

Year 8

Citizenship

Work Booklet



Name-

Tutor-

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collaboration with EC Publishing



Social Media Stress



Social media – it's supposed to be fun, so why is it also stressful?



All Kal's friends have an Instagram account. Kal's parents have said he can only have one if they can access it. His mom just checked it and found that some so-called 'friends' had left nasty comments on his pictures. Kal says it's none of their business but is visibly upset by this.

Discuss: Do you think social media makes people happier overall? Why / why not?



What is the appeal of social media in the first place? Why do you think it's so popular and almost everyone seems to have some sort of account?

CLUE: Communication

CLUE: FOMO

CLUE: Think what people did with their time before.



Learning outcomes:

Describe strategies to identify and reduce risk from people online that we do not already know as well as when and how to access help.

Explain how that the need for peer approval can generate feelings of pressure. Describe strategies to manage this.

New key terms:

Peer pressure - a feeling of influence from members of your peer group. This may make you feel like you have to do the same thing as everyone else, or act a certain way to 'fit in'.

Online trolls - An online troll is someone who makes intentionally inflammatory, rude, or upsetting statements online to elicit strong emotional responses in people or to steer the conversation off-topic.

Task One:

What did we find out? Let's share our ideas as a class.



Negative internet uses and effect.	What impact does this have on ourselves and others? Why?	Why might someone do certain negative things online, but not in real life?

RISE OF THE ONLINE TROLLS

They used to be ugly creatures that lived under bridges in fairy tales. In the 1990s, they were the florescent-haired toys that nobody could get enough of. In the 21st century, trolls are now lurking online, waiting to spoil your fun, and worse.

Since the rise of the internet, we've used the word 'trolls' to refer to people who deliberately try to annoy or upset people online. They often post insults, spam, deliberately argumentative comments or other material designed to get a negative reaction from the original poster. You'll find trolls pretty much anywhere there's a comments section. You might even have been a troll yourself at some point. You might be one still, priding yourself on your ability to upset people you've never met with a carefully-chosen nonsensical argument, off-topic post or pathetic personal insult.

But I hope you're not.

You see, trolls are just another type of bully. They're nothing new in themselves; as a species, we've been subjected to meanness, spite and ignorance since we figured out we could talk. It's unfortunately part of the rich tapestry of human experience, along with other nicer things like kindness, empathy and understanding. But the problem with trolls is that, because they are often

protected by the anonymity of a username, they feel that they can vent their bilious rants wherever they like and to whomever they like, without fear of actually having to be responsible for their words.

Thankfully, the law is changing to try and remedy the situation. The Crown Prosecution Service are now making it easier to prosecute trolls who abuse and harass people online. Comments which threaten violence, which are obscene or grossly offensive, could cause their author to be prosecuted.

Last year, the UK government drafted a new bill to help protect people from online abuse, stating:

All social media companies will have a duty of care towards their users so that what is unacceptable offline will also be unacceptable online.

They will need to consider the risks their sites may pose to the youngest and most vulnerable people and act to protect children from inappropriate content and harmful activity.

They will need to take robust action to tackle illegal abuse, including swift and effective action against hate crimes, harassment and threats directed at individuals and keep their promises to users about their standards.

This is why you will now see 'report abuse' buttons frequently, and why platforms take reports far more seriously and are ready to enact bans quickly. Instagram, Facebook and TikTok are just three of the larger social media platforms which now offer this service.

Ok, this is a start. 'Oh, but what about free speech?' I hear you ask. 'Isn't it my right to deliberately be an idiot somewhere I'm not wanted?'. Well no, it isn't, actually. But there is an important distinction to make between disagreeing with people and subjecting them to abuse. For example, if you see a post which is blatantly silly and non-sensical (let's use one posted by the Flat Earth Society for example) you are perfectly within your rights to dispute the content – it's been posted for comment after all. This is very different, however, to insulting the person who posted it.



If your opinion differs from other people, fine. You might not be welcome to express it in certain contexts, but it's your opinion and you are entitled to it. If you are deliberately using your words (or pictures) to offend and upset somebody, then you're trolling, and that's not okay. Take the example of female MPs online, who are exposed to rape and death threats on a depressingly frequent basis, merely for doing their jobs. Nobody deserves to be subjected to that kind of trolling.

