

Name: _____



STAGE 5 PDHPE

Term 2 Work

Miss Wrightson

Key terms glossary

acute sports injury injury occurring spontaneously while playing sport

airway the passage that leads from the mouth, nose and throat to the windpipe

amphetamines illicit drugs with several names, such as speed or ice; affect the activity of chemicals in the brain,

causing anxiety, shaking and panic attacks

anxiety an unpleasant state of uneasiness or worry

assertive self-assured; able to ask for what one wants in a respectful way; stating a feeling, belief or opinion

clearly and confidently

attitudes an outlook on something; a way of thinking or behaving; what a person thinks; shown in a person's way

of behaving

automated external defibrillators (AEDs) a portable electronic device that automatically diagnoses some

potentially life-threatening heart problems and is able to treat some of them with defibrillation

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

days

cannabis illicit depressant drug that can have a hallucinogenic effect

cardiac arrest sudden cessation of heartbeat and heart function, resulting in the loss of effective circulation

cardiopulmonary resuscitation an emergency technique that combines rescue breaths with external chest compressions at a ratio of 2:30 at 100 compressions per minute. It is used when a casualty is unconscious and is not

breathing.

chronic sports injuries overuse injury, usually involving soft tissue, ligaments or tendons

cocaine illicit stimulant with hallucinogenic properties

concussion acute injury to the head caused by collision

conflict resolution resolving a problem or situation so that both sides come to a mutual agreement without

aggression or violence

consensual a person has given their permission or consent

consequences results of a person's actions; may be either positive or negative

contraception any method or device that prevents conception and, therefore, a pregnancy

defibrillation the application of electrical therapy which allows the heart to re-establish an effective rhythm

depression a state in which a person has feelings of intense sadness over a period of time

dislocation a separation of two bones from where they meet at a joint

drowning submerging and suffocating in water

DRSABCD action plan a plan of action that prioritises checking for danger, seeking a response from the casualty,

sending for help, checking the airway and breathing of the patient, commencing CPR and applying a defibrillator

if necessary, and in that order

ecstasy illicit drug; extremely dangerous, causing paranoia, organ damage, insomnia and dehydration

Key terms glossary – Topic 7

fatigue tiredness, sleepiness, lack of concentration caused by lack of sleep; power naps are recommended for

drivers when they feel fatigued

flotation device used to assist flotation while in the water, for example, a life jacket

harm minimisation any action or strategy designed to remove or reduce risk and therefore prevent or minimise harm

HELP (heat escape lessening posture) position assumed in cold water to help conserve body warmth

huddle position used by a group of people immersed in cold water to conserve body heat by pressing up close

to each other

illicit drug any drug that is banned by law

mental illness a term to describe a group of more serious or long-lasting mental health problems

non-psychotic illness a mental illness in which a person's feelings become so extreme and overwhelming that

they find it difficult to participate in daily life

peer group group of friends of a similar age with similar interests, often from a similar social background

pro-social behaviour and actions which are intended to help other people – either individuals or communities

psychotic illness a mental illness that impairs a person's sense of reality

random breath testing testing blood alcohol concentration of drivers

recovery position the body position a casualty is placed in to ensure the airway is clear and any likely obstruction

flows out from the mouth

RICER management plan used to achieve the immediate and longer-term treatment of injury

SALTAPS simple checklist to use when diagnosing a sports injury; stands for stop, ask, look, touch, active

movement, passive movement and stand

secondary drowning occurs when someone has been immersed in water and inhales fluid into the bronchi and

lungs, and then suffocates some time later because of impaired lung function

self-esteem how much we value or accept ourselves for who and what we are. High self-esteem means you feel good about yourself and you are confident in your abilities.

sexually transmitted infection (STI) an infection that is transmitted through sexual activity

signs of life consciousness, responsiveness, normal breathing, signs of movement

sprain injury to a ligament

stigma a mark of shame or disapproval given to a group of people by society, which labels them less worthy of

respect and support than others

strain injury to a muscle

TAC (Transport Accident Commission) entity that aims to reduce the incidence of road crashes and trauma

unconscious a condition in which a person is unaware of or does not respond to external influences

DRSABCD action plan

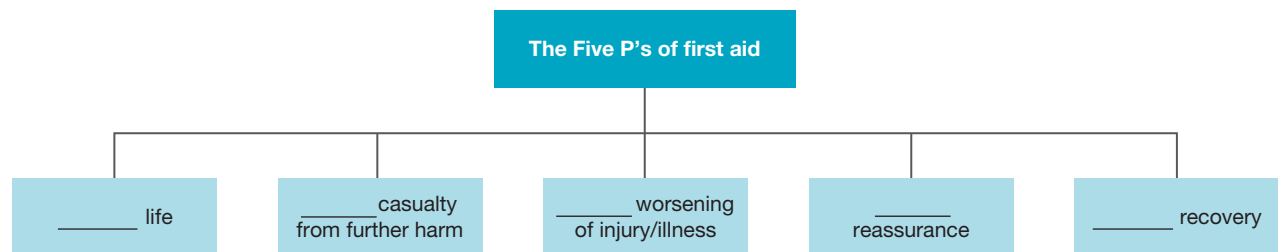
Find more information in subtopic 7.7.

