

1	Support network	A group of people who provide emotional and practical help to someone.e	11	Cyberbullying	any form of bullying that is carried out through the use of electronic media devices.
2	Support network at school	Form tutor Head of year	12	First aid	Help given to a sick or injured person until full medical treatment is available
3	Zones of regulation	A way to categorise our feelings into different zones.	13	Bystander	Someone who witnesses a situation but is not involved.
4	The Blue Zone	Feeling sad, tired, sick, or bored.	14	DRAB	D anger R esponse A irway B reathing
5	The Green Zone	The ideal state of alertness. A person may be described as calm, happy, focused, or content.	15	D anger	Before approaching the casualty, always make sure the area is safe.
6	The Yellow Zone	A heightened state of alertness. A person may be experiencing stress, frustration, anxiety.	16	R esponse	Check if the casualty is responsive.
7	The Red Zone	An Extremely heightened state of alertness. A person may be experiencing anger, rage.	17	A irway	Next, you need to check that the airway is open and clear. Open the airway by placing one hand on the forehead to tilt the head back and use two fingers from the other hand to lift the chin.
8	Friendship	The characteristics of positive and healthy friendships include: trust, respect, honesty, kindness, generosity, boundaries and privacy.	18	B reathing	Place your ear above their mouth, looking down their body. Listen for sounds of breathing and see if you can feel their breath on your cheek.
9	Peer pressure	Influencing peers to do things that they might not otherwise choose to do.	19	CPR	C ardio P ulmonary R esuscitation
10	Bullying	Unwanted, aggressive behaviour that involves a real or perceived power imbalance.	20	Citizenship	Learning about the community (local, national and global) that we live in and how we can be actively involved.