Most trolls wouldn't dream of saying the things they type online out loud in real life, to real-life people. If they did, they'd be kicked out of places faster than they could say 'loser'. So be sure to steer clear of trolls, and don't be afraid to use the 'report' button if you need to flag up some abusive comments. The internet has given us so many wonderful things; let's put those trolls back under the bridge where they belong.

Questions –

What are online trolls?

Name FOUR things that you learn about trolls in this article.

- 1.**
- 2.**
- 3.**
- 4.**

What is it that trolls feel protected by, according to the article?

What is the UK government attempting to do with the new bill?

Explain why the government has drafted a new bill and whether you agree with it or not.

Why do some people think the new bill curtails free speech? What do you think?

Is it ok to disagree in comments on content posted online? Why?

What is it important NOT to do, however?

Do you think the new bill will be enough? Why / why not?

How would you tackle online trolls if you were a CEO of a social media company?

What effect do you think online trolling might have on a victim's mental health? Why?

So how can we manage social media stress?

Here are a few ideas. Let's go through them together.

Nurture off-line relationships (your parents, your siblings, your real friends, your pets!)

Remember – you are an individual, not everyone else. And that's much cooler.

Report the trolls!

Be strict with your amount of screen time.

Managing social media stress

Curate your feeds – set them so you only see what is positive or important (you can 'take a break' from people without them knowing)

Ask for help if you need it! Tell a trusted guardian if something is bothering you.

Take breaks – go outside (that is the real world after all)



Social media – it's supposed to be fun, so why is it also stressful?



Signposting support:

Useful helplines and charities

Childline. Support for people under 19 in the UK. Call: 0800 11 11

Young Minds. Child and adolescent mental health charity. Call: 0808 802 5544 (parents' helpline)

Samaritans. Samaritans provide 24-hour online and phone support to people in distress. Call: 116 123

SANE. National out-of hours mental health charity offering emotional support, guidance and information. Call: 0300 304 7000 (4.30pm to 10.30pm)

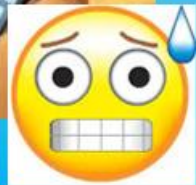
Mental Health Foundation. Information and support for anyone with mental health problems or learning disabilities.

Rights online (coe.int) Your rights online as a young person using social media sites

What is social anxiety and how can it be managed?

Starter

Kim's friends are planning a party and have just text her to invite her. Kim is free then, but has decided not to go.



Challenge- If Kim is free, why isn't she going?

More challenging - Explain what might we mean by the term 'social anxiety'?

Mega challenge - Hypothesise the difference between anxiety and social anxiety:

Key Words

Social anxiety - an anxiety disorder in which a person has an excessive fear of social situations.

Anxiety - a feeling of worry, nervousness, or unease about something with an uncertain outcome.

<https://www.youtube.com/watch?v=dBZyFMd6La4>

As we watch the clip complete these challenging questions.

What does social anxiety feel like?

In what circumstances may people have an attack of social anxiety?

What does 'hyper-alert' mean?

What is the 'flight fight freeze response'?

Why does the 'flight fight freeze response' affect you physically?

What chemical is released which puts your body in survival mode?

Explain the meaning of the term 'subconscious mind'

What are 'negative limiting beliefs'?



What is Social Anxiety?

Social anxiety disorder is much more than just being shy. It can be intense fear and anxiety over simple everyday activities, such as shopping or speaking on the phone.

Many people sometimes worry about certain social situations, but someone with social anxiety disorder will worry excessively about them before, during and afterwards. They fear doing or saying something they think will be embarrassing or humiliating, such as blushing, sweating or appearing incompetent.

Social anxiety disorder often starts during childhood or adolescence and tends to be more common in women. It's a recognised disorder that can be effectively treated, so you should see your GP if you think you have it.



Signs of social anxiety disorder

Teens and adults with social anxiety disorder may dread meeting strangers, talking in groups or starting conversations, speaking on the telephone, talking to authority figures and eating or drinking with company.

They might also have low self-esteem and feel insecure about their relationships, fear being criticised, avoid eye-to-eye contact or misuse drugs or alcohol to try to reduce their anxiety.

Panic attacks

The fear of a social situation can sometimes build up to a panic attack, where you feel an overwhelming sense of fear, apprehension and anxiety. This usually only lasts a few minutes. People can also experience physical symptoms, such as feeling sick, sweating, trembling and heart palpitations. These symptoms often reach a peak before quickly passing. Although these type of symptoms can be alarming, they don't cause any physical harm.



