

Year 10

Citizenship

Work Booklet



Name- _____

Tutor- _____

Created by Mr B Denham in collaboration with EC Publishing



County Lines

What is County Lines?

County Lines is a criminal practice that involves gangs sending children from cities into smaller towns and villages in order to sell drugs to the people living in these areas. It's called county lines because these children often travel from a big city to small towns in a different county, and they use dedicated mobile phone 'lines' in order to contact people for buying and selling drugs. The most common drugs involved in County Lines are typically heroin and cocaine, but other drugs (such as MDMA, amphetamines, cannabis and spice) are also sold. The activity of selling drugs in this way is sometimes referred to as 'going country', as it involves going from the city into the countryside.



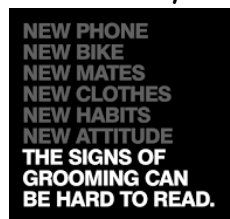
Gangs recruit young people into doing the work for them because it means that the gang members themselves can manage the operation from a distance and are less likely to be detected by police.

It is estimated that at least 46,000 children in England alone are involved in criminal gang activity. In London alone, there are 4,000 young people who are being exploited to work for gangs in County Lines.

How do gangs recruit young people for County Lines?

There are several approaches that gangs might take in order to lure young people into working for them. One approach is grooming, which is when children and young people are given attention, compliments, money, food or presents in order to build a relationship with a gang member. The young person being groomed is then made to feel like they owe something to the gang member, and this is how they are recruited into criminal activity. Gangs use social media to target individual young people online, although they do also approach young people in public places such as parks and shopping centres.

As well as grooming, gangs sometimes use violence in order to threaten young people into working for them. Weapons such as knives, firearms, bats and acid are used by gangs in order to force young people to carry drugs on trains and sell drugs to local drug dealers in smaller towns. Violence is also frequently used towards the young people once they start working for the gangs - for example, if any money or drugs go missing.



As part of their criminal operation, gangs also have a house in the local area which they use as a base for selling (and sometimes making) drugs. This is known as a 'trap house'. Sometimes, gangs will take over the house of a local person and force them into allowing the gang to use their house as a 'trap house', usually with either violence or the promise of free drugs. This is called 'cuckooing', as it involves taking over another person's home, like cuckoos do with other birds. Young people are sometimes expected to stay in trap houses when they are working for the gangs. This makes the young person extremely vulnerable to abuse, such as drug abuse, physical and even sexual abuse.

Who do gangs target for County Lines?

Gangs typically target young people aged between 12 and 17. They usually target young people who are considered to be vulnerable, for example homeless children, children living in care homes, children who have mental health issues, children living in extreme poverty, children with chaotic or broken family lives, or children who have been expelled from mainstream education. They also look for children who may be wanting protection, money, love, excitement, status or a sense of belonging, in order to exploit these feelings for their own criminal purposes.

What are the long-term consequences of County Lines?

County Lines criminal activity has a negative impact on the communities involved. It brings further violence, abuse and drugs into rural communities. By flooding the market with class A drugs, it increases social problems associated with drug use, for example anti-social behaviour, criminal damage and theft. As well as harming communities, County Lines activity has a negative impact on the individuals involved: if caught, drug dealers can face prison sentences of around nine years. Having a criminal record can then impact the individual's ability to gain particular types of employment in the future.

For the young people involved, as well as the risk of criminal prosecution, there is also the risk of becoming a user of drugs, as well as becoming trapped in gang activity. While some young people see criminal gangs as an escape from their life of poverty and abuse, many find that they are trapped into a life of working for violent gangs which keep them in a cycle of poverty, abuse and intimidation.

How can I tell if someone is involved in County Lines and what can I do if I'm involved?



Some of the indicators that a child may be involved in County Lines activity are: staying out late; going missing for a few days; having drugs on them; having unexplained money, phones, jewellery or other items; becoming aggressive and using

sexual, violent, or drug-related words all of a sudden; coming home looking bruised or in a bad state; having keys to unexplained places. If you are worried about you or someone you know being involved in County Lines, call Crimestoppers on 0800 555 111. Former County Lines drug dealer talks about horrors of gang life | ITV News Meridian | Kit Bradshaw – YouTube

COVID-19: County lines victims 'younger and female' – YouTube

(INFORMATION NOTE - this clip contains a mention of rape as it describes real gang activity).

