

GCSE



CCEA GCSE STUDENT WORKSHEETS

Learning for Life and Work

Unit 2: Personal Development



For first teaching from September 2017

Different Types of Family Structure – Activity

We all have a role within our own unique family structure and this is also accompanied by certain responsibilities. Responsible parenting is vital to a family's development and can be achieved in many different ways. No two family units are exactly the same and diversity makes life more interesting. Such differences between families bring opportunities and challenges to everyone. Can you match the family descriptors with their definition?

Family descriptor	Definition
Same sex parents	The parent with whom a child lives
Single parent family	Living in a family who are not necessarily blood relatives, but parents may be legal guardians
Nuclear family	Beyond the nuclear family which may include grandparents and other relatives
Adopted/Fostered	A parent who does not have a paid job, but looks after the children
Blended family	A couple and their dependent children
Stay at home dad/mum	Both parents are in a relationship together (perhaps married) and of the same gender
Extended family	Two people who are married to each other
Cohabitation	A family unit made up of a couple, their children and children from a previous relationship
Married couple	A lone parent who lives with and is responsible for child/children
Custodial parent	Two people who live together but are not married

Activity

Personal and Social Strategies to deal with Female Genital Mutilation (FGM)

Fill in the tables below, according to the scenario presented:

I am a potential victim of FGM

Actions I could take:	Good/Bad idea?	Consequences	
Keep it to myself			
Talk about it to my family			
Tell a friend			
Run away			
Tell a teacher			
Contact an appropriate children's charity/organisation			

I suspect a girl in my class could become a victim of FGM

Actions I could take	Good/Bad idea?	Consequences	
Keep it to myself			
Talk about it to my family			
Tell a friend			
Tell a teacher			
Contact an appropriate children's charity/organisation for advice			
Speak to the girl			

The school staffs have identified some girls who are at risk of FGM

Actions they could take	Good/Bad idea?	Consequences	
Keep it to themselves			
Tell their friends/family			
Talk to the girls			
Talk to the girls' families			
Contact the appropriate authorities			
Develop a whole school policy on FGM			

Healthcare Professionals have identified some girls who are at risk of FGM

Actions they could take	Good/Bad idea?	Consequences	
Close the cases, it's none of their business			
Monitor the situations closely			
Inform relevant Social Services staff			
Inform the PSNI			
Request a public awareness campaign			

A children's charity is seeking to fight against FGM

Actions they could take	Good/Bad idea?	Consequences	

The national government is keen to stop FGM from happening to girls who reside in the UK

Actions they could take	Good/Bad idea?	Consequences	

Global leaders want to completely eradicate FGM worldwide

Actions they could take	Good/Bad idea?	Consequences	

Personal Finances

Read the following articles:

<http://www.bbc.co.uk/news/business-37213026>

<http://www.independent.co.uk/news/business/news/more-than-40-of-yoing-people-millennials-use-payday-loans-or-pawnshops-a6802206.html>

<http://www.standard.co.uk/business/the-new-financial-crisis-young-people-are-facing-a-debt-trap-a2957991.html>

Questions and Activities

1. Define the following:

Debt _____

Payday loan _____

Credit rating _____

Pawnshop _____

Overdrawn _____

2. Is debt a problem for young people nowadays?

3. What influences young people to get into debt?

4. Who is responsible for the level of debt in our society?

5. Some people might argue that it is easy to get into debt, why is this?

6. How are people targeted by lenders?

7. What are of the consequences of debt for:

a) An individual?

b) The government?

8. Do think that borrowing money is the only option for those who struggle financially? Why/why not?

Click on the following link and watch the videos:

<https://www.citizensadvice.org.uk/debt-and-money/young-people-and-money-advice/young-people-money-advice-videos/>

Now, create your own Money Management Guide for Young People based on what you have seen and read. Use the space below to start your planning:

Planning – think about the following:

Introduction

What I want –

What I need –

What I really cannot live without –

Different types of credit -

The role/purpose of money lenders/credit providers-

Tools money lenders use to tempt us-

Who can we trust?

The cost of borrowing money

The effects of spending more than you have

How to escape a credit trap

The benefits of saving

Conclusion

Questions I should ask before I buy

Checklist of do's and don'ts regarding borrowing money

Abusive Relationships

Read the case studies, answer the questions and complete the activity that follows:

I didn't realise how scared I was of my dad until I moved to my new family. He would be fine one minute and the next he would just start punching me. It was like a switch had been flicked. He said I have no idea how lucky I am, compared to what his dad did to him. He always made sure he never hit my face, but I had bruises all over my body. Mum just did nothing but she was scared of him too and got beaten up lots.

Mark, 14

My girlfriend is great as she is very smart and really pretty, but something just isn't right. She gets very jealous as she reads all of my messages and logs onto my social media pages. I have to tell her where I am all the time and if I don't ring her at least 5 times a day she goes crazy! She tells me she loves me and says I am really lucky to have her as no other girl would want me. She always puts me down, saying I am no looker and she is right, I'm not good looking. I don't mind so much when she says this stuff just to me, but it's embarrassing when she says it and we are with other people. She says if I ever split up with her she will put some of the, you know, private photos she has of me all over the internet. Maybe I am overreacting, she loves me really....

