	G	G	J	L	E	A
R	Y	L	N	O	K	V	M	I	A	N	R	E	R	S
E	Y	T	I	T	N	E	D	I	V	I	E	E	B	S
E	T	E	C	H	N	O	L	O	G	Y	D	F	U	M
P	P	F	A	F	I	E	F	Y	L	L	N	S	L	E
Y	A	D	T	K	X	M	S	M	O	L	A	A	L	N
R	R	F	I	O	S	J	V	N	F	U	T	F	Y	T
C	O	Z	O	F	Z	O	M	L	O	B	S	E	F	T
L	H	A	N	K	L	F	C	H	J	C	P	Q	N	U
F	J	O	N	L	I	N	E	F	G	M	U	K	K	Y

PEERS
BULLYING
HARASSMENT
UPSTANDER
CYBERBULLY
FEELINGS
SAFE
CONSENT
COMMUNICATION
RESPECT
ONLINE
IDENTITY
SEXTING
TECHNOLOGY
PRIVACY
TAGGING

Road safety

Find more information in subtopic 8.8.

We are all road users. Whether as a passenger in a car, a pedestrian, a cyclist, driver of a car, van or truck or a motorcyclist, we all share the road in various ways. As such, we all share in the responsibility of road safety which means you need to be conscious of the decisions you make and behaviours you exhibit when on our roads.

Minimising risks

Road accidents are a leading cause of injury and death for children and young people.

List some road safety issues that contribute to these accidents.

The potential for road accidents increases when ...

Road safety is important for ...

Taking risks on the road

Complete the paragraph using the terms listed.

15 to 24	injury	greater	0–14	attitude	adults	fewer
----------	--------	---------	------	----------	--------	-------

In the age bracket of _____ years, pedestrian accidents are a leading cause of _____.

In the case of young children, they can simply be unaware of potential risks and lack the ability to assess risk in the way that _____ are able to. For young people _____ years, driving accidents are a leading cause of injury. A significant factor contributing to these statistics is that young people often take _____ risks than adults. They do not think that their behaviour can lead to a road accident or they have the _____ ‘it won’t happen to me’.

How to be safe on the road

What do you do to ensure you stay safe on the road?

Swim safe

Find more information in subtopic 8.9.

Water safety is everyone's concern. Whether you swim at the beach, go fishing at a local river, cool down in a farm dam or go to the local swimming pool, being prepared and knowing the risks and how to minimise them enables you to keep yourself and those around you safe while enjoying the water.

Water safety

There are many things you can do to ensure having fun in the water is as safe as possible.

Every time you swim outdoors it is important to protect yourself in five ways, what are they?

1	
2	
3	
4	
5	

What can you do to ensure you are being safe when swimming at the beach?

Rips and currents

What is a rip? Describe it using your own words.

What should you do if you are caught in a rip?

A plan of action

Find more information in subtopic 8.10.

Having a plan of action in an emergency and knowing how to administer first aid can help reduce the impact of an accident if one occurs. An emergency is considered any situation where there is a life-threatening event that requires an immediate response. In this subtopic you will learn how to respond when faced with an emergency.

Responding to an emergency

List the steps involved in an emergency action plan.

1.

2.

3.

4.

DRSABCD

In an emergency — that is, when someone's life is at risk — it is critical to have a plan of action. The plan of action that is most widely used is called DRSABCD.

What does DRSABCD stand for?

D _____

R _____

S _____

A _____

B _____

C _____

D _____

Basic first aid

Find more information in subtopic 8.11.

In the event of an accident, knowing some basic first aid principles and procedures can help save someone's life. Developing these skills through a first aid course will give you confidence to deal with emergencies.

Being prepared

Make a list of equipment you will find in a first aid kit.

Protect yourself

Why is it important to be 'blood safe'?

Anaphylaxis

Anaphylaxis is a serious allergic reaction that develops rapidly, usually occurs between 20 minutes and two hours from exposure to the allergen, and may be life threatening.

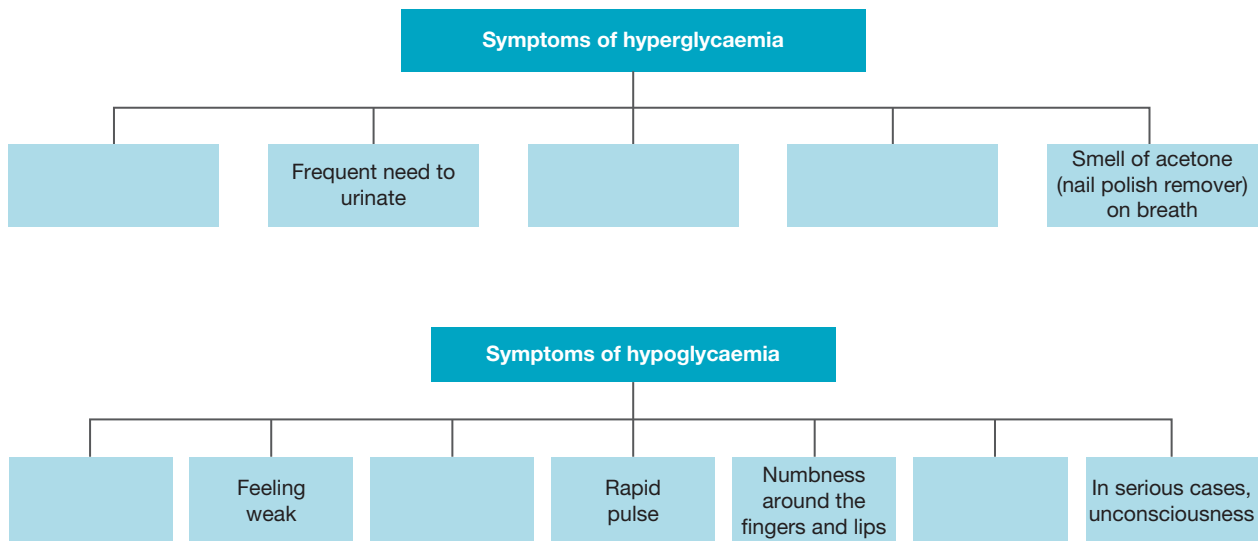
What are the symptoms of anaphylaxis?