Questions to answer:

How old was Tony when he was recruited?

What violence has been inflicted on Tony, and what has he seen inflicted on others?

What did Tony have to do for the gang?

What did the gang member threaten to do if she didn't comply?

Why does Tony think young people get drawn into county lines activity?

How are the drugs sometimes transported now?

How do police spot gang members at train stations?

What do we mean by 'safeguarding'?

How are adults vulnerable too?

How do anti-gangs charities think the problem can be helped?

How did Alisha (video 2) become involved with gangs?

How did lockdown make the situation worse in some ways?

What did smuggling drugs lead to for Alisha?

Why did Alisha have sex with gang members?

How is the demographic of gang members changing? Why?

How does our Criminal Justice System work?

Starter

Complete the paragraph using the words below.

Criminal _____ seeks to _____ the public from harm by inflicting _____ on those who have done harm and by _____ punishment on those who are tempted to do _____.

The harm it seeks to _____ can vary. It can include; physical harm, bodily injury or even _____. It can include loss or damage to _____ or disturbance of public order. Or it could be something that threatens society or government like a _____ attack.

Wordbank:

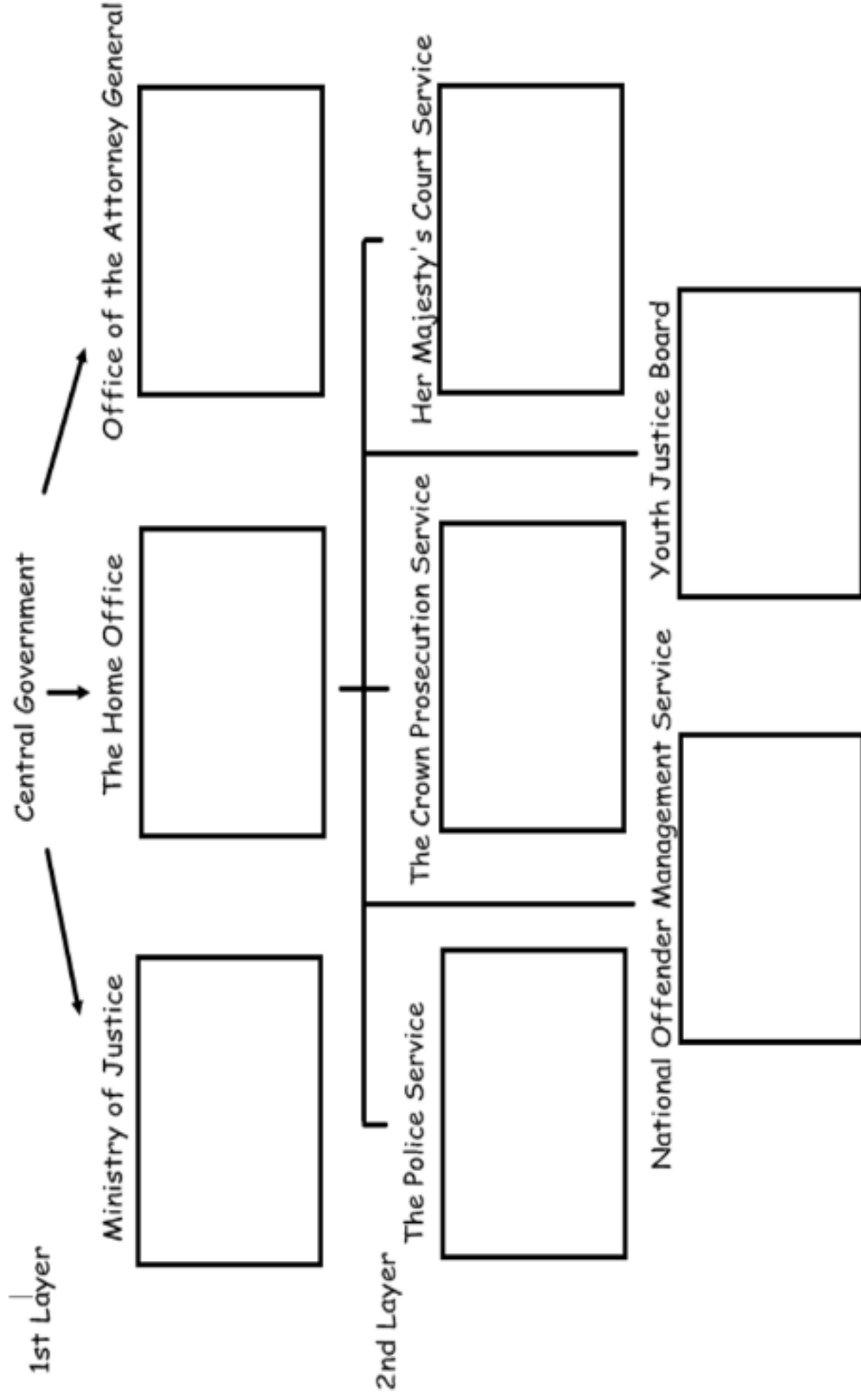
terrorist prevent property
threatening law protect
Punishment harm death