In an emergency situation, if you know how to follow the DRSABCD action plan and perform cardiopulmonary resuscitation (CPR) effectively it will greatly improve the chances of saving a person's life until medical support arrives.

Saving a life

There are five basic principles of first aid which can help you to remember what to do in an emergency. These are known as The Five P's of first aid.

Fill in the missing words to complete the diagram.



DRSABCD action plan

Fill in the missing letters to show the meaning of the acronym DRSABCD. Then, briefly describe what each one means.

D	_____
↓	
R	_____
↓	
S	_____
↓	
A	_____
↓	
B	_____
↓	
C	_____
↓	
D	_____

Water safety

Find more information in subtopic 7.8.

Aquatic recreation is one of the fastest growing forms of recreation. Unfortunately, water activities carry a serious risk of drowning. If you are aware of possible dangers and obey safety rules when playing in or by the water you could help to prevent the high number of deaths by drowning that occur in Australia every year.

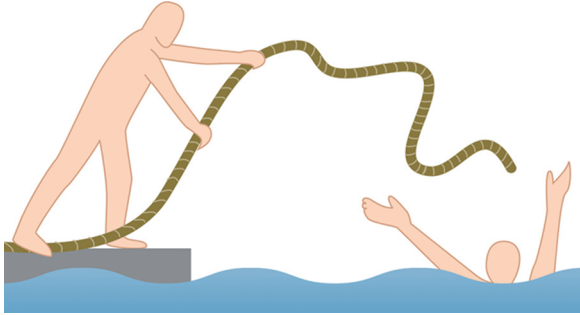

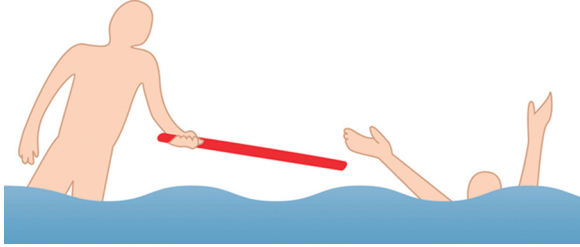
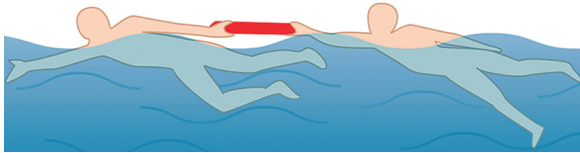
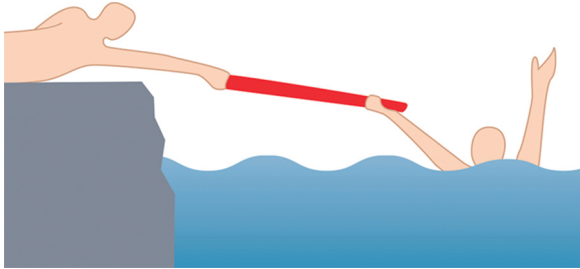
Select the correct answers to the following.

1. Which of the below contributes to one-third of male drowning deaths each year?
 - (a) Inexperience
 - (b) Alcohol
 - (c) Murder
 - (d) Smoking
2. River currents
 - (a) can be slower than they seem.
 - (b) are not dangerous.
 - (c) can be faster than they seem.
 - (d) aren't strong enough to sweep an adult away.
3. Rips are
 - (a) very large waves.
 - (b) sudden dips in the seabed.
 - (c) thick patches of seaweed.
 - (d) fast-flowing currents that move out to sea.
4. What shouldn't you do if caught in a rip?
 - (a) Swim as fast as you can back to the beach.
 - (b) Float with the current.
 - (c) Raise one arm above your head.
 - (d) Swim across the current, parallel to the beach.
5. How should you enter cold water?
 - (a) As quickly as possible
 - (b) Slowly
 - (c) You should never enter cold water.
 - (d) It doesn't matter how you enter as it doesn't affect you.
6. What is a sensible way to swim after dark?
 - (a) With at least one other person
 - (b) Only if you have had no alcohol or drugs
 - (c) In a river or lake, but not at the beach
 - (d) Never swim after dark as no one can see you if you get into trouble
7. What should you do when swimming in a pool?
 - (a) Obey pool attendants
 - (b) Check depth markings on the pool
 - (c) Only swim at a depth you can handle
 - (d) All of the above

Rescue techniques

The golden rule of lifesaving is self-preservation. The plan of action should first ensure that the rescuer is safe at all times. If the rescuer experiences difficulty, there are now two people to rescue and two potential deaths, not one.

Label the following rescue techniques and then rank them in number order with 1 being the safest and 5 being the least safe.

	Type of rescue	Safety ranking
		
		
		
		
		

Sports injury management

Find more information in subtopic 7.9.

Australia has earned the reputation of being a sports-mad country. Many people are obsessed with playing and watching sport. With our vigorous, enthusiastic participation in sport comes the potential drawback of sustaining injuries. In this subtopic you will explore ways of preventing or reducing the effects of injuries by developing a sound knowledge of safety rules and treatment techniques.

