1	Risk	A situation involving the possibility of negative consequences.	11	Assertive behaviour	Behaviours which enable a person to act in their own best interest, stand up for themselves comfortably.
2	Impaired judgement	A time when your mind isn't thinking clearly. It may be under the influence of alcohol, drugs or peer pressure.	12	Aggressive	This is when we sound angry and try to win our own way without thinking about the other person's feelings.
3	A Gang	A group of people with a shared interest, or who share a common identity. A gang does not have to be involved in criminal activity, although when we hear the word 'gang' that is what we tend to think of.	13	Aggressive behaviours	Blaming other Pushing and shoving Shouting and screaming Tantrums Controlling
4	Gangs and the law	It isn't illegal to be a member of a gang, although many young people will become involved in crime through their allegiance to a gang. Many gangs involve themselves in drugs, violence and weapons.	14	Assertive behaviours	Firm, warm, well paced speech. Comfortable eye contact Relaxed body language Respectful language Fair Honest Direct
5	Why might people join gangs?	To feel safer in their area.  Other reasons could include:  • To get protection from rival gangs  • To have power over others  • Friends or family are involved  • To make money  • Lack of anything else to do  • To get respect and recognition  • To belong to a group / family  • They can seem glamorous to some young people	15	Resilience	The ability to bounce back from adversity
6			16	Being resilient	This is isn't about keeping things inside; it's about expressing how you feel and moving forward.
7			17	Importance of resilience	Having the skills to build resilience can minimise the effects of negative or stressful situations.
8			18	Binge Drinking	The consumption of an excessive amount of alcohol in a short period of time.
9	Knife crime	Any crime that involves a knife – regardless of whether the knife is used to injure someone.	19	Alcohol Poisoning	Condition in which alcohol causes the body's functions (heart rate, breathing and gag reflex) to shut down, and when the liver can no longer

				detoxify the alcohol in the body.
10	Knife crime	It is illegal to carry a knife in the UK, and you	20	Effects of alcohol
	and the law	can be arrested, go to court, get a criminal record and/or face a prison sentence if the police search you and find a knife	21 22 23 24	How Alcohol Affects Your Body  Brain Dinking alcohol leads to a loss of coordination, poor judgment, slowed reflexes, distorted vision, loss of memory, and even blackouts.  Heart Drinking alcohol could cause your blood pressure to rise, increase your heart rate, cause your heart to beat abnormally, and can increase the size of your heart.  Stomach You're putting empty calories into your body, which could cause weight gain. If you drink too much, you may vomit because alcohol is toxic. Drinking alcohol can also cause stomach ulcers and cancer.  Liver Drinking alcohol could cause diseases such as cirrhosis (sir-o-sis). It also can cause hepatitis (inflamed liver) or even liver cancer, which weakens the liver's ability to clot and keep our blood free from poisons and bacteria.  Reproductive System Heavy drinking can cause painful periods, heavy flow, discomfort before your period (PMS), and irregular periods (not getting your period when you're supposed to). Drinking also raises the fisk of getting sexually assaulted and having unsafe sex.