Class Discussion: Why do you think there is such a focus on dealing with youth crime in this country?

Extension Question: Explain the difference between criminal and civil law.



The Criminal Justice System (CJS) - One of the major public services, employing over 400,000 staff



Social media, the pressure of life online and keeping up with other people

Fake Lives on Social Media

What's the problem with social media?

There are several problems which result from social media, or which are exacerbated (made worse) by social media. Because the kind of social media we have today (Facebook, Instagram, Snapchat etc) are all modern



inventions, this is the first time that ordinary people have been able to express their opinions, instantly share images and details from their lives en masse to a wide audience. One problem resulting from this is the idea of 'fake lives'. This refers to the way that users of social media create idealised, stylised, or glorified representations of themselves online. This might be, for example, by only posting photos of themselves looking good or looking happy; it might be by only sharing information about their successes, or even exaggerating their successes in order to gain likes.

What's wrong with sharing good news and happy photos?

Nothing, in itself. Many people are conscious of the 'brand' that they are trying to create, and they know that sharing positive things about themselves makes them popular. But, if that's all that is shared, it might not be an accurate representation of the real life of the social media user. Nobody's life is 100% positive all the time,



but social media encourages us to act as though it is. This can put a lot of pressure on people, in different ways. To the creators of the content, there can be pressure to

get likes, approvals, comments and upvotes. To the consumers of the content, there can be pressure to live a life that's perfect and always interesting like all those people they see online. The truth is that we all have highs and lows, and you only see what people decide to show you of their lives online.



There is a difference, after all, between sharing a nice photo of a happy occasion, and spending hours taking hundreds of selfies in order to find the perfect image, filtering it



through various apps in order to make it look even better, and then sharing it as though it was spontaneous and 'real'.

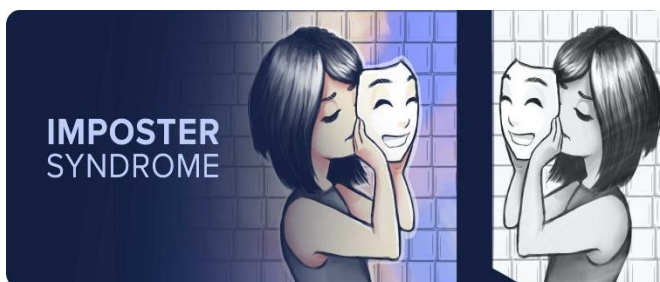
What's the big deal about people highlighting or exaggerating the good things about themselves? It's good to be positive!

Many studies have been done on the effects of social media on young people, and the results are not good. Technology and social media play a huge part in the lives of many young people, and yet study after study has found that young people report increases in anxiety, depression, problems with body image and loneliness - all linked to their social media use. This isn't just down to the exposure to people's 'fake lives' online, although that is likely to be one contributing factor: the fact that a lot of their communication is online means that they are missing out on the development of social skills such as reading body language, facial expression and vocal inflection. When these personal elements of communication are missing, as they are over text or messenger, it becomes harder to form a personal connection or lasting friendship with somebody. This may be another factor that is contributing to the mental health problems which young people are reporting based on their social media experience.