Managing sports injuries

A checklist known as SALTAPS can be used to assess most injuries. These letters represent the procedure to be followed when diagnosing a sports injury.

Fill in the below to explain what the letters mean in the SALTAPS acronym. The first one is done for you.

S	Stop play immediately
A	
L	
T	
A	
P	
S	

List any protective equipment or measures that should be used to ensure the below activities are performed safely.

Cricket

Surfing

Basketball

Tennis

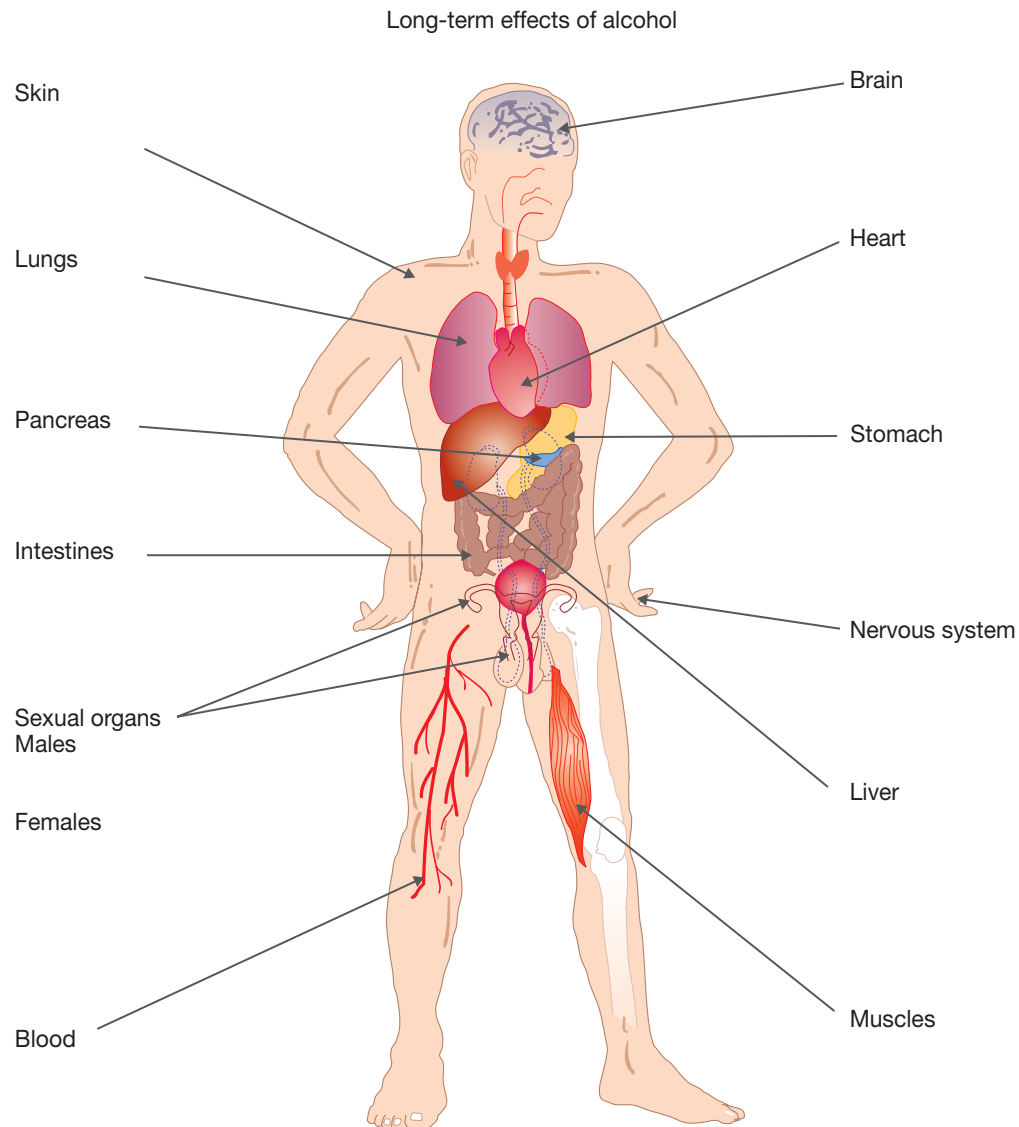
Alcohol and safe partying

Find more information in subtopic 7.10.

What are the risks associated with drinking alcohol, and how do you reduce the risk of injury and incident when having a party?

Effects of alcohol on the body

List the long-term effects of alcohol on the body parts below. List as many as you can.



Safe partying — reducing the risk

Imagine you are planning a 16th birthday party. List some of the ways you can plan to minimise harm to ensure the party is safe.