Diabetes

Every day, on average, 280 Australians are diagnosed with diabetes. Hyperglycaemia is when insulin production is impaired and the levels of sugars in the blood build up. Hypoglycaemia is the result of the body producing too much insulin, which causes very low blood sugar.

A number of symptoms are listed below. Identify whether these are symptoms of *hyperglycaemia* or *hypoglycaemia* and add them to the diagram that follows.

Symptoms: Excessive thirst, Confusion, Feeling hungry, Rapid pulse, Feeling drowsy, Feeling faint



Heart attack

What are the symptoms of heart attack?

Stroke

You can recognise the signs of stroke using the FAST acronym. What does it stand for?

External bleeding

In the event of external bleeding, there are a number of steps to follow.

Complete the steps using the following words.

pressure	severe	wound	loosen	medical	rest
----------	--------	-------	--------	---------	------

- DRSABCD
- Lay the casualty down if there is _____ bleeding.
- Apply direct _____ with a sterile pad to the _____.
- Raise and _____ the injured part of the body.
- _____ tight clothing and give nothing to eat or drink.
- Seek _____ aid urgently.

Burns

Burns can be caused by a number of different factors, including ...

Poisoning and overdose

In the case of a drug overdose, seek medical aid urgently and contact the Poisons Information Centre by calling 13 11 26.

If the person is conscious, what steps should you take?

Get active, get happy

Find more information in subtopic 8.12.

Being active has wide-ranging benefits for our wellbeing. It affects your physical, mental, emotional and spiritual health in a positive way.

Being prepared

Choosing to engage in physical activity is an important part of living a healthy life. Briefly explain how physical activity allows us to develop physically, socially and emotionally.

Physically	
Socially	
Emotionally	

Body image and our health

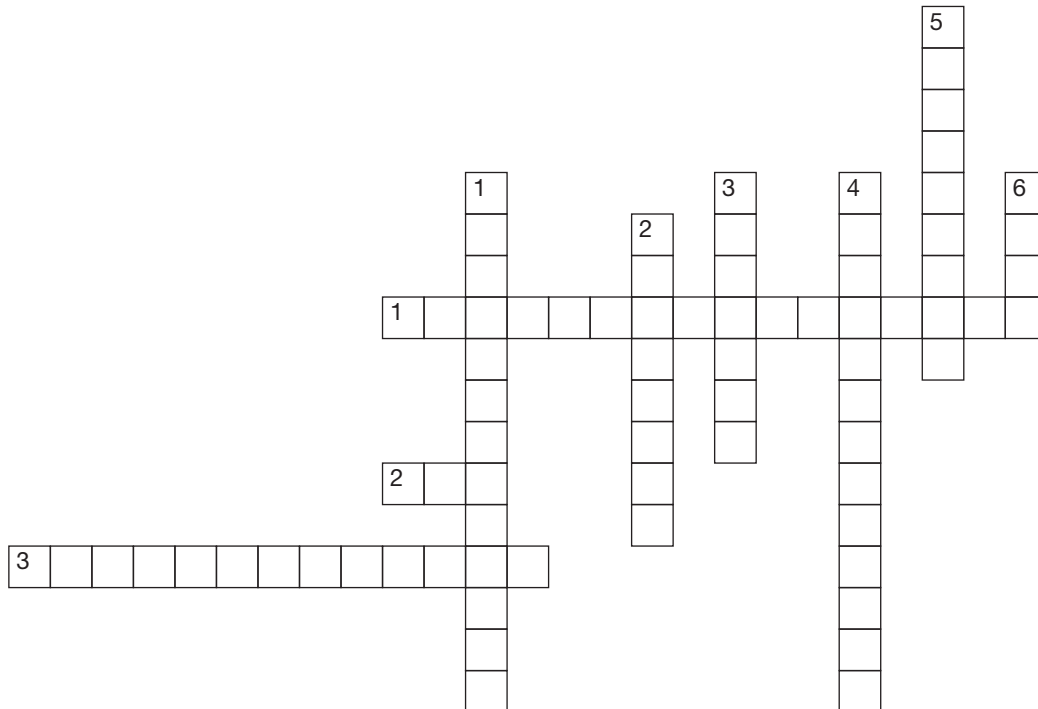
Complete the following sentences about body image and health.

Our body image is ...

Our body image can be influenced by ...

An unhealthy body image can lead to ...

Complete the following crossword using key terms from this topic.