What's impostor syndrome and how is social media involved in it?

Think about all the successes that you see online on social media. People are constantly announcing various achievements, purchases, and other successes - but they rarely focus on the efforts, struggles, hard work, sacrifices that had to happen in order to reach these successes. This can lead people into thinking that, for other people, success comes easily. This is dangerous because a) it's not true, and b) it may lead to impostor syndrome. Impostor syndrome is when a person feels like they don't deserve to be where they are, or that they're not good enough to be doing whatever it is they're doing. A person with impostor syndrome thinks that other people are much more talented than them and that they've achieved their successes by accident,



or because nobody has realised that they're an 'impostor' yet and it's only a matter of time before they're found out. Impostor syndrome isn't a medical condition like depression or anxiety are, but it is a good term for that feeling of

inadequacy that comes from seeing everyone else around you apparently enjoying lots of effortless success.

So social media could be affecting my self-esteem?

Yes, potentially. If you are spending a lot of time on social media and becoming reliant on likes and upvotes for reassurance of your value, then this could be a self-esteem issue, as you are letting other people decide whether you're likeable or not. Similarly, if you are spending a lot of time on social media and comparing yourself to your peers, you may end up feeling inadequate, which is not going to promote high self-esteem. If you are one of the 37% of 'extreme internet users' (spending more than 6 hours per day online), then you face a statistically much higher risk of being cyberbullied than moderate users. Again, this is not a recipe for healthy self-esteem.



So what can I do?

Use social media to build your self-esteem healthily. For a start, consider using social media in moderation (a couple of hours per day maximum). Take breaks from social media if you are feeling overwhelmed or if you feel like it is causing you harm. Follow groups, individuals and organisations which deal with positive, inspiring self-esteem-building content, e.g. body-positive groups or personal development pages. Follow topics that interest you and that will help you to grow more as a person. If things on your newsfeed are depressing you, take control of your newsfeed by limiting the amount of negative content that you're exposed to (or unfollow the source of the negative content).

Finally, remember that although it can seem all-consuming, social media is not a replacement for the offline world, and shouldn't be substituted for face-to-face interaction and time spent outdoors.



Social Media: Fake Lives

<https://www.youtube.com/watch?v=OEFHbruKEmw>

https://www.youtube.com/watch?v=HffWFd_6bJO (watch only up to 2:40)

Challenging

1. Give TWO examples from the first video of people lying about their lives.
 - a.
 - b.
2. What message do you think that the first video is trying to put across? How does it do this without using words?
3. Explain ONE way in which social media changes the brain (in the second video).

More Challenging

1. In the first video, name some of the different things that are being lied about by the different social media users. Can you spot any themes?
2. At the end of the first video, what has happened to the couple's relationship and how far do you think that social media could be to blame? Explain your answer fully, giving several reasons for your point of view.
3. Explain what dopamine is and how it is affected by social media (see second video). What are the dangers of this?

Mega Challenging

1. To what degree do you think that the examples in the first video are exaggerated, and is it an effective strategy? Explain your answer fully.
2. What is the ending of the first video trying to imply about the long-term impacts of social media on people's real lives? In your answer, explain and evaluate how mental and emotional health are both impacted.
3. What do you think are the implications of social media on the future of society, given that our brains are being rewired like never before? In your answer, cite examples from the second video to support your hypothesis.

Fake News and Critical Thinking

**MUSLIM DOCTOR
REFUSES TO TREAT
DYING CHRISTIAN
ONBOARD FLIGHT!**

'Dr. Jaleel Kohmeni raised his hand when the flight attendant on Delta flight 6978 from New York to Las Vegas asked if there was a doctor on board. He told the attendant that he wasn't an American and that he preferred another doctor help if possible. Unfortunately, he was the man's only hope.

As he approached, he could see that the man was barely managing to breathe and going in and out of consciousness. What the doctor did next may seem normal to people where he comes from, but here it was simply disgusting. He leaned over the man and asked him if he believed in God. "Yes," the man answered, "Jesus Christ is my Lord and Savior."