[illegible]

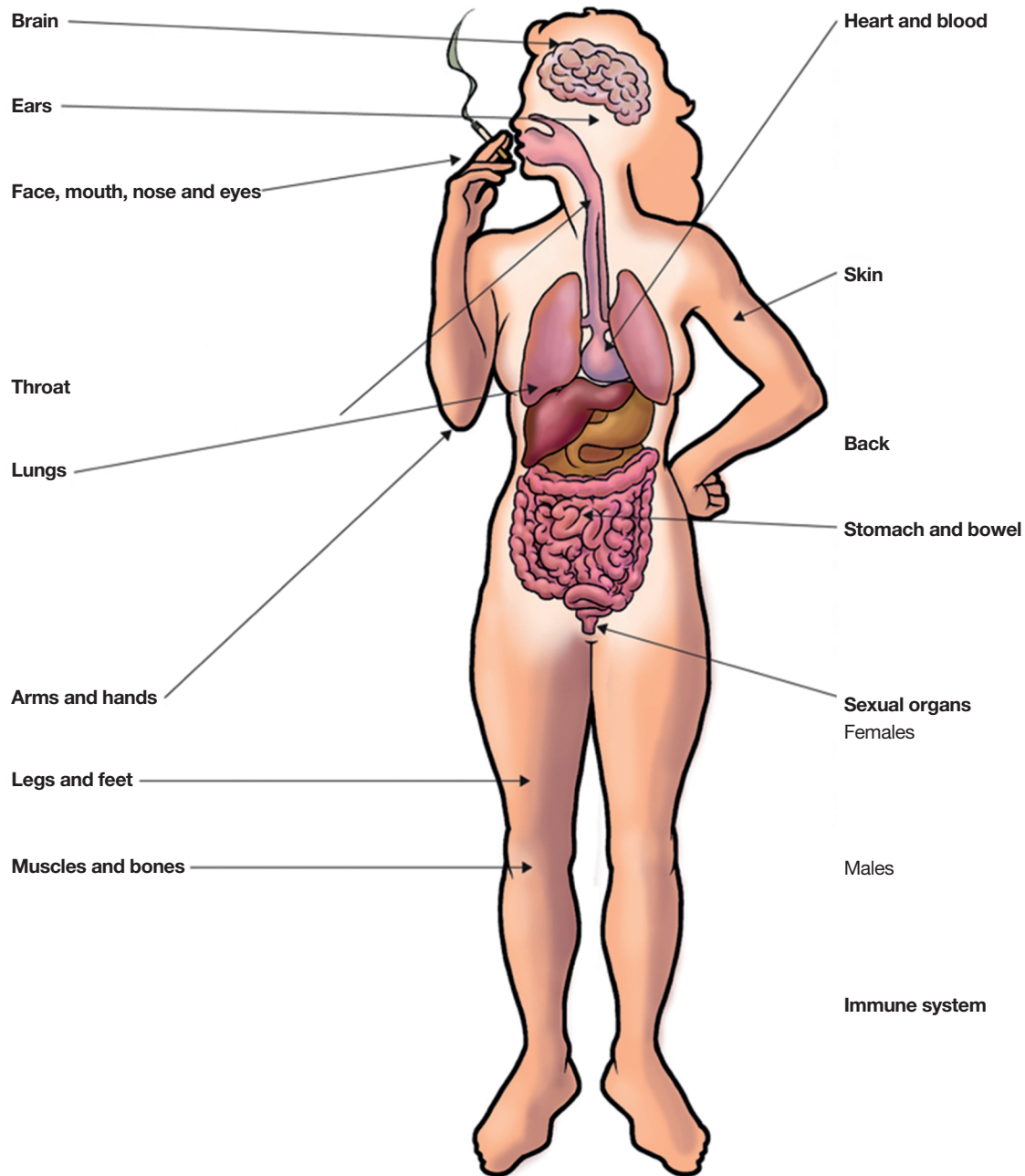
Design an invitation for a 16th birthday party using some of the tips you came up with.

Smoking and illicit drugs

Find more information in subtopic 7.11.

What are the dangers of using cigarettes and illicit drugs? What is being done to reduce their use, particularly among young people?

List the long-term effects of smoking on the body parts below. List as many as you can.



Illicit drugs and personal safety

An illicit drug is a drug that has been banned by law. It is illegal to sell or take such drugs without a prescription from a doctor.

Match the drugs to their common side effects.

Amphetamines	Reduced motivation, slow reflexes, panic and paranoia, bloodshot eyes.
Ecstasy	Increased/irregular heart rate, heart palpitations, insomnia, headaches
Marijuana	Nausea, risk of overdose and death, constipation, highly addictive
Cocaine	Mood swings, anxiety and confusion, increased pulse, eating disorders
Heroin	Hallucinations, collapsed nasal septum, sexual problems, erratic behaviour
Methamphetamine	Nerve cell damage, sweating, teeth grinding, energy loss, depression

Actions to assist friends under the influence of alcohol or other drugs

Design a poster, ad or comic advising adolescents what to do if a friend is under the influence of drugs or alcohol. See section 7.11.5 of Active Outcomes 2 for tips.

Road safety

Find more information in subtopic 7.12.

What are the factors that contribute to the road toll and how can you help reduce them?

Circle the correct options to complete the sentences.

In relation to deaths for people aged 15–24 years:

The **safest** / **riskiest** period is shortly after receiving your licence.

More / **fewer** males are killed in road crashes than females.