What kind of help might someone with social anxiety be offered?

1. Cognitive behavioural therapy

If you think you may have social anxiety disorder, you should try to see your GP for help. If you've been diagnosed with social anxiety disorder, there are a number of different treatment options available. Cognitive behavioural therapy (CBT) is one of

the most effective treatments for social anxiety disorder.

Generally, CBT works by helping you identify unhelpful and unrealistic beliefs and behavioural patterns. You and your therapist work together to change your behaviour and replace unhelpful beliefs with more realistic and balanced ones. CBT teaches new skills and helps you understand how to react more positively to situations that would usually cause you anxiety.

2. Antidepressants

Some people may benefit from trying a type of antidepressant medication, usually a selective serotonin reuptake inhibitor (SSRI), either instead of or in combination with individual CBT.

SSRIs increase the level of serotonin in your brain. They can be taken on a long-term basis.

As with all antidepressants, SSRIs can take several weeks to start working. You'll usually be started on a low dose, which will gradually be increased as your body gets used to the medicine.



3. Psychotherapy

If all of the above interventions aren't right for you, for whatever reason, you may be offered interpersonal psychotherapy or short-term psychotherapy specifically designed for social anxiety disorder.

Psychotherapy generally involves talking to a trained therapist either one-to-one, in a group, or with your wife, husband or partner. It allows you to look deeper into your problems and worries, and deal with troublesome habits and a wide range of mental disorders.

Interpersonal psychotherapy aims to link social anxiety to relationship problem areas and address these. You'll probably be offered 16-20 sessions over four to five months.

Short-term psychotherapy for social anxiety disorder aims to improve your social skills, and encourage you to face feared social situations outside therapy sessions. A course of treatment usually consists of 25-30 sessions that last 50 minutes, over a six- to eight-month period.

Anti Social Behaviour: Why do people do it and what are the consequences?

STARTER:



Yesterday, Daz got drunk, smashed in his neighbour's car windscreen and shouted sweary football chants through random letter boxes in his street.

Challenge: What might happen the morning after Daz's actions?

More challenging: What could be a long and a short term consequence of these actions for
1) Daz

and 2) his neighbours?

Mega challenge: Explain the definition of anti-social behaviour and why it is important for us to study it.

Key terms:

Anti-social behaviour – behaviour likely to cause alarm, harassment, or distress to other people around you.

Legal ramifications – consequences that involve the law – e.g. getting prosecuted or a criminal record.

Task one:

Watch the clips and choose some challenge questions to answer (teacher read margin notes)

<https://www.youtube.com/watch?v=yS6nWXrPDNk>

Challenging

1. Name TWO examples of the abuse experienced by Fiona Pilkington and her daughter Francesca.
2. How many years did the abuse last in total?
3. Why were the people on the estate angry?

More Challenging

1. What does Fiona Pilkington's story show us about the consequences of anti-social behaviour?
2. Why do the police try to avoid giving children criminal records for minor offences? Do you think they are right to do this?
3. Why was the council unable to stop the worst offenders?

Mega Challenging

1. Name THREE organisations who missed opportunities to help Fiona Pilkington and her family. Explain what those opportunities were.
2. Do you agree with the coroner's statement that "if someone had sat Fiona Pilkington down with a cup of tea and asked her what was going on, perhaps they could have helped"? Why or why not?
3. To what extent do you think that the police are the ones to blame for the tragedy? Explain your answer fully.

Anti-Social Behaviour

What is classed as anti-social behaviour?

The term 'anti-social behaviour' covers a wide range of activities that are harmful to other people or the environment. Anti-social behaviour almost always has negative effects on the people who are on the receiving end of it. People who experience the anti-social behaviour of others are often left feeling annoyed, distressed, scared, or harassed.

Examples of anti-social behaviour include:

- making too much noise late at night
- writing graffiti where it isn't welcome
- begging in places where it isn't permitted
- dumping rubbish and littering the streets
- racing vehicles up and down public roads
- drinking alcohol in the street
- being verbally abusive
- harassing or intimidating somebody



Is all anti-social behaviour a crime?

Not all anti social behaviour is a crime, but even the behaviour that isn't a crime can become a crime if it continues to build up. A lot of anti-social behaviour, such as the examples listed above, can qualify as a crime and can be punished by law.

How is anti-social behaviour punished?