At that point, Kohmeni informed the flight attendant that he could only "give the man the comfort of knowing Allah will give him the chance to redeem himself in heaven," but that he couldn't help save him'

Source - Business 2 Business News, 2017

STARTER:

Challenge: Read the headline and first paragraph of this news story on your starter sheet, which was shared over 24,000 times. Summarise what happened. How do you know whether this is true?

More challenging: Why was this story printed? Why do you think it was shared so many times?

Mega challenge: Explain how this story links with today's lesson title and why you think you have been asked to read it.

Fake News: Clip Questions

<https://www.youtube.com/watch?v=AkwWcHekMdo>

Challenging

1. Name two things that it is important to check when looking out for fake news.

- 1.
- 2.

2. According to the video, some fake news is designed to generate what?

3. According to the video, who is the first line of defence against fake news?

More Challenging

1. Why is social media more effective at spreading fake news than 'old-fashioned viral emails'?

2. What does satire mean? Give an example of satire quoted in the video.

3. Why do you think there are several fact checking websites? Who do you think pays

for these and why?

Mega Challenging

1. Is satire the same thing as fake news? Why or why not?
2. Is there such a thing as a fully reliable source? Explain your answer.
3. How might someone's confirmation bias affect their opinion on fake news? Give your own example.



Fake News: The Problems With Internet Sources

What is fake news?



'Fake news' is any kind of journalism that aims to mislead readers with deliberately incorrect information. Sometimes this might be **hoax stories**, which are completely made up in order to trick people. Other times, the incorrect information might be **sensationalist**, which means that the truth has been exaggerated or made up in order to gain more readers or get more hits on a website.

Many people today associate the term 'fake news' with Donald Trump, who uses the term 'fake news' to deny lots of news stories that are written about him and his policies.

Fake news is different from **satire**. In satire, news stories are deliberately changed in order to make a humorous comment about society. Satire makes use of deliberate absurdity and does not claim to be literally true.

Is fake news a new thing?

The term 'fake news' has become popular recently, but the idea of fake news is a very old one. You could argue that fake news has been around since 1439, with the arrival of the printing press. Since then, people have been free to write and spread whatever ideas they like, as long as they've had access to the means of communicating it.



Propaganda is also very similar to fake news. However, propaganda is considered to be done for political reasons, not financial reasons. Propaganda also often has a much larger agenda than fake news.

What are examples of fake news?



A hoax story was created after the Grenfell Tower fire, which claimed 79 lives in 2017. The fake story claimed that a baby had been found alive on the 16th floor of the tower, 12 days after the fire. The news story appeared on a website called Metro-UK, which was created to look similar to the popular UK newspaper The Metro. Many people shared the story on social media, believing it to be true.

In the 2016 elections for President of the USA, Russian trolls created many fake news stories designed to damage the reputation of presidential candidate Hillary Clinton, including the false story that she was involved in Satan worshipping.



Why do people write fake news?



People write fake news for lots of different reasons. One reason is that they want to influence people to think or vote a certain way. Another reason is that fake news can attract people to a website, so that the website gets lots of hits and makes lots of money. A third reason is that the writers of fake news want to trick people, or to prove that people can easily be manipulated.



Why does fake news spread?



Since anyone can publish stories on the internet, fake stories can become popular if they appeal to enough people. Many fake news stories appeal to people because they are stories which people want to believe, or they are stories which could be possible. Because many people get their news from social media, they may believe any articles which are shared on sites like Facebook or Twitter. This is why it is important to always check the sources of any information you find online.

Is fake news illegal?

France is currently proposing to make laws against the sharing of fake news. However, while fake news isn't illegal in itself, people who write fake news could potentially be sued for defamation, infliction of emotional distress, fraud, and intellectual property violations, amongst other legal issues.



What can I do to protect myself against fake news?

You need to be very careful when looking at news stories and articles online. Here are some of the things that usually give away a fake news story:

1. The website may have a suspicious domain name, for example Metro-UK.com instead of metro.co.uk
2. There is no 'about us' information page, or no contact information
3. There are few or no previous posts, or the content isn't updated regularly
4. There are no links to other sources
5. The website doesn't look professionally designed
6. The posts don't have dates on them



True or Fake?