77 per cent of deaths are **passengers** / **drivers** of the vehicle, not the **passenger** / **driver** .

67 per cent are killed in crashes in which **no other** / **several other** vehicles are involved.

Most road deaths for 15–24-year-olds happen in the **morning** / **evening** on **the weekend** / **weekdays**.

In relation to the general population:

25 per cent of all serious crashes involve **young** / **elderly** people, although they make up only 14 per cent of licence holders.

Males / **females** / **children** account for 79 per cent of all deaths on our roads.

More than **half** / **a quarter** of fatal crashes involve a driver **under** / **over** the legal blood alcohol concentration (BAC) limit.

In Australia, 33 per cent of all drink drivers involved in fatal accidents are aged between **17–24** / **35–55**.

Design a clever slogan for a bumper sticker to encourage other drivers not to use their mobile phones while driving.

Worksheet 7.3 Making responsible choices

This activity is designed to assist you in making responsible choices when faced with difficult decisions or challenges. By completing the task of PMI organisation you will be able to clearly weigh up the positive and negative consequences of any risk-taking behaviours you may be contemplating. The interesting questions column allows you to note down the things you are unsure of and should use habits of mind to find the answers.

Habits of mind

Art Costa has identified 16 habits of mind that are used to guide people to act intelligently when confronted with a problem. There are eight habits of mind that are particularly useful when faced with making sensible decisions about potentially harmful situations:

1. thinking and communicating with clarity and precision
2. managing impulsivity
3. gathering data through all senses
4. thinking flexibly
5. taking responsible risks
6. questioning and posing problems
7. thinking interdependently
8. applying past knowledge to new situations.

The PMI tool

P = pluses, M = minuses, I = interesting questions

This tool can be used to assist in evaluating and making decisions about an issue. It encourages people to look at all sides of an issue or topic, and recognise the pros, cons and maybes rather than focusing on immediate emotional reactions. Ideas and thoughts can be sorted into three categories, as indicated in the following table.

Risk-taking activity

Positive consequences Pluses or positives	Negative consequences Minuses or negatives	Interesting questions

Using the PMI tool to decide about risk

Select one of the scenarios below and use the PMI tool described above to make your decision about what you would do to minimise or remove risk. Ensure that you:

- complete all three columns of the PMI chart
- identify the most appropriate response or action
- describe your plan of action in response to the challenge or scenario described
- investigate answers to your interesting questions by using the habits of mind
- identify the habits of mind you have using the checklist above.

Students can complete this activity individually, in pairs or in small groups.

Scenarios

- You have been invited to a party and you know that alcohol will be available at the party. You are 15 years old and your parents will not allow you to go if they find out about the alcohol.
- James is your best friend and you know that he regularly smokes cannabis. It has begun to affect your friendship and his behaviour has become erratic. James offers you cannabis at lunchtime, and you are with two other mates who have already accepted his offer.
- You have been at a party with your friend. Her father has come to take you both home in his car. It is obvious to you that he is drunk. What do you do?
- You have just met a really nice boy for the first time at a party and he offers to walk you home, as he lives nearby.
- Your friend got really drunk at a party two weeks ago and you have heard, but do not know for a fact, that she was taken advantage of by a boy and had unsafe sexual intercourse. You know who the boy is.

Habits of mind checklist

The following is a checklist to assist you in monitoring how you use the habits of mind.

1. Persisting Do I keep on trying and not give up easily?	
2. Managing impulsivity Do I try to be less impulsive and take my time to think before doing something?	
3. Listening with understanding and empathy Do I listen carefully to others and stop my thoughts in order to perceive their point of view and emotions?	
4. Thinking flexibly Am I able to think of more than one way to solve a problem?	
5. Thinking about your thinking (metacognition) Am I aware of my own thinking? Do I plan, monitor and evaluate my thinking?	

Worksheet 7.3

6. Striving for accuracy and precision Do I check my completed work for accuracy and precision (without being asked)?	
7. Questioning and problem solving Do I ask questions when I don't understand? Do I know what questions to ask and how to gather the data I need?	
8. Applying the past to new and different situations Do I use knowledge I already have to help me solve a problem or better understand the work?	
9. Thinking and communicating with clarity and precision Do I use words carefully to describe feelings, events, etc.? Do I avoid generalisations and inaccuracies?	
10. Gathering data through all the senses Do I use all my senses to learn and to experiment and participate?	
11. Creating, imagining and innovating Do I try to find new ways of doing things?	
12. Responding with wonderment and awe Do I enjoy figuring things out? Am I intrigued to understand the world around me?	
13. Taking responsible risks Am I willing to take risks with my learning? Am I willing to try new things?	
14. Finding humour Do I laugh a lot? Am I able to laugh at myself?	
15. Thinking interdependently Am I able to work well with others and learn from others?	
16. Remaining open to continuous learning Do I learn from my experiences? Am I able to admit sometimes that I don't know? Do I resist complacency?	

Source: Adapted from Costa A.L. & Kallick B. 2000, *Describing 16 Habits of Mind* (www.habitsofmind.org).