Across

1. The position in which to place someone (on their side) to protect the airway from being blocked by the tongue or by vomit
2. An emergency life support procedure using a combination of rescue breathing and chest compressions
3. A person's ability to relate to other individuals

2. A collection of supplies such as bandages, plasters, and antiseptic wipes for use in giving help to a sick or injured person until full medical treatment is available
3. Something experienced that is known only if you tell someone, such as a headache or blurry vision

Down

1. Given to a victim who is not breathing. The breath will take one second to deliver and will make the victim's chest rise.

4. A device that provides an electric shock to a patient whose heart has stopped beating
5. A chemical naturally released in the brain to reduce pain, which in large amounts can make you feel relaxed or full of energy
6. Something experienced that you and others can see or measure, such as a rash or elevated heart rate

Worksheet 8.2 Safety on the roads

Road accidents take a significant toll on the health and wellbeing of children and young people. Statistics show that children and young people are at greater risk (compared with all other age groups) of being involved in a road accident.

1. In the following table, identify the risk factors and behaviours that can lead to children and young people being involved in road accidents.

	Risk factors/behaviours that contribute to accidents	Strategies and campaigns aimed at reducing road accidents
Cyclist	(For example, not obeying the road rules)	
Pedestrian	(For example, not using the pedestrian crossing)	
Driver	(For example, driving an unsafe car)	
Passenger	(For example, fooling around and distracting the driver)	
Motorcyclist	(For example, driving when inexperienced in poor weather conditions)	

2. List some strategies that you know of that have been implemented to modify the behaviours that lead to accidents.
3. Design a strategy aimed at young people promoting safe road use. Discuss who would be responsible for implementing this strategy, the attitudes and/or behaviours the strategy targets, and appropriate ways to promote the strategy (e.g. poster, role-play).

Worksheet 8.3 DRSABCD

In an emergency, it is essential to have a plan of action. DRSABCD is used in assessing whether a patient has any life threatening conditions and whether first aid is required.

1. Complete the following table.

Name	Description of steps
D =	
R =	
S =	
A =	
B =	
C =	
D =	

Worksheet 8.3

2. On a single sheet of paper, create a scenario that outlines an emergency situation. For example, a boy is knocked unconscious on the football field; a boat capsizes in the shore break; or the girl next to you faints during a school assembly.

Household Emergency Plan

In preparation for an emergency that affects the community, you will be helping yourself and your family by developing a Household Emergency Plan. This is a plan that can be applied in a range of scenarios to assist you in dealing with possible emergencies caused by nature. The more prepared you are, the better you will be in managing an emergency situation.

1. **Prepare** a Household Emergency Plan for your household by using the SES Home Emergency Plan creator tool at: <http://www.seshomeemergencyplan.com.au/index.php>. You may also find the Red Cross RediPlan Disaster Preparedness Guide useful: <https://www.redcross.org.au/getmedia/b896b60f-5b6c-49b2-a114-57be2073a1c2/red-cross-rediplan-disaster-preparedness-guide.pdf.aspx>
 - (a) **Record** the information for each step to create an easily read one-page guide.
 - (b) **Consult** with your family in completing the plan. When completed, share the plan with your family members and ensure they know its location and the location of the emergency survival kit.
2. In pairs, prepare a list of 15 or more items that you consider useful in an emergency survival kit. Take into consideration that services such as power, water and gas may be interrupted.
 - (a) **Prioritise** the top 10 items and justify why these items are 'must haves'.
 - (b) **Compare** your list with that of your partner. Then create a list of the 10 best survival kit contents.
3. Compile a list of information sources that can keep you updated during an emergency. List radio stations, council websites, the Bureau of Meteorology (BOM) website and relevant smartphone apps, and identify the contact phone number for your local emergency authority.
4. Visit the Australia Emergency Management Institute website to find some smartphone apps that might be useful to your community in an emergency such as a natural disaster.

Drugs and your health

Find more information in subtopic 8.4.

Understanding why people do or don't use certain drugs, their effects and health impacts allows you to make informed decisions for your own health and wellbeing and to understand the issues surrounding drug use within your community.

Making good decisions about your health is not always easy to do. Peer pressure, the need to fit in and experimentation are just some of the reasons young people misuse drugs. Some drugs are produced illegally and are specifically made for recreational rather than medical use.

Answer the following questions.