The Anti-Social Behaviour, Crime and Policing Act 2014 gave the authorities the ability to close down premises, force groups to move away from certain areas, ban people from places, issue public protection orders and other measures for dealing with anti-social behaviour. If an adult breaks their criminal behaviour order by showing anti-social behaviour, they can go to prison for up

to 5 years.

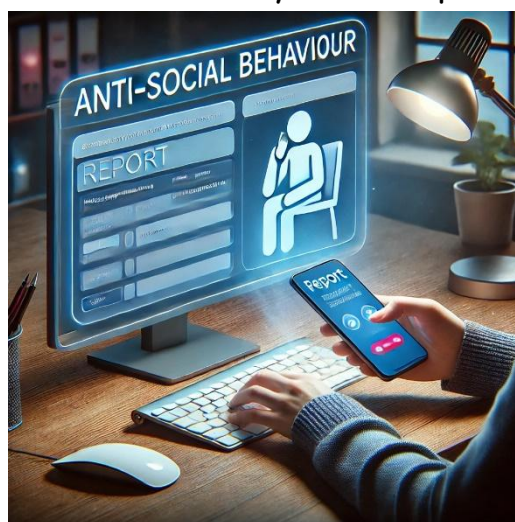
Why do people behave anti-socially?

There are lots of different and complex factors that might result in somebody behaving anti-socially. Children who have shown high levels of aggression are statistically more likely to show anti-social behaviour as adults. A child growing up in a home where there is violence is also more likely to display signs of anti-social behaviour. Similarly, if a child is growing up in a home where the parent(s) abuse drugs or alcohol, can't provide stability, or have committed anti-social behaviour, the child may be more at risk of committing anti-social behaviour themselves.

The peer group that a person associates with also plays an important role. For example, a child who hangs around with other children who choose to behave anti-socially is more likely to be pressured into behaving that way themselves, because they want to 'fit in' with the group. Especially for children and teenagers, anti-social behaviour can be seen as a way of rebelling against adults and the rules of society. It can be a way for people who don't have much power to feel like they are powerful. However, it is called anti-social behaviour for a reason: it is harmful to others, and it can lead to a criminal record.

How can I report anti-social behaviour?

You can report anti-social behaviour to different authorities, depending on your situation. If you are living in private rented housing, you should report the problem to your landlord. The landlord of a property has legal obligations to make sure that their tenants don't break their tenancy agreement. If you are not living in private housing, or the problem is in the streets, you can report it to the local council. There are different departments of the council, so make sure you choose the right one to tell. For example, a problem with items being dumped in the streets might be best reported to the environmental health team. If you think that a crime is being committed, you can report it to the police. Use the non-emergency number, 101, to report the problem (unless you think that



the situation is life-threatening, in which case, dial 999).

You may be required to gather evidence of the anti-social behaviour that you want to report. This could involve keeping a diary or log of events as they happen. For example, you might need to keep a record of when your neighbour is being noisy, or when a person is being verbally abusive. It may also help you to record some of the anti-social behaviour, either as a screen shot, video or a sound file. Do not put yourself at risk when doing this: your safety is the most important thing. Once the authorities are involved, they will guide you through what you need to do. There are also charities which offer help and support to people experiencing anti-social behaviour. Victim Support offers resources and guidance for victims of a range of crimes including anti-social behaviour. ASB Help is a charity dedicated to victims of anti-social behaviour, and has lots of very useful guidance on its website. You don't need to suffer alone.

Vaping



What are the harms caused by vaping?



Starter:

Despite never smoking, Eddie and his friends all vape. It's getting expensive, but no one has suggested quitting – until recently.

Eddie started getting a weird pain in his chest, it felt a bit like there was some water stuck somewhere, which he just couldn't cough up. His dad is very worried and has taken him to the doctor.

Discuss: Why are Eddie and his friends vaping in the first place, do you think?



Discuss briefly why you think vapes were created in the first place.

I think the reason vapes were created in the first place is....



What are the harms caused by vaping?



Learning outcomes:

Describe the different health problems caused by vaping and the link between addiction, nicotine and dopamine.

Explain why vaping is not a safe long-term activity and should be seen primarily as a smoking cessation aid, using new terminology.



Key terms:

Vaping – breathing in a steam-like fume designed as a replacement for tobacco smoking, still containing nicotine in many cases.

Task One:

Vaping – why such a big issue?

[Know Vape | The health impacts of youth vaping | PBS](#)

At what age is the brain fully developed?