Mental health and wellbeing

Find more information in subtopic 7.2.

Understanding mental health issues is important for young people. Thoughts, feelings and emotions can affect your outlook and sense of purpose in life.

Understanding mental health

Choose the correct words to complete the sentences.

non-psychotic positive difficult changing depression illness
schizophrenia negative easy psychotic unchanging

Mental health is a dynamic state, meaning it is constantly_____.

If you have good mental health you will generally have a _____ outlook.

People experiencing mental health problems may find it _____ to participate in everyday activities.

Mental _____ refers to illnesses that are more severe.

Disorders that cause changes in thinking, emotion and behaviour that affect a person's sense of reality are called _____ illnesses. An example is _____.

_____ illnesses are characterised by feelings of sadness, anxiety or apprehension that can prevent someone from managing daily life. An example is _____.

List three ways you could support the mental wellbeing of others.

Risk-taking

Find more information in subtopic 7.3.

Each day, you are presented with challenges that must be met, and you need to make decisions in response to these challenges. Making the right choice or reacting in the most appropriate manner is the key to maintaining good health and personal safety — particularly in interpersonal relationships.

Positive and negative risks

Risk is defined as exposure to injury or loss. Not all risk-taking is negative. Risk-taking can also have positive effects, especially emotionally, such as building self-esteem.

Decide if the following risks are acceptable or negative by ticking the box.

Example of risk	Negative risk	Acceptable risk
Making a public speech		
Eating a poor diet		
Teasing someone		
Doing a rock-climbing course		
Speaking up to a bully		
Sending an explicit image of yourself by text		
Disagreeing with a friend about an activity he or she wants you to join		
Asking someone out on a date		
Experimenting with drugs		
Asking for a pay rise		
Quickly checking a text while driving		
Going surfing		

Suggest some reasons why people may take unreasonable risks.

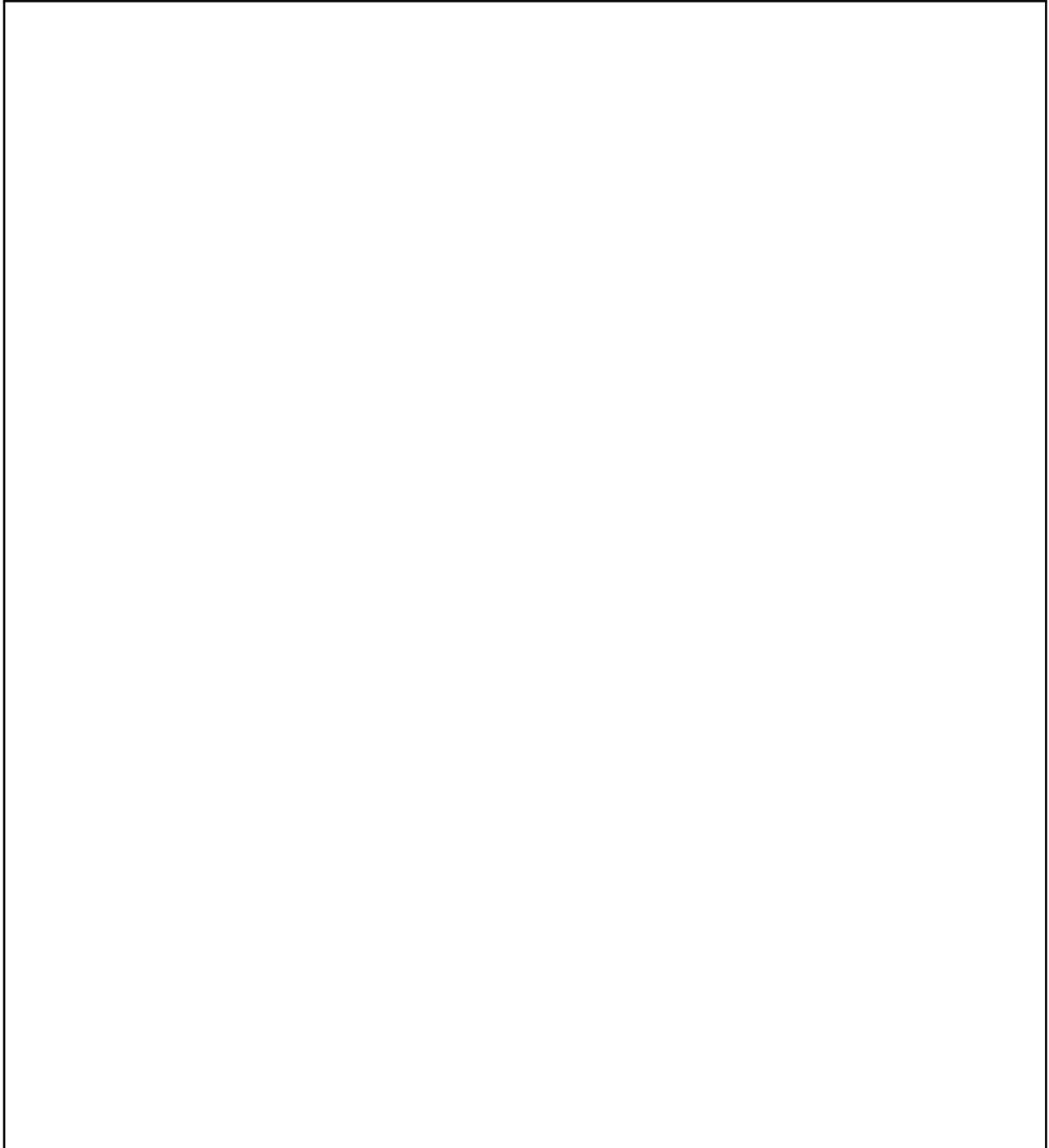
[illegible]

Relationships and sexual health

Find more information in subtopic 7.5.