Ciarán, 18

One night this guy contacted me on messenger and he is gorgeous! It was so random, but maybe it's meant to be! He sent me photos of himself and I have sent him photos of me. He's not like all the boys in my class, he's more mature and really funny. He is a student at university, but also works part time as a model. He says I could probably do some modelling work too. We are going to arrange to meet up soon, but we have to keep it a secret as we don't want the boring parents spoiling our fun.

Ayesha, 15

I think I am lucky to have such fun parents as they love to party. They aren't strict at all and let me do what I want – it's great! They are so unlike my friends' parents as they even let me drink alcohol with them if I want, but it makes me feel sick. I don't have to go to school if I don't want to, but I prefer to go as it's warm there. I don't like getting my brothers ready for school and that is why I am always late and then I get into trouble. When I get home, I am often a bit cross as there isn't any food in the house and my little brothers are hungry. The house is a bit of a mess and my friends laughed at it, but I just tell them that mum and dad are tired from being out the night before. My teacher asked me yesterday when was the last time my uniform was washed. Mum says she shouldn't be so nosey and I think other people should mind their own business!

Jessica, 12

Questions/Activity

1. Identify the type of abuse in each case study:

Mark _____

Ciarán _____

Ayesha _____

Jessica _____

Gavin _____

2. a) Who is fully aware of the abuse he/she has suffered from and how do you know this?

b) How would you feel if you were a victim of this type of abuse?

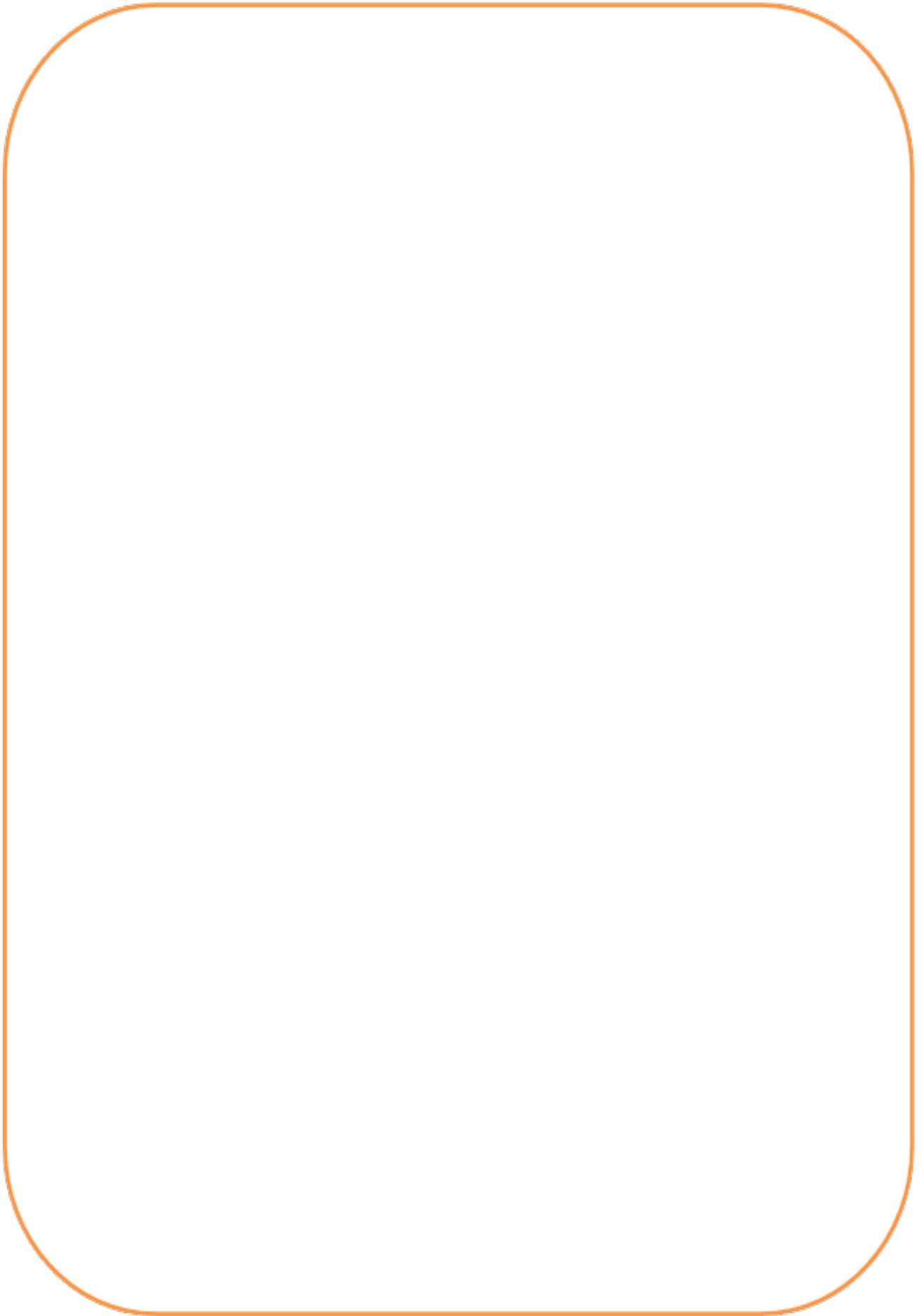
3. a) Who is not fully aware of the abuse he/she has suffered from and how do you know this?

b) Do you think the abuser is aware of his/her abusive behaviour?