Fake News or Real News?

1. This web page from the 'Cannibal Club' in LA was first circulated in 2009 alongside a list of famous people who had been dining there. The list was from the restaurant's booking list, and had apparently been 'leaked'. It's guest list included Katy Perry and Chelsea Clinton



2. Source - The Telegraph, 2017:

Lessons from a 17-year-old investor (who has doubled his money in 14 months)

Brandon Fleisher is part of a new wave of teenagers braving the stock market. Aged 17, he has made £24,000 so far.

Brandon is top of his maths class but he doesn't think this gives him the edge when it comes to stock picking. What enables him to pick winners, he said, is the amount of research he carries out into his stocks, typically between one and six hours a day.

His age means he can afford to take more risk than most investors. “You can start with £1,000 when you’re 18 and you could build up a lot over time,” he said. “If you make even 10pc a year you could have a huge amount by the time you’re in your 30s.”

3. This Tweet was sent out by President Trump’s real Twitter account. It was in response to Kim Jong Un’s tweet about how he had a button to release nuclear weapons on his desk at all times. President Trump tweeted in response –



This Tweet really was sent out – but is the story about Trump’s button true, or is this Fake News?

4. Source – The Express, 2017

IMMORTALITY POSSIBLE? World's first human head transplant 'successfully' carried out

Italian neurosurgeon Sergio Canavero announced an experiment to reattach the head of a corpse to a body had been achieved as planned.

He said the test showed it was possible to reattach the spine, nerves, blood vessels, veins and skin from the head to the body.

The next step will be to carry out the procedure using a live, but brain dead, human being who has agreed to organ donation, before the first attempt at a living person with a functioning brain is made.

Dr Canavero, is dubbed Dr Frankenstein for his bid to be the first medic to carry out a full head transplant on a living human.

Taking your own life – why do people do this and what are the warning signs?

Suicide information

What is suicide?

The word suicide comes from the Latin *sui*, meaning of *oneself*, and *sidium*, meaning *killing*. Suicide is the term used to refer to the act of a person deliberately killing themselves. (It is different from assisted dying, which is when a patient who is already terminally ill decides to take a quicker and more dignified form of dying, usually with help from someone else.)

How many people commit suicide per year?

More than 55,000 people die through suicide within the European Union every year. In America, more than 40,000 people died through suicide. In the UK and Ireland, the figure is over 6,000 people per year.

Why do people commit suicide?

There are a number of complex reasons why somebody might take their own life. Very often, people who take their lives do so because they feel that their situation is completely hopeless or that there is no chance of their life getting better. Some people who go through with suicide believe, often mistakenly, that their loved ones would be better off without them, or that there is no point to their life. For some people, the pain of their mental, physical or emotional state is so severe that they may see death as an escape from that pain.



Mental illness is a common cause of suicide. This can include severe depression, bipolar disorder, schizophrenia and other conditions. Drug abuse, trauma, personality disorders, financial problems and relationship breakdowns can also be factors.

As well as these environmental factors, there is also a genetic link: people with family members who have gone through with suicide may be at an increased risk of suicide.

Are men and women equally at risk of suicide?

There is a significant difference in suicide statistics between men and women. Women are more likely to be diagnosed with psychological problems such as depression. Women are also more likely to consider suicide and also more likely to attempt suicide than men, according to the Adult Psychiatric Morbidity in England survey (7% of women attempted suicide compared to 4% of men). However, more than

three quarters of suicide deaths are male.

The reason for this is partly to do with the method used in the suicide. Men tend to use methods of killing themselves which are more likely to result in death, such as hanging or firearms. Men are also thought to be more likely to act impulsively, according to a meta analysis in 2011. This may also be a factor in the high number of male suicides, although many suicides are planned. Additionally, men are socially less encouraged to talk about their feelings and therefore may be less likely to seek help from professionals and their own support networks. Men may also be less likely to have strong support networks in the first place, again because of cultural and social reasons. There are also theories that women have been socially conditioned to be concerned about how they look, and therefore are less likely to shoot themselves in the head than men. In short, there are a great many theories about why we see these differences in the statistics between men and women.