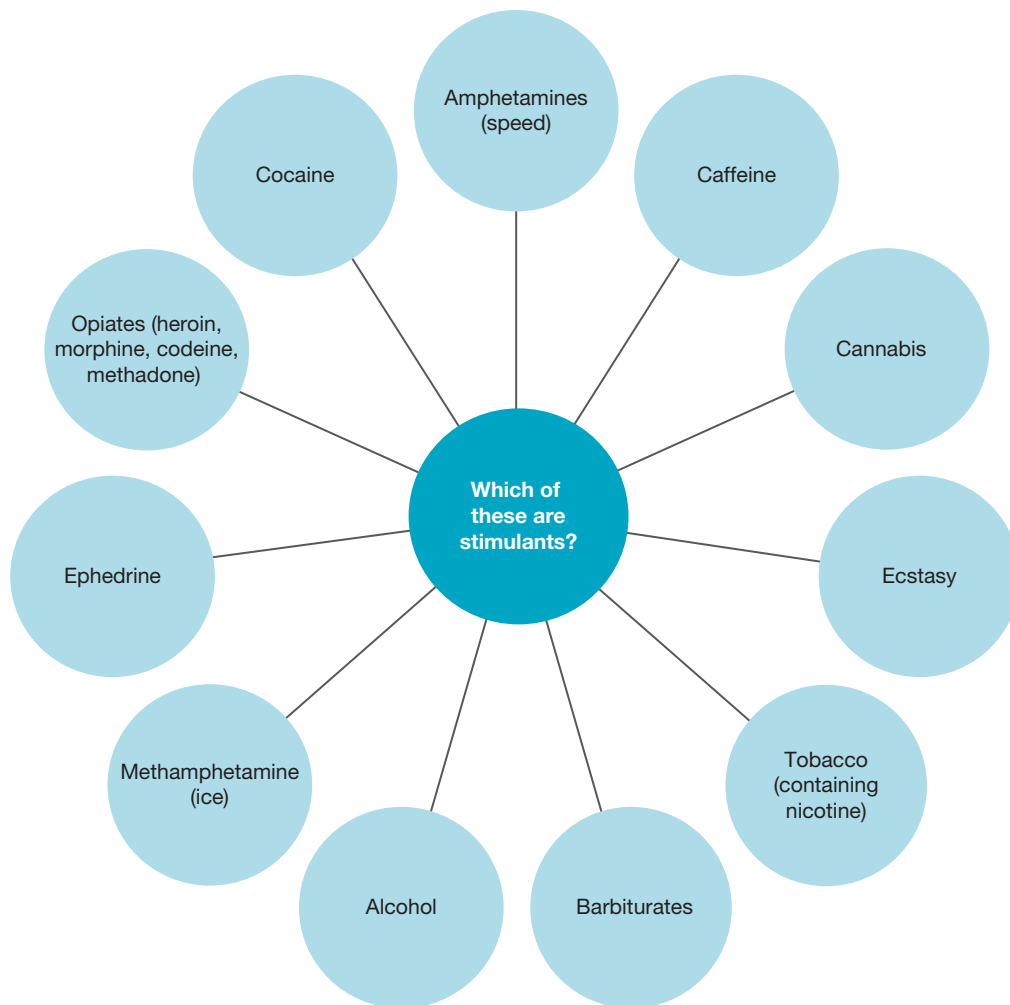
1. Why do some people take drugs?
 - (a) To treat an illness
 - (b) Peer pressure
 - (c) For relaxation
 - (d) All of the above
2. Which of the following is *not* a factor that will influence how a drug affects you?
 - (a) How much you take
 - (b) How it physically affects your friends
 - (c) Strength of the drug
 - (d) Your height and body weight
3. How can one person's drug use affect other people?
 - (a) Domestic violence
 - (b) Crime
 - (c) Family financial problems
 - (d) All of the above
4. Which of the following kinds of drug-taking could cause cancer in another person?
 - (a) Cocaine use
 - (b) Smoking
 - (c) Alcohol abuse
 - (d) Ecstasy use
5. What is the largest preventable cause of death and disease that kills thousands of Australians each year?
 - (a) Alcohol
 - (b) Smoking
 - (c) Ice
 - (d) Caffeine

Drugs and your health: stimulants

Find more information in subtopic 8.5.

Drugs that speed up the functioning of your brain and nervous system are called stimulants. While in moderation and for short periods they may improve a person's ability to concentrate and/or perform physical tasks, there are real long-term physical and mental health risks associated with stimulant use, and far-reaching impacts for the wellbeing of both the drug-user and others around them.

Identify which of the following are stimulants.



List three common short-term effects of stimulants.