What is the addictive component in e-cigarettes and what can it affect?

EVALI stands for:

E-cigarette

Vaping

Associated

L _____

I _____

What are the respiratory symptoms of hospital patients?

What is one of the biggest myths about vaping?

What effect do e-liquids have on bone cells?



Nicotine, vaping, addiction and harm

You may have seen adverts put out by the NHS to encourage smokers to kick their habit by vaping instead. This doesn't mean that vaping is 100% safe, by any means, but what it does do is provide



a safer alternative that feels similar to smoking and still gives the smoker their nicotine fix without flooding the body with as many noxious chemicals.

This is important because when people use nicotine patches or gum to stop smoking, although their body

still gains the nicotine they are addicted to, smokers often miss the feeling of having something in their hands, and need to keep their hands occupied. However, vaping was only ever meant to be a means of getting off smoking – it was never supposed to create a replacement long term habit, which for many people, and even people who were originally non-smokers, it now is.

Nicotine is the problem here. Nicotine is what releases the feel good chemical dopamine into your system. Dopamine is released by most dangerous and illegal drugs, for example, cocaine, ecstasy and amphetamines. It is also released when people drink alcohol, which one reason why some people end up becoming alcoholics.

We can however gain this dopamine fix from healthy means too; exercise is a dopamine releaser, as is socialising with friends or watching a hilarious comedy and having a full-on belly-laugh.

Addiction is a powerful thing. You make look at smokers and wonder, when their teeth are yellow, their breath stinks and they are prematurely aging, why do they still do that? Smokers are warned about all these terrible consequences and far more; the government puts horrific images of damaged bodies on cigarettes packets to discourage buyers. Yet you find smokers who have already developed lung disease and cancers who still smoke too. They don't want to, but that's how hard it is to stop. Many have tried vaping, but then get addicted to that too – something which we just don't know all the long-term effects of.

The best way to avoid the problem of nicotine addiction is to never start smoking or vaping. Imagine how much money you'd save over the years. Look at someone who spends £9 on cigarettes a day (a common amount, as this is one packet), $9 \times 365 = £3285$ a year!



Vaping is expensive too – firstly the actual e-cig will cost around £20 and many people need to replace theirs each month. Then there's the e-cig vapour juices. These are around £10 a go too, and it is normal for vapers to buy one a week – just add all that up.....£760 a year! So much for a perfect alternative to smoking.

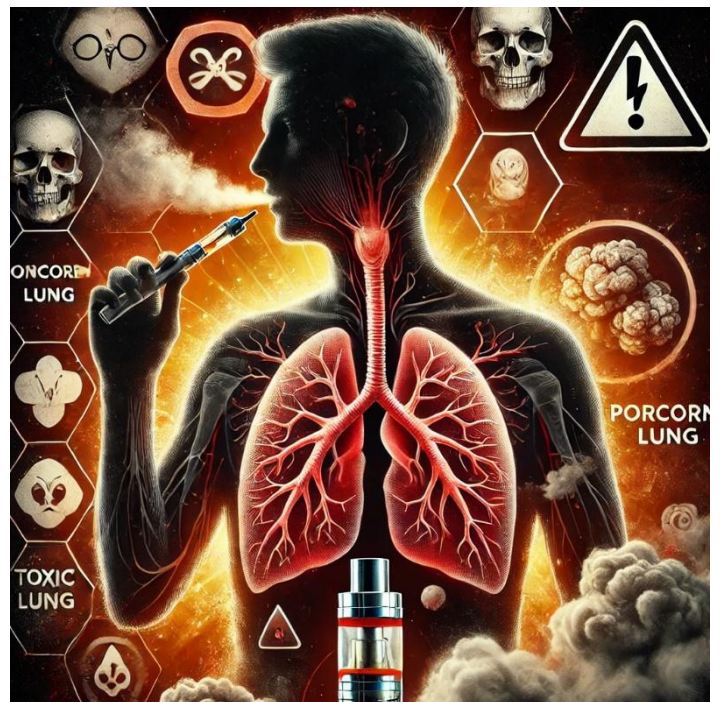
So what exactly IS vaping?

Vaping is a term used to describe the act of inhaling vapor produced by an electronic cigarette or other vaping devices. While many people believe that vaping is safer than smoking traditional cigarettes, it is important to understand that vaping can also be dangerous, especially for young people.

