

1	Family	A group of one or more parents and their children living together as a unit	10	Bereavement	The experience of losing a loved one through their death.
2	Nuclear family	A family unit consisting of two adults and any number of children living together. The children might be biological, step or adopted.	11	Grief	The feelings you experience after the death of a loved one or the loss of something which you deeply valued.
3	Extended family	Grandparents, aunts, uncles, and cousins, either all living nearby or within the same household. For example, if a married couple lives with either the husband or wife's parents the family changes from a nuclear to extended household.	12	Denial	Trying to avoid the truth, saying it cannot be possible etc.
4	Reconstituted family	A family where one or both adults have children from previous relationships living with them.	13	Depression	A low mood that can last a long time or keep returning, affecting your everyday life.
5	Single parent family	The children will live with a single parent for the majority of the time, but they may still have contact with their other parent.	14	Acceptance	Willingness to tolerate a difficult situation
6	Same-sex family	Same-sex couples cannot conceive together, so their children may be adopted or be the biological children of one member of the couple. They may also be from a sperm donor or a surrogate birth mother.	15	Amicable break-up	A break up where the two individuals stay civil, don't attack each other and respect each other's boundaries.
7	Cohabitation	Living together in a sexual partnership without being married.	16	Emotions	A strong feeling deriving from one's circumstances, mood, or relationships with other
8	Divorce	Legal ending of marriage.	17	Fight or flight	The fight-or-flight response is the physiological reaction that occurs when your body is faced with something mentally or physically terrifying.
9	Conflict	A serious disagreement or argument	18	Communication	the successful conveying or sharing of ideas and feelings

1	Toxic Masculinity	The set of cultural and social traits traditionally associated with men and boys such as strength, courage and aggression.
2	Homophobia	A dislike of or prejudice of people who are LGBTQIA+
3	Misogyny	The hatred or dislike of women, or the belief that women are inferior to men.
4	Microaggression	Subtle forms of discrimination, often unconscious or unintentional, that communicate hostile or derogatory messages.
5	Sexual Consent	Agreement by choice with the freedom and capacity to make that choice (Sexual offences act 2003). In The UK the age of consent to any form of sexual activity is 16.
6	Resilience	The ability to cope and thrive despite facing setbacks including risky situations.
7	Risk	A situation involving exposure to danger.
8	Contraception	The deliberate use of artificial methods or other techniques to prevent pregnancy as a consequence of sexual intercourse.
9	STIs	Sexually transmitted infections
10	Viral STIs	Caused by viruses/ The most common include: <ul style="list-style-type: none"> ● Genital warts ● Genital Herpes ● HIV Early detection can be controlled (not cured).
11	Bacterial STIs	Caused by bacteria. The most common bacterial STIs include: <ul style="list-style-type: none"> ● Chlamydia ● Syphilis ● Gonorrhoea With early detection can be cured.
12	Chlamydia	The most common STI locally. A bacterial infection. If untreated can lead to long term health problems, Symptoms include pain while urinating or unusual discharge.
13	Gonorrhoea	A bacterial infection Unusual discharge from the vagina or penis, pain or burning when urinating, bleeding between periods are common symptoms for this infection. If untreated, it can lead to long-term health problems.
14	HIV/AIDS	A viral infection. There's currently no cure for HIV, but there are effective drug treatments that enable most people with the virus to live a long and healthy life. Most people experience a short flu-like illness 2 to 6 weeks after HIV infection, After these symptoms disappear, HIV may not cause any symptoms for many years, although the virus continues to damage your immune system.
15	Safer sex	Having sex with less risk of transmission (catching or passing on) a STI.