Adolescence is a time of growth, and one in which you may develop feelings of attraction for others. Being aware of your sexual choices, contraception, sexually transmitted infection and risk-taking is important in enhancing your physical and emotional wellbeing.

Draw a brief comic strip containing a scenario depicting the issue of consent.

A large, empty rectangular box with a thin black border, intended for a student to draw a comic strip. The box occupies most of the lower half of the page.

Sexually transmitted infections (STIs)

Catching a sexually transmitted infection (STI) is a risk of being involved in unsafe sex.

Decide if the following sentences are true or false.

1. Penetrative sex is needed to spread any infections. _____
2. It is possible to catch an STI through vaginal sex. _____
3. Same-sex attracted females cannot contract STIs from each other. _____
4. People with lots of different sexual partners have the same risk level of contracting an STI as someone with one partner. _____
5. Herpes can be contracted simply by touching someone's genitals. _____
6. You can't catch an STI the first time you have sex. _____
7. People over the age of 60 can't contract an STI. _____
8. You can only catch an STI through oral sex. _____
9. Some STIs can cause infertility if left untreated. _____
10. Some STIs can lead to death if left untreated. _____

Contraception

Find more information in subtopic 7.6.

There are many types of contraception available, including the use of natural methods. As many forms of contraception affect the way the body functions, it is recommended you seek professional advice.

Match the type of contraception to the correct description.

Hampers the sperm's survival in the uterus. Inserted into the uterus.	The pill
A small tablet taken by women every day to stop an egg being released	Female condom (Femidom)
Rolled over an erect penis before sex to collect semen and sperm	IUD (Intrauterine device)
A small rubber dome placed in the vagina to stop sperm entering cervix	Contraceptive implant
A tube that's inserted into the vagina to stop sperm entering cervix	Condom
A small rod inserted in arm. Releases hormones to stop ovulation occurring.	Diaphragm

Complete the below Word Search. Words could be forwards, backwards, vertical, horizontal or diagonal.

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

RISK
 CONTRACEPTION
 CONSENT
 SEXUAL
 PSYCHOTIC
 DEPRESSION
 ADOLESCENCE
 ANXIETY
 SUPPORT
 POSITIVE
 ACCEPTABLE
 RELATIONSHIP
 CONDOM
 PILL
 PREGNANCY

Worksheet 7.4 Exploring beliefs and expectations about male and female sexual behaviour

Use the internet to research the song lyrics for Christina Aguilera's 'Can't Hold Us Down' and answer the following questions.

1. What point is the singer arguing in her song?
.....
.....
.....
.....
2. Are there different expectations for males and females about what is acceptable in terms of their sexual attitudes and behaviour? Explain your answer, quoting phrases from the lyrics as examples.
.....
.....
.....
.....
3. Why do you think people's beliefs about what are acceptable sexual attitudes and behaviours for males and females are different?
.....
.....
.....
.....
4. Discuss, using examples, how these different expectations are conveyed to people.
.....
.....
.....
.....
5. What problems can occur as a result of differing expectations about the sexual behaviour of males and females?
.....
.....
.....
.....

Illicit Drugs

Learning Goal: Assess the costs and impact of illicit drug use to the community and recommend strategies that support individual health and safety.

Smoking is the leading cause of preventable death in Australia. Through the introduction of tougher laws and confronting advertising campaigns, the percentage of people smoking is decreasing; however, it is still a major concern, with smoking killing more Australians every year than road accidents, alcohol and other drugs combined. On the other hand, the use of illicit drugs — especially so called ‘party drugs’ — is increasing.

1. What is an illicit drug?

-
2. The following are types of illicit drugs. Match the Drug with the names they are also known as. Double-click the image below to get started:

Marijuana	Eccy, MDMA, E, the love drug
Amphetamines	GBH, Fantasy, liquid ecstasy, G
Heroin	Coke, Charlie, gold dust, rock
Methamphetamine	Smack, white lady
Cocaine	cannabis, pot, weed, mull, ganja
GHB	‘The drugs that’ll keep you awake all night’
Ecstasy	Ice, meth, crystal, chalk

3. We all know smoking and illicit drugs are bad for our health, so why do people still use them? List as many reasons as you can:



What we Know About Young People and Drugs

DID YOU KNOW??

The number of people aged 12-24 who have experimented with drugs continues to fall. In the 18-24 age group, only 28 per cent had tried drugs in 2016, down from 37 per cent in 2001. The average age at which people first tried an illicit drug is also rising – to 19.7 in 2016, the oldest age of initiation since 1995.