One of the main dangers of vaping is the fact that many e-cigarettes and vaping devices contain nicotine, which is a highly addictive substance. Nicotine can cause a number of negative effects on the body, including increased heart rate and blood pressure, reduced lung function, and a higher risk of developing addiction and mental health problems.

Another danger of vaping is the fact that the liquids used in e-cigarettes and vaping devices can contain harmful chemicals and toxins, such as formaldehyde and acrolein. These chemicals can be harmful to the body when inhaled and can lead to a number of negative health effects, such as lung damage and an increased risk of cancer. Furthermore, there have been reports of serious lung injuries and even deaths associated with vaping. In recent years, there have been many cases of young people experiencing lung injuries after using e-cigarettes or other vaping devices, and some have even died as a result.

In addition to the potential health risks, vaping can also be a gateway to smoking traditional cigarettes. Many young people who start vaping may eventually move on to smoking, which can lead to even more serious health problems in the long run.




Diseases we don't usually see in young people




"Popcorn lung" is a colloquial term for a serious lung disease called bronchiolitis obliterans. This condition damages the small airways in the lungs and causes scarring, making it difficult for air to flow in and out of the lungs. The term "popcorn lung" originated from a cluster of cases in the early 2000s that occurred among workers in a microwave popcorn plant who were exposed to high levels of diacetyl, a chemical used to flavour popcorn.


In recent years, there have been concerns about a potential link between vaping and popcorn lung. Some e-cigarette liquids contain diacetyl or other flavouring chemicals that, when heated and inhaled, could cause lung damage similar to that seen in the popcorn plant workers. However, it's important to note that the risk of developing popcorn lung from vaping is not yet fully understood, yet there have been cases

of this condition in young people which seem to have no other explanation except the connection that they were all vape-users.



What are the harms caused by vaping?





Signposting support:

Useful helplines and charities


<https://www.nhs.uk/better-health/quit-smoking/vaping-to-quit-smoking/>
NHS site with up to date info on using vaping appropriately to quit smoking.

Young Minds. Child and adolescent mental health charity. Call: 0808 802 5544 (parents' helpline)


Teen Line | Teens Support hotline - Connect, talk, get help! Teen Line's highly trained teen listeners provide support, resources and hope to any teen who is struggling.


<https://www.royalwolverhampton.nhs.uk/about-us/smoke-free-rwt/the-facts-on-vaping/>
Free vaping and health facts guide

Self-Harm



Self Harm – What is this and why do people do it?





Starter:

Kev has been really keeping himself to himself lately. There's a rumour going around he's been doing things to hurt herself. He's been quiet for a while now – although is still on his phone a lot.

Discuss: How do you think Kev's mental health might be at the moment – why? What danger might he be in?

Some people lash out through shouting, or breaking something when they are in intense mental pain. But why would someone hurt themselves?

CLUE: Directing anger inwards
CLUE: Punishment
CLUE: Control



New key terms:

Learning outcomes:

Describe the characteristics of a person who may self-harm and the danger they are in.

Explain how we should support sufferers and why people sometimes self-harm.

Self-harm - deliberate injury to oneself, typically due to an overwhelming negative mental state.

Dermatillomania – a psychological condition where people pick, scratch or harm themselves, not to feel pain but because of an addictive urge to do this.

Task One:

Watch the following clip from the charity MIND and choose five questions to complete on your answer sheet. Your teacher will then go through the answers. <https://www.youtube.com/watch?v=fSEtUbc8JDU>

Does telling self-harmers to 'stop doing it' help at all?

In what situations do people self-harm?

What does help people who self-harm?

How do the self-harmers feel before they self-harm?

How do the self-harmers say self-harm can make them feel better?

How can family and friends help those who self-harm?

What is meant by an 'open environment' and how can this help?

What does 'cathartic' mean? How is self-harm cathartic?

Which underlying emotions trigger the act of self-harm? Why is this?

What does the girl mean when she explains she 'can't win' when it comes to self-harm?



Self-Harm information

It's hard to imagine for many of us that doing something to ourselves which hurts can make us feel better in some way. However, when self-harmers inflict pain upon themselves, that's exactly what they are trying to do.

Some self-harmers describe a feeling of relief at cutting themselves, some describe a brief feeling of satisfaction that they have punished themselves, or a release of tension or stress. Many self-harmers will hide their injuries and never want anyone to find out. They may do this by wearing long sleeves, avoiding activities like swimming or stay in and avoid socialising. This can lead to some people feeling isolated and therefore even worse. Self-harm is commonly linked to low self-esteem but can also be triggered by a traumatic event in a person's life.