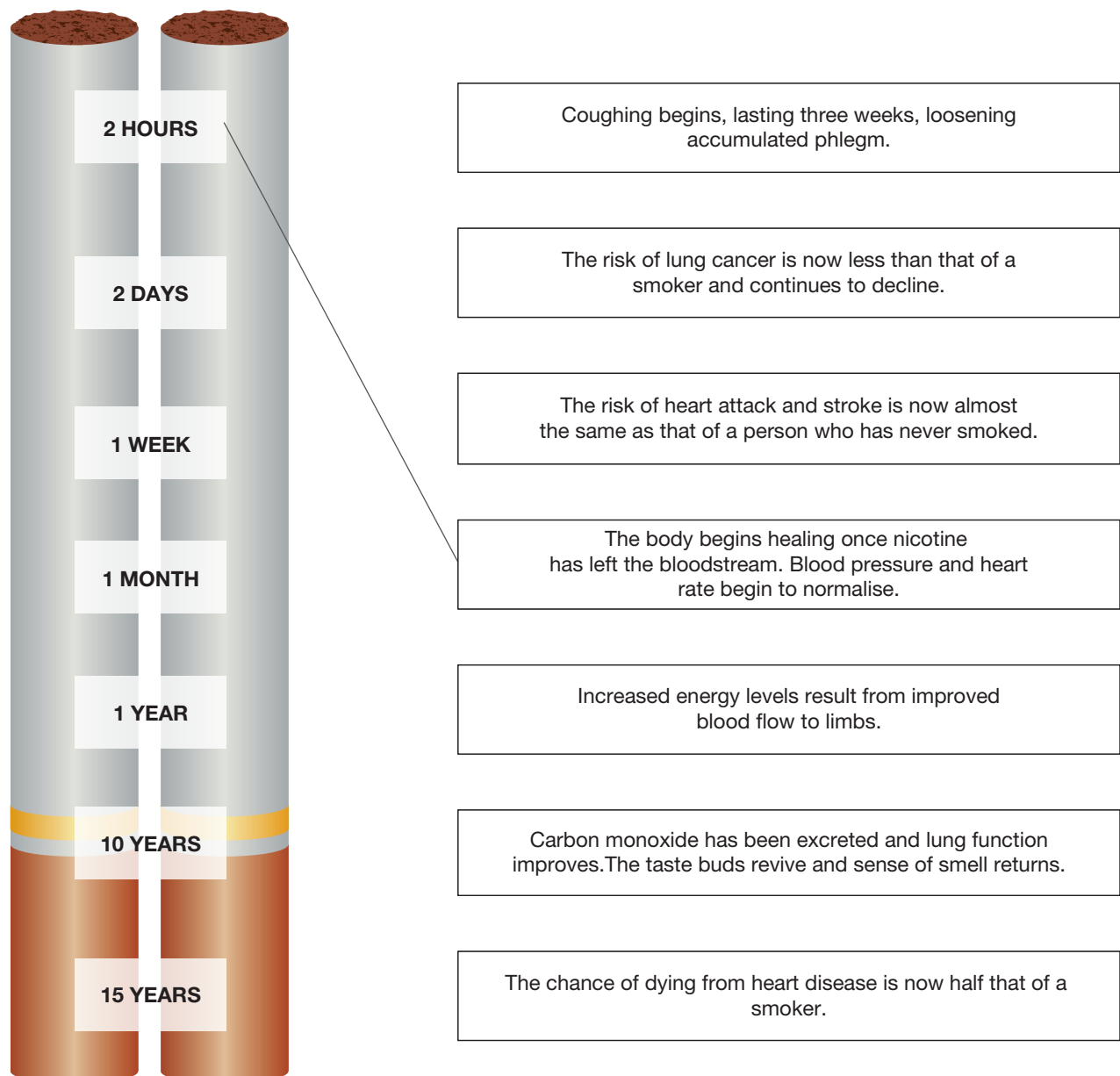
Smoking

The key stimulant in tobacco is called nicotine, a highly addictive chemical that speeds up nervous system function. Although in Australia it is legal for people over the age of 18 to purchase tobacco, the health risks of smoking are widely known and well documented.

Decide if the following are long-term or short-term effects of smoking.

Effect on health	Long-term or short-term
Emphysema	
Irritated eyes from smoke	
Peripheral vascular disease	
Coughing	
Heart disease	
Cancer	
Smelly breath	

The following diagram shows the ways the body repairs itself after someone quits smoking. Match each one to the timeframe in which it occurs. The first one has been done.

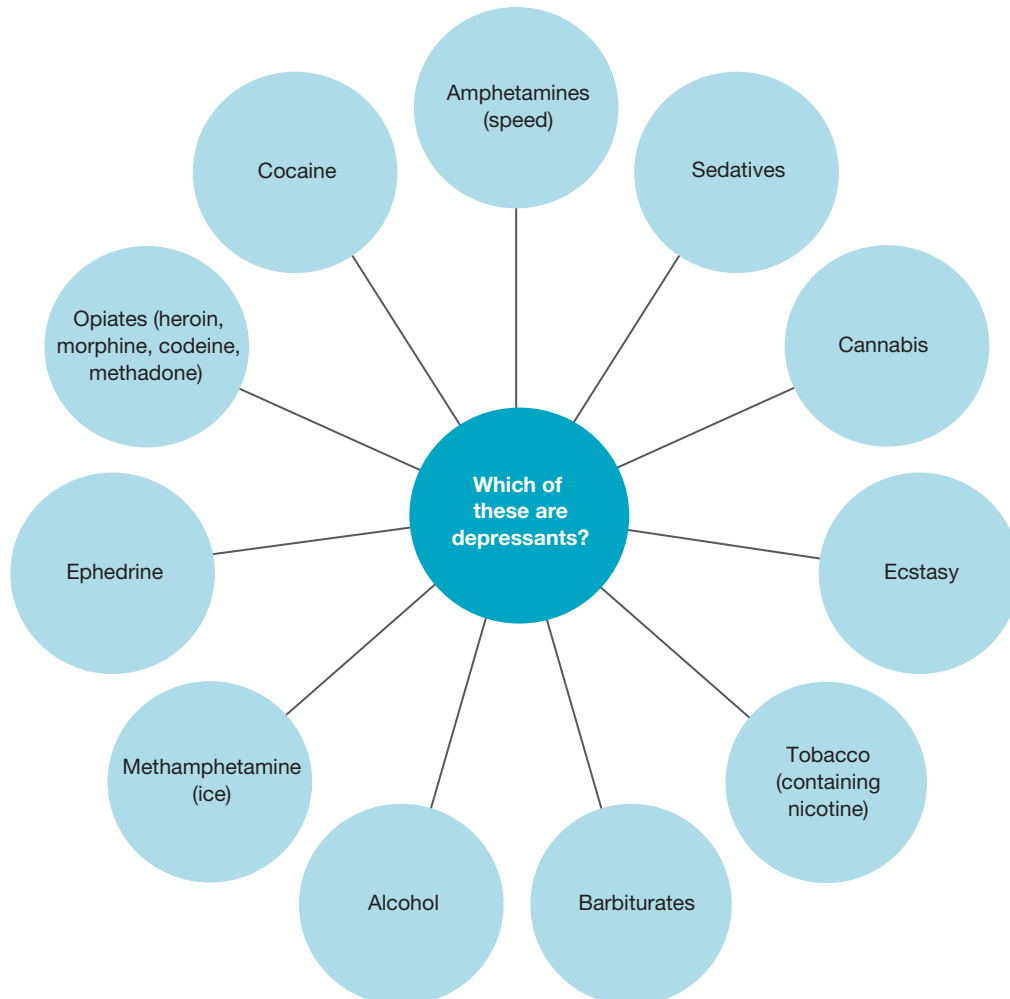


Drugs and your health: depressants

Find more information in subtopic 8.6.

