



**What should I already know?**

- About drugs and alcohol misuse
- Negative effects of peer pressure
- Pressures relating to drug misuse

**What will I know by the end of the unit?**

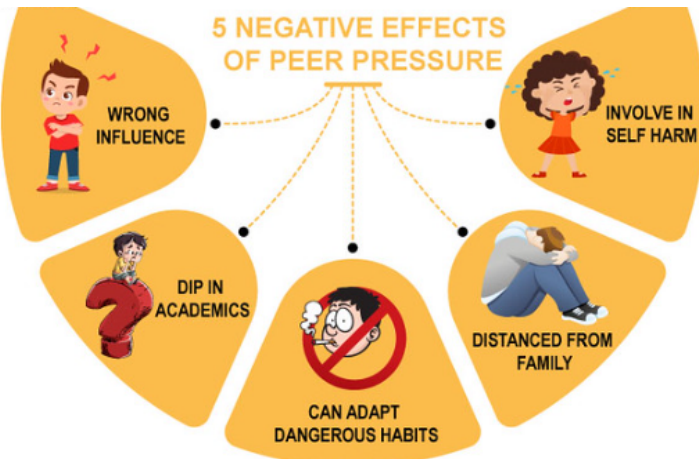
- To know about the qualities of healthy and unhealthy social groups.
- To know about the factors which contribute to a young person deciding to join or not join a gang.
- To know about the risks in belonging to a gang and consequences of gang behaviours.
- To know about exit strategies to enable someone to leave a gang safely.
- To know how to seek help if worried about gang activity.
- To learn about different influences and consequences that might affect decisions relating to vaping.
- To know how and why to follow the 'RUN HIDE TELL' safety procedure in the event of a knife or gun attack.

**Vocabulary**

<b>Peer Pressure</b>	Being influenced by people of the same or similar age
<b>Risky behaviours</b>	Risky behaviours are actions that can put people at risk of physical, mental, or emotional harm, or abuse.
<b>Gangs</b>	An organised group of criminals.
<b>Consequences</b>	A result or effect, typically one that is unwelcome or unpleasant.
<b>Assertiveness</b>	Assertiveness is the ability to communicate in a direct and honest way while still respecting others.
<b>Risk</b>	The possibility of something bad happening.
<b>Substance use</b>	The continued use of alcohol, illegal drugs, or the misuse of prescription or over-the-counter medicines with negative consequences.



Negative effects of peer pressure



Risk taking behaviours

**Factors in risk-taking behaviour**

- Peer pressure
- Age
- Sex
- Personality type
- Mental health
- Family background
- Culture
- Percieved risk

Support

**Signposting support**

Further support is available from:

- Home/school support: a friend, teacher, tutor, parent, school counsellor, PCSO.
- A Better Medway: [www.abettermedway.co.uk](http://www.abettermedway.co.uk)
- Childline: [www.childline.org.uk](http://www.childline.org.uk) 0800 1111
- NSPCC: [www.nspcc.org.uk/gangs](http://www.nspcc.org.uk/gangs) 0808 800 5000
- Crimestoppers: [www.crimestoppers-uk.org/](http://www.crimestoppers-uk.org/) 0800 555111
- Victim support: [www.victimsupport.org.uk](http://www.victimsupport.org.uk) 0808 16 89 111
- Runaway helpline: [www.runawayhelpline.org.uk/advice/gangs/](http://www.runawayhelpline.org.uk/advice/gangs/)  
Call or Text 116 000, email [116000@runawayhelpline.org.uk](mailto:116000@runawayhelpline.org.uk)



Run Tell Hide

**RUN** - to a place of safety. This is a better option than to surrender or negotiate. If there's nowhere to go, then...

**HIDE** - Remember to turn your phone to silent and turn off vibrate. Barricade yourself in if you can.

**TELL** - the police by calling 999 when it is safe to do so.

**COUNTER TERRORISM POLICING** | **ACT** | **ACTION COUNTERS TERRORISM**