Red flag warning signs:

Posting about death on social media

Posting dark and cryptic messages or talking in this way

Acquiring weapons, internet searches about weapons or suicide, chemicals or unusual medicines

Self harm and a history of depression

A major event to upset the person

Sometimes there are no signs at all - the person in question makes sure there isn't.



What can be done to prevent suicide?

Look out for the warning signs of suicide in a person's behaviour. These can include: withdrawal from friends and family; anxiety; hopelessness; a sense that the person has 'given up' on things; risk-taking behaviour; feeling trapped; sudden changes in mood; the person making suicidal plans or talking about wanting to take their lives.

Talk to the person about their suicidal feelings. This can be useful and it could even save their life. Use open questions like, 'How do you feel about...?'. Take them seriously, and listen carefully to what they have to say. However, do not blame yourself if you do not succeed in getting them to see a different point of view; sometimes, mental illness makes it very difficult to see things clearly. Refer the suicidal person to helplines such as The Samaritans in the UK, or the National Suicide Prevention Lifeline for people in the USA. Encourage the suicidal person to seek help from medical professionals. If you think that the suicidal person has seriously harmed themselves, call 999 in the UK, immediately. You may also need



to call out a crisis mental health team.

If you are the person who is having suicidal thoughts, talk to somebody you trust, for example a family member or a close friend. If you don't want to talk to anybody you know, or if you feel that there isn't anyone you can talk to, you can ring helplines (e.g. The Samaritans). Many of these helplines are open 24/7, so that you never have to face your feelings alone. You can seek emergency help from medical professionals, for example from your local doctors' surgery, or mental health crisis team if you have one. Try to surround yourself with people; do things that you have been known to enjoy previously; do not use drugs or alcohol as these may cloud your judgement.



If you have been affected by the suicide of a person, there are charities who offer support and local bereavement groups. In the UK, these include Cruse, UKSOBS, and Support After Suicide.

Dr Smith's Mental Health Surgery

- Main task:** Using the information in your hand-out, clips and graph, create a noticeboard with the aim of raising awareness of the issue of suicide for Dr Smith's Mental Health Surgery. Ensure you complete your challenge level task:
- Correctly identify warning signs from those who may intend on suicide, describe ways we can support those with depression.
 - Describe the factors that contribute towards some people committing suicide, the biggest risk factors and what we can do to aid prevention.
 - Explain why people commit suicide, why people find it difficult to communicate their thoughts and the best ways to offer support.

Loss, Grief and Bereavement

<https://www.youtube.com/watch?v=UBATctkFHRE>

Questions

Challenging

1. According to the people in the video, grief is a journey from pain to what emotion?
2. Name ONE of the five steps of grief, according to the people in the video. Explain what that step means.
3. Name ONE thing that the people in the video recommend to help with grief.

More Challenging

1. Do you agree that grief is a journey from pain to sadness? Why or why not?
2. Name all five of the steps of grief, according to the people in the video.
3. Why is a person's death not the end, according to the woman in the video?

Mega Challenging

1. Explain the advantages and disadvantages of considering grief as a journey.
2. Do you agree with the woman's statement that the loved one's death is 'not the end'?
3. Are there any positives that come from grief?

Managing Loss: Grief, Change and Bereavement

What are loss, grief and bereavement?

These are all big topics and, unfortunately, they are all part of life for everybody at some point. Loss refers to the experience of not having something or someone that you once had. This might be a person, a relationship, a home, a pet, a possession or something else. Bereavement refers to the experience of losing a loved one through their death. Grief is the term for the feelings you experience after the death of a loved one or the loss of something which you deeply valued.



What do loss, grief and bereavement feel like?

Different people experience these feelings differently. For example, some people may feel extremely angry about the unfairness of the situation. Some people might feel extremely upset and want to cry a lot. Some people might feel numb. Some people might feel guilty for not feeling the way they think they are 'supposed' to feel. Some people might feel like the death was their fault, even when it wasn't. For most people, grief and bereavement feel different at different times. The feelings of grief and loss can include overwhelming sadness, anger, numbness, guilt, sickness, despair, shock and many more. Many people report a feeling of 'depersonalisation' - in other words, feeling like things aren't real, or like they're going 'crazy'.