Depressants are a classification of drug that act to slow the activity of the brain and nervous system. Their function often produces feelings of relaxation and calmness, but they can be particularly dangerous when users are performing complex tasks such as operating machinery or driving. Depressants also have numerous associated potential long- and short-term risks to physical and mental health.

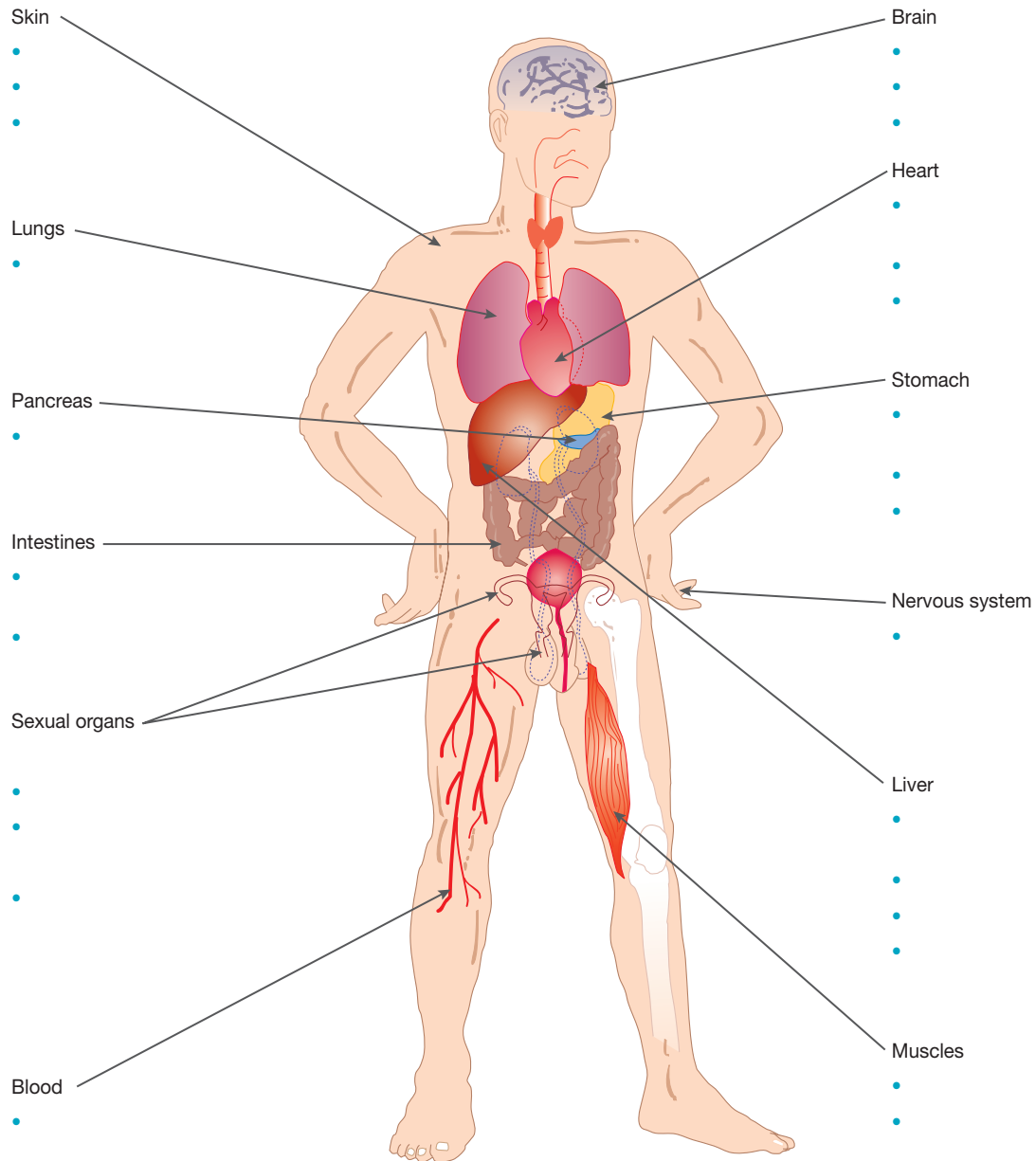
Identify which of the following are depressants.



List three common short-term effects of depressants.

Long-term effects of alcohol

List at least one long-term effect of alcohol use and abuse for the body parts shown in the following diagram. List more than one if you can.