Some self-harmers do eventually show their injuries. This can be a 'cry for help', meaning that things have got so bad that they finally do want someone to notice and are reaching out for help.

Self-harm is when somebody intentionally damages or injures their body. Some of the reasons that people may self-harm include:

expressing or coping with emotional distress

trying to feel in control

a way of punishing themselves

relieving unbearable tension

a cry for help

a response to intrusive thoughts



Around 10% of young people are thought to self-harm at some point. Scarily, 50% of people who commit suicide are also thought to have self-harmed in the past. We should never say people who are self-harming are 'attention seeking.'

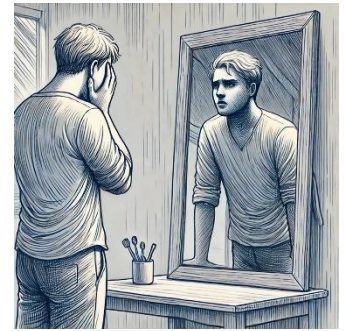
There are treatments out there to help people who self-harm however. In the UK, the NHS advise;

If you're self-harming, you should see your GP for help. They can refer you to healthcare professionals at a local community mental health service for further assessment. This assessment will result in your care team working out a treatment plan with you to help with your distress.

Treatment for people who self-harm usually involves seeing a therapist to discuss your thoughts and feelings, and how these affect your behaviour and wellbeing. They can also teach you coping strategies to help prevent further episodes of self-harm. If you're badly depressed, it could also involve taking antidepressants or other medication.

Dermatillomania Information

Dermatillomania may seem at first to be a similar condition to self-harm; the act is self-inflicted, causes pain and makes lasting marks on the body. However, the aim behind it is not the same. Those suffering from dermatillomania also often suffer from anxiety and depression. This makes them see imperfections on themselves which are often not really there or too small to see. The physical act which harms them is not supposed to cause pain, but remove an imperfection, like a spot or a jagged nail. Due to there being no imperfection there a lot of the time, and the urge to act on it feeling very strong, the sufferer can end up causing themselves a lot of damage.



The damage caused by the sufferer unfortunately soon does create imperfections and then they find they can't stop picking at those too, so the cycle continues. This causes further anxiety and depression. Some sufferers pull out their hair, this is called trichotillomania.

Dermatillomania is notoriously hard to treat, although NHS UK advises;

'See your GP if you're compulsively picking your skin or if you notice your child doing so. Your GP can refer you to a psychologist or psychiatrist for a form of talking therapy. You may need to be referred to a dermatologist (skin specialist) first, if the skin is badly damaged.'

Little medical research has been conducted into treatments for dermatillomania. The most effective treatment is therapy to change your skin-picking behaviour, combined with a network of emotional support.

Psychotherapy is a type of talking therapy that can be used to treat emotional problems and mental health conditions. It involves discussing emotional issues with a trained therapist.

Cognitive behavioural therapy (CBT) is a type of psychotherapy that may be recommended. It helps you to manage your problems by changing how you think and act.'





Self-Harm – What is this and why do people do it?



Signposting support:

Useful helplines and charities for self-harm

Childline. Support for people under 19 in the UK. Call: 0800 11 11

Young Minds. Child and adolescent mental health charity. Call: 0808 802 5544 (parents' helpline)

Self-harm Young Minds webpage for specific support.

Self-harm support - Harmless, the self-harm charity and advice service.

Samaritans. Samaritans provide 24-hour online and phone support to people in distress. Call: 116 123

SANE. National out-of hours mental health charity offering emotional support, guidance and information. Call: 0300 304 7000 (4.30pm to 10.30pm)

Mental Health Foundation. Information and support for anyone with mental health problems or learning disabilities.



Homelessness - what leads to this situation and why is it on the increase?

STARTER:



Kaleb had a well paid job as a shop manager. When his shop closed down he struggled to find any work in his town. Very soon he couldn't pay his rent and found himself evicted. Kaleb has no family to ask for help and a debt of £5000 from an old credit card, which is stopping him borrow money.

Challenge: Why can't Kaleb just get another job? Identify possible reasons.

More challenging: Explain the different ways being homeless would impact on Kaleb in
1) the short term

and 2) the long term.