4. Which person's account shocks you the most and why?

5. Do you think any of the abusers are victims, if so why?

6. Choose one person and write a private message to him/her offering advice and support.



Depression

What is depression?

Depression is a common mental disorder that causes people to experience depressed mood, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, low energy, and poor concentration.



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Half of the people who have depression will only experience it once but for the other half it will happen again. The length of time that it takes to recover ranges from around six months to a year or more.

Living with depression is difficult for those who suffer from it and for their family, friends, and colleagues. It can be difficult to know if you are depressed and what you can do about it¹.

Depression is different from feeling down or sad. Unhappiness is something which everyone feels at one time or another, usually due to a particular cause. A person experiencing depression will experience intense emotions of anxiety, hopelessness, negativity and helplessness, and the feelings stay with them instead of going away.

Depression can happen to anyone. Many successful and famous people who seem to have everything going for them battle with this problem. Depression also affects people of every age.



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Depression – Fact or Myth?

Examine the following statements about depression and decide if they are a fact or a myth:

Depression is not a real illness	
Depression can affect teenagers	
People who are depressed always seem sad	
Depression is just feeling sorry for yourself	
Anyone can suffer from depression	
You always need prescription drugs to cure depression	
Talking about your feelings of depression makes you feel worse	
Biological evidence of depression can be seen in brain scans, which show abnormal activity levels	
You can just snap out of it	
Depression only affects women	

Fact/Myth cards to place beside the statements about depression

FACT	MYTH

The answers and explanations

1. Depression is not a real illness – MYTH

Depression can be a very serious illness and you cannot choose whether or not to have it. When suffering from depression, people can try to self-medicate with alcohol, drugs, overeating/undereating or even self-harm which can lead to further health issues. In extreme cases, depression can be fatal, as the feelings of hopelessness can be so intense that the sufferer may have suicidal thoughts.

2. Depression can affect teenagers – FACT

Rather alarmingly, the number of cases of young people suffering from depression is on the rise. This is perhaps because depression has always been difficult to spot in young people as sadness, irritability, antisocial behaviour and withdrawal are considered “normal behaviour” when growing up.

3. People who are depressed always seem sad – MYTH

Depression is a very complex illness that can present itself in many different forms. Men, in particular tend to avoid talking about their feelings and instead, they may lash out, be irritable, angry, or restless when depressed. Depressed people may not even be able to cry, as they feel so helpless about their situation.

4. Depression is just feeling sorry for yourself – MYTH

Depression is a mental illness which is very real and can be devastating for sufferers and their families. Sometimes people can refer to themselves as being depressed, when in fact they are nothing more than a little fed up with life. The word can be exaggerated and used too often “I am so depressed, I can’t go out tonight”.

5. Anyone can suffer from depression – FACT

Unfortunately you cannot decide whether or not you develop depression. Certain circumstances can mean that you are more at risk from developing this illness, but many people under such circumstances do not become depressed.

6. You always need prescription drugs to cure depression –MYTH

There are lots of ways to help cure depression such as rest, fresh air, exercise, healthy eating, cognitive behaviour therapy (talking therapy), trying out a new hobby, meeting up with friends, relaxation and establishing a routine. In some cases, medication is necessary and may help to speed up the healing process.

7. Talking about your feelings of depression makes you feel worse – MYTH

It is often useful to talk about your feelings of depression, as sharing your problems can often make you feel better. In the short term, it may make you feel more down, but if solutions are found, it will likely be better for you long term. It is important to think about who you are going to talk to first. It could be a trusted friend, family member, a helpline service such as lifeline, teacher, school counsellor, or your doctor. Think about what each person can offer. If it doesn’t go as planned, try a different person, as you can talk to more than one person.

8. Biological evidence of depression can be seen in brain scans, which show abnormal activity levels – FACT

Depression is often linked with imbalance in **neurotransmitters** or chemical imbalances in the brain. This is how antidepressant drugs can help relieve the symptoms of depression, by changing these imbalances. It is important to note that a brain scan may not be able to diagnose depression, but it can reveal changes.

9. You can just snap out of it – MYTH

This type of advice regarding depression is unhelpful and shows a lack of understanding of the illness. You cannot just snap out of any other illness.

10. Depression only affects women – MYTH

Men are just as likely as women to develop depression, but women are more likely to seek treatment. This means that health professionals are very concerned about many men who are not receiving the help they need.

ⁱ <https://www.mentalhealth.org.uk/a-to-z/d/depression>