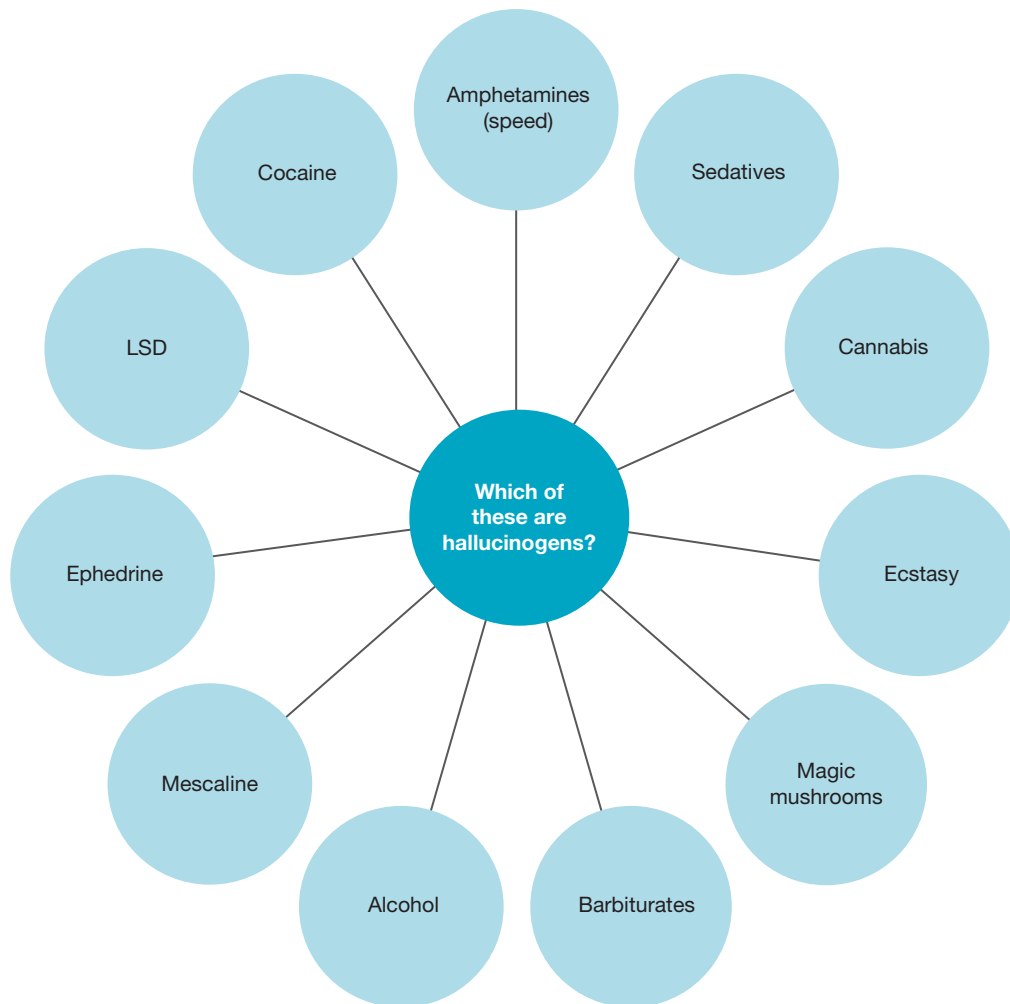
List and give an example of the five types of harm that can occur after having a drink-driving accident.

Drugs and your health: hallucinogens

Find more information in subtopic 8.7.

Your perception of your surroundings plays an important role in your ability to assess risk and keep yourself safe. Hallucinogens are drugs that alter what and how you perceive things around you and therefore can affect how you behave in a given situation. A person using a hallucinogenic substance may misperceive a situation, thereby placing themselves at risk by underestimating the dangers, or overestimating the danger and overreacting to something that poses no threat. These perceptions may relate to a person's physical environment or their interactions with other people and can create unsafe situations for both the drug user and others around them.

Identify which of the following are hallucinogens.



Consequences of cannabis use

Identify a consequence of cannabis use for each of the following areas.

Health problems

Accidents and injuries

School and work

Relationship problems

Legal problems

Complete the following wordsearch. Words could be forwards, backwards, vertical, horizontal or diagonal.

H	S	T	I	M	U	L	A	N	T	Q	Z	L	V	Q
O	T	Q	D	G	H	I	S	V	K	M	G	V	W	W
C	I	N	E	T	Z	I	C	H	H	K	T	C	L	L
F	O	Q	O	N	B	K	A	A	L	E	X	K	A	A
A	T	L	A	A	M	U	N	L	I	U	A	G	J	L
K	O	G	N	S	A	X	C	L	Z	Y	E	L	G	C
I	B	N	N	S	Z	F	E	U	O	L	A	J	T	O
A	A	I	F	E	U	M	R	C	L	B	B	K	I	H
C	C	K	Q	R	W	G	A	I	K	K	I	U	O	O
H	C	O	U	P	E	H	Q	N	R	K	N	H	A	L
S	O	M	L	E	G	A	L	O	Q	Y	G	B	J	Y
C	S	S	O	D	H	H	Z	G	K	F	E	V	Q	F
J	C	O	N	S	E	Q	U	E	N	C	E	S	Y	P
I	I	C	A	F	F	E	I	N	E	Q	W	J	M	Q
S	G	U	R	D	K	Z	G	X	I	X	L	K	L	H

DRUGS
 CANNABIS
 ALCOHOL
 CONSEQUENCES
 STIMULANT
 DEPRESSANT
 HALLUCINOGEN
 TOBACCO
 SMOKING
 HEALTH
 CANCER
 CAFFEINE
 LEGAL
 ILLEGAL
 BINGE

Worksheet 8.4 Real-life scenarios — staying safe

1. As a class, read and discuss each of the scenarios below.

Scenario 1

You've been asked to go to a party with a new school friend. You think that they may have been involved in some illegal behaviour in the past, but at school they are a lot of fun and always get good grades. Your parents think that it's great that you have a new friend and let you go to the party, but they don't know about your suspicions. On the night of the party, your friend is 45 minutes late picking you up, then calls you on the phone. Their speech is slurred and they sound agitated. They aren't acting like themselves at all.