Mega challenge: Is being homeless the same as sleeping rough? Explain your ideas articulately and in full with examples.

Key terms:

Homelessness - A person with no permanent residence of their own, may be on the streets, sofa-surfing or in a hostel.

Rough Sleeping - sleeping in places which aren't designed for sleeping, often outside.

Task one:

Watch the clips and choose some challenge questions to answer.

https://www.youtube.com/watch?v=G_2oGHQtOI0

Watch up to 7:17 only.

Content note: video extract contains one mild swearword.

Challenging

1. Name THREE bad things that Lukasz has to deal with as a homeless person.

2. Mark says that people have kicked and punched him. What does he blame this on?

3. What does Manchester need more of, according to Mark?

More Challenging

1. In your opinion, what is the worst thing that Lukasz has to deal with as a homeless person? Explain why you think this.
2. Violence and abuse towards homeless people is not acceptable. Why do you think some people mistakenly feel that it is ok to be violent to a homeless person?
3. Which homeless person's story do you connect with the most and why?

Mega Challenging

1. Why do you think that Lukasz feels that nobody has helped him, even though people have offered to help?
2. Why does Simon feel particularly sorry for young people? Do you agree? Explain your answer fully.
3. Why do you think that the director chose to include an extended shot of the street preachers in this documentary?

4. Do you think this is an effective documentary? Why or why not? Explain fully.

Homelessness and Rough Sleeping

What is the difference between homelessness and rough sleeping?

Rough sleeping is the term used for sleeping in places which aren't designed for sleeping, for example on the streets, in doorways, in cars, in bus shelters, or even in derelict buildings. Many people who are homeless sleep rough.

However, some people may be homeless even if they aren't sleeping rough. For example, people in temporary accommodation are not classed as rough sleepers, because they have a roof over their head, but they still do not have a home. Examples of temporary accommodation include: B&Bs, hostels, night shelters, women's refuges and so on. There is almost always a limit on how long a person is allowed to stay in temporary accommodation. It may be longer term or it may be as little as one night. There are also people who 'sofa surf', which means they stay in the homes of different friends and family members on a temporary basis, but they don't have a home of their own.



How many people are homeless?

It's hard to calculate the actual number of homeless people, because a lot of people are classed as 'hidden homeless', which means they do things like 'sofa surfing' (see above). According to homeless charity Shelter, more than 300,000 people are homeless in the UK. This figure includes people in hostels and other temporary accommodation. In the USA, the figure is thought to be 500,000. Globally, an estimated 100 million people are homeless, with up to 1.6 billion people living in

'inadequate' accommodation (this includes places like slums, squats, and other poorly-built or low-quality housing).

What causes homelessness?

There are normally several factors that cause people to be homeless, rather than one single cause. For example, a lack of financial income might be a big factor, but it is often combined with other things like a lack of social support, lack of access to healthcare, personal circumstances and mental health issues. Abuse can sometimes be a factor; for example, people may leave their home in order to get away from domestic violence, abuse or neglect. People who have been involved in crime from a young age, people who experience issues with addiction, and people who have been in the care system are all at increased risk of homelessness, according to research.



What are the effects of homelessness?

The effects of homelessness are far-reaching and devastating. The average life expectancy for a homeless person is just 47. As well as this, a homeless person is more than 9 times more likely to commit suicide than the average person. Homeless people also face violence on the street, with 1 in 3 homeless people having experienced deliberate abuse whilst homeless.

Being homeless often makes many things more difficult, for example finding a job, staying fit and healthy, and having positive relationships. Homeless people are also significantly more likely to experience mental health issues, long-term health problems, and drug addiction than the average population.

The longer a person is homeless, the more difficult it may be for them to overcome their situation.

How can homeless people be helped? There are organisations who are dedicated to helping the homeless. In the UK, these include Streetlink, who give support to homeless people. You can tell professional organisations like Streetlink if you see someone who is sleeping in the street; they will then be offered professional support. You can also offer a homeless person food or drink, as well as warm clothes. Donating money or items of food and clothing to a homeless hostel is another way to make a



positive difference.

On a wider level, homelessness can be prevented by making changes to the support offered by the government. For example, government policies which offer more affordable housing would make a big difference, according to homeless charity Shelter. Systems of support for people at risk of homelessness could be put in place, for example free legal advice, more social housing, and more support with the practical side of renting a house (e.g. paying bills, looking after the house, etc.).