How long does it take to get over each of these?

Loss, bereavement and grief can all be extremely painful. They all involve coming to terms with a permanent change - most often, this permanent change is something that has made life worse than before. Loss, grief and bereavement affect people in different ways; some people take longer than others to heal. Some people never fully heal, but most people do eventually manage to live a normal and rewarding life even after their experiences of bereavement and grief.



The grieving process has four stages: accepting that the loss is real; allowing yourself to feel the pain of the loss; getting used to life without your loved one; finally, moving on with your life. It can take 18 months before you are able to focus on other areas of your life, but it's important to remember that the process is different for every individual person.

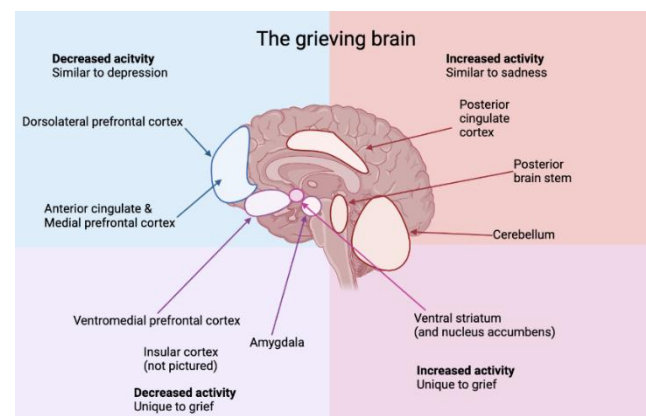
It's also important to remember that there is no 'right' or 'wrong' way to feel during bereavement, loss or grief. Everybody processes things in their own way.

Can you feel grief and loss even if someone hasn't died?

Yes. Grief and loss can be felt about anything which has gone away. This can include stages of your life, for example childhood, or particular times in your life, for example when you used to live in a particular house or neighbourhood. Many people feel strong grief about the breakdown of relationships, for example if a boyfriend or girlfriend has broken up with them. Many people also feel strong grief over the loss of friendships, even if those friendships ended because the people grew apart.

What do grief and loss do to the brain and body?

The emotional pain caused by bereavement and grief can cause mental and physical pain too. For example, grief makes people more likely to develop illnesses because the extreme stress of losing a loved one makes the body's immune system weaker. Mental illnesses like depression and anxiety, as well as PTSD (Post-Traumatic Stress Disorder) can also result from bereavement.



What help and support is available?

There are various ways to cope with grief, loss and bereavement. Firstly, many people find it helpful to express their feelings. This might be to a trusted friend or relative. Another option is to write down how you're feeling in a journal or blog (but don't make it public unless you want other people to see it). Making art can help you to express your feelings, whether through music, creative writing, poetry or painting. Many people find that exercise, for example running or martial arts, can be a useful distraction as well as helping to make the body and mind healthier. Finally, there are several charities who offer support: Cruse is a bereavement charity offering face-to-face support as well as a dedicated helpline. Other charities like Mind and the Samaritans can also assist with mental health issues like depression brought on through bereavement or grief. Childline is another charity which you could ring if you are under 18 and suffering from loss, grief or bereavement.



With the right amount of time and support, the vast majority of people do find their way through grief and bereavement. While their life is never the same again, they

learn to appreciate the time that they had with their loved one. The time required is different for everybody; however, moving on is possible, and it doesn't mean that you've forgotten your loved one.

Task 3

Grief manifests itself in seven stages. We will now all have a go at matching those stages to the ways people express them on your match-up task sheet.

More challenging: Give a real life example of something a person might do or say in each of these stages. Be prepared to share your ideas with the class.

Stage:	Match:	How we express this:
Shock		Trying to avoid the truth, saying it can't possibly be so.
Denial		The news sinks in causing sadness and realisation.
Anger		Accepting the situation and moving forward.
Bargaining		Becoming frozen at the bad news, not being able to speak.
Depression		Seeking some sort of way out.
Testing		Release of emotions and frustration.
Acceptance		Seeking real solutions to your grief and issues caused by the loss.