Scenario 2

While browsing the feed on your social media account, a notification pops up with a chat message from a person claiming to be a friend from primary school. The person (who you don't remember) asks for the contact details of all of your primary school friends so that they can organise a reunion. They ask for mobile phone numbers and home addresses.

Scenario 3

Following your after-school sport training, your parents fail to show at the usual pick up spot and time. Their phones aren't working. Another adult at the venue offers to give you a lift home.

Scenario 4

After your friend's birthday party out of town, your pre-arranged lift (your friend's older brother) is ready to give you a lift back into town. You haven't been drinking, but you can tell that your friend's brother has. Your phone doesn't have any connection.

Scenario 4

The end of season trip for your weekend sporting team is near the beach. You and your friends are excited as you are camping across the road from the water. On your way back from dinner, just as it is getting dark, your coach and supervisor give you an hour of free time. They stay in their tent to chat. Some teammates have said they're going to sneak down to the water for a quick swim. They want you to go with them.

Scenario 5

Your annual family holiday is always an exciting trip away. This year there are a number of families staying close by. One evening a conversation starts between you and another traveller your own age. In the beginning it is fine, but the conversation gets awkward when they start asking increasingly personal questions. You tell them that you are going to leave because you don't feel comfortable anymore. They touch you on the leg and ask if you would like to catch up later.

Worksheet 8.4

2. Choose one scenario each. Complete the table below.

Scenario number	Potential risks to the individual	Methods of keeping safe

Worksheet 8.1 The day after a big night out

Read through the following scenario. Choose one character, either Serge or Anika and in relation to that character answer the questions below.

- 8 pm It's Saturday night and Jen's parents have gone away for the weekend. She has invited a group of friends around for a party. Serge arrives with a car load of friends. He's ready for a big night and everyone in the car has put in money to buy a bottle of bourbon to share. Anika is excited about the party, even though her boyfriend, Tan, cannot come because he's working.*
- 10 pm The music is blaring and a small group of people are dancing. Others have decided to cool off in the pool. Several people, including Anika and Serge, have been drinking heavily since they arrived.*
- 12 am Serge and his friends have drunk all their bourbon and are hassling Jen for more alcohol from her parents' bar. Serge is getting louder and becoming rude and aggressive. No-one has seen Anika since she stumbled upstairs with someone she had just met.*
- 2 am People are heading home. Serge has passed out on the lounge after vomiting on the kitchen floor. Anika left by herself an hour ago.*

- What effect did alcohol have on Serge's/Anika's behaviour and decisions at the party?
.....
.....
- What were the consequences of Serge's/Anika's drinking for each of the following?:
 - Themselves
.....
.....
 - Other people at the party
.....
 - Other people who were not at the party (for example, Jen's parents or Anika's boyfriend Tan)
.....
- How do you think Serge/Anika felt the next day? Explain why they would have felt this way.
.....
.....
- Which character, Serge or Anika, faced the most harmful consequences as a result of their drinking at the party? Explain your choice.
.....
.....
- If Serge/Anika was your best friend, how would you feel about their behaviour at the party? Do you think you have a responsibility to help prevent such behaviour occurring? Justify your response.
.....
.....

Worksheet 8.6 Multiple choice quiz

1. Which of the following is the most accurate definition of bullying?
 - a. A single attack that causes physical and/or psychological harm
 - b. The ongoing misuse of power that causes physical and/or psychological harm
 - c. Having an argument with someone who refuses to back down
 - d. When a group of people gang up on an individual causing physical and/or psychological harm
2. What is the name given to repeated oppressive behaviour online that can include sending abusive texts or emails, spreading rumours or excluding someone from a group?
 - a. Cyberbullying
 - b. Sexting
 - c. Phishing
 - d. Trolling
3. Which of the following is true in relation to your online profile?
 - a. It is the number of people on your social media network.
 - b. It is your profile on social media.
 - c. It is the photo you use on social media.
 - d. It is your behaviours and the content you post about yourself and others.
4. What factors influence how a drug will affect someone?
 - a. The mood they are in
 - b. Their height and weight
 - c. The environment they are in when they take it
 - d. All of the above
5. Which of the below is not a *short-term* effect of smoking?
 - a. Bad breath
 - b. Throat cancer
 - c. Reduced levels of fitness
 - d. Coughing

Worksheet 8.6

6. Which of the following is *not* another name for cannabis?
 - a. Marijuana
 - b. Grass
 - c. Ice
 - d. Pot
7. Which of the below is *not* a depressant?
 - a. Alcohol
 - b. Heroin
 - c. Cannabis
 - d. Ecstasy
8. Which of the following will *not* help you escape a rip?
 - a. Swim against the rip.
 - b. Don't panic; conserve energy.
 - c. Swim on an angle to the rip.
 - d. Float on your back.
9. When doing CPR, the recommended rate of compressions is 100 per minute. How many compressions should you do between two rescue breaths?
 - a. 10
 - b. 20
 - c. 30
 - d. 40
10. Which of the following should be avoided when treating a burn?
 - a. Hold the burn under cold, gently running water.
 - b. Apply ice.
 - c. Apply a sterile, non-stick dressing.
 - d. Seek further medical aid.