Current rates of smoking among high school students have gone down dramatically: from 27.3% in 1984 to only 6.7% in 2014.

4. Read the article [‘What we know about young people and drugs’](#)

The group is to read the article contents under their subheading and take notes about the key strengths or positives about young Australian’s drug use.

Afterwards, students move individually to find another 2 students from the 2 other groups to share the information they included.

Article Subheading	Strengths/Positives
1. Actually, A Lot Of Us Are Sober ... Especially Gen Z	
2. No, Not Everyone At Festivals Is On Pills But Cannabis Is The Most Commonly Used Drug In The Country	
3. The Truth Is, Less Young People Are Taking Drugs Than You Think	

A Catholic Perspective: Illicit Drugs

God has blessed us with a body and a mind and anything which intentionally damages the faculty of the mind is an offence against God. 'Using illicit drugs is a sin because it is an act of self destruction and thus damages our lives that God has given us' (YouCat #389).

[\(Towards Wholeness: The Joy of Life\)](#)

Ice: The Scourge of Regional Australia

5. Watch this documentary about [Ice: The Scourge of Regional Australia](#) (35 mins) and answer the questions that follow:

A. What is ice?

B. How can ice be taken?

C. How many people are needed in emergency to assist a person experiencing an ice induced psychosis? Include who in your answer.

D. How many ice users are there in Australia?

E. . Complete the sentence by placing the % where you see a star (double-click the box below to type your response):

Ice use in regional Australia has increased by  % since 2007. That's compared with a  % rise in the cities.

F. . Can ice become addictive after just one hit?

G. . What are the consequences of ice on the individual?

H. How are the family and friends of the ice user impacted by their drug use?

I. . What are the crimes associated with ice?

J. . What does MDT stand for?

K. What are the statistics for drivers being caught driving under the influence of drugs?

L. List some of the advice given to young people regarding ice.

Impact of Drug Use in the Community

15. Read this webpage from AIHW which contains facts and statistics about [Alcohol, Tobacco and Other Drugs in Australia](#). What are the main impacts of drug use in the community (take note of the subheadings) and make a list of some of the facts about the impacts drug has in each category.

Social impacts of drug use in the community	Facts and statistics

Letter to a friend

16. You are concerned about a friend who you know has used/or is thinking about using an illicit drug. Use the scaffold below to write a letter to them to tell them:

- Your concern and to give them facts about the drug
- The health effects
- Effects on mental health
- What can happen if mixed with other drugs
- How else it can affect their life
- Quitting options
- Tips to keep themselves safe

Use the [Drugaware](#) website for your research.

Use the '[harm reduction tips](#)' webpage to give reasons to your friend that can help to keep themselves safe.

Intro/your concern:	
The health effects:	
Mental health effects:	
What can happen if mixed with other drugs:	
How else it can affect their life:	
Quitting options:	
Tips to keep themselves safe:	
Sign off:	

17. Read the letter of one of your peers who has written about a different illicit drug to you. Have they included all of the above areas in detail and written in a letter format?

Worksheet 7.7 Multiple choice quiz

1. Which of the below is a psychotic illness?
 - a. Phobia
 - b. Schizophrenia
 - c. Anxiety
 - d. Depression

2. Which of the below would someone suffering depression be less likely to do?
 - a. Increase their exercise levels
 - b. Regularly smoke cigarettes
 - c. Develop an eating disorder
 - d. Harm themselves

3. Which of the below are ways we can support the mental wellbeing of others?
 - a. Use inclusive language
 - b. Challenge people who bully or harass
 - c. Treat people with respect
 - d. All of the above

4. Which of the following is an acceptable risk?
 - a. Trying a drug at a party
 - b. Going bungee jumping
 - c. Texting while driving
 - d. Posting about your party on social media

5. Which of the below sentences are true about consent?
 - a. Touching such as holding hands or a hug do not require consent.
 - b. Once consent is given for physical contact, it can be revoked at any time.
 - c. Having sex with someone without their consent is not a crime if you are in a relationship.
 - d. If someone says no, it is okay to put a bit of pressure on them to change their mind.

6. Which of the below is not true about STIs?
 - a. You can't catch an STI the first time you have sex
 - b. Some STIs can be life-threatening
 - c. You don't need to have penetrative sex to catch an STI
 - d. Most STIs are easy to cure if treated quickly

Worksheet 7.7

7. Which of the below contraception is worn/used by a male?
 - a. The pill
 - b. Condom
 - c. IUD
 - d. Diaphragm
8. In the acronym DRSABCD, what does the R stand for?
 - a. Rest
 - b. Recovery
 - c. Response
 - d. Resuscitate
9. Which of the below water rescue methods is the least safe?
 - a. Wade
 - b. Reach
 - c. Swim
 - d. Tow
10. Which of the below behaviours reduce road safety while driving?
 - a. Making a call using hands-free
 - b. Quickly looking at a message but not replying
 - c. Typing an address into the navigation system or phone
 - d. All of the above