

<h2>Democracy</h2>	<h2>Mutual respect and Relationships</h2>		<h2>Identity</h2>	<h2>A healthy Lifestyle</h2>	
<p>Some countries do not follow a democracy. They can be autocracies (where a ruler rules with absolute power), or a theocracy (where priests rule in the name of God).</p> <p>We live in a democratic society, so we get to vote for our government and the people who we believe will make good decisions for us,</p> <p>We have access to MPs, and we can contact them through</p> <ul style="list-style-type: none"> • Letters • Emails 	<p>Relationships that make us feel unsafe, or regularly sad, hurt or bad are unhealthy relationships.</p> <p>A healthy relationship will:</p> <ul style="list-style-type: none"> • Make us feel good • Make us feel safe • Not put us in terrible situations. <p>I must respect those who are different from me (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or be-</p>	<p>I should have physical boundaries within different relationships. I decide who gets to</p> <p>I can resolve conflicts at school and or outside of school by:</p> <ul style="list-style-type: none"> • Talking and listening • Knowing when to walk away to keep myself safe • Knowing who to talk to when I am feeling unsafe. • Trying to understand how others are feeling. • Understand what might lead to a conflict and avoid this. 	<p>Aspiration: something that you want to achieve, or the wish to achieve in the future. Goal: something that you</p> <p>By recognising our feelings, we can manage them better.</p> <p>Grief can be caused by:</p> <ul style="list-style-type: none"> • Loss • Bereavement • Change 	<p>Before I make choices about my diet, I should know about</p> <ul style="list-style-type: none"> • Different types of nutrition in food • How many calories are in my food • I can enjoy all food as long as I exercise balance <p>There are different forms of a balanced diet, and I can choose based on my</p> <ul style="list-style-type: none"> • Lifestyle • Money 	
<h2>Diversity, Tolerance and Equality</h2>		<h2>Individual Liberty</h2>		<h2>Careers and Finance</h2>	
<p>Stereotypes can be based on</p> <ul style="list-style-type: none"> • Gender • Race • Culture • Religion <p>We can be influenced into thinking about stereotypes because of the media or others.</p>	<p>Intolerance can result in bullying or harm to others.</p>	<p>Health and wellbeing can be influenced by many factors such as:</p> <ul style="list-style-type: none"> • Our relationships • Our environment <p>There are different cultures, customs and traditions of people living in the UK.</p>	<p>Anti-social behaviours can get people in trouble with the police. They include:</p> <ul style="list-style-type: none"> • Being unbearably noisy. • Graffiti • Causing lots of trouble • Litter • Racism 	<p>Rights are moral and legal commitments about what people deserve.</p> <p>Responsibilities are the duties that we have to other people and things.</p>	<p>Money helps keep people fed, clothed, sheltered and can give them good experiences.</p> <p>When we don't have enough money, we can borrow from banks.</p> <p>Debt is the money that we owe others, which we have to pay back.</p> <p>We can earn 'interest' on savings we put in the bank, or on debts we have.</p>
<h2>Risk</h2> <p>Our behaviour can affect the safety of ourselves and others.</p> <p>Risk — the possibility that something unpleasant or dangerous might happen</p> <p>Danger — a situation in which harm, death, damage, or destruction is possible</p> <p>Hazard — something that could be dangerous or could cause damage or accidents</p>		<h2>The Environment</h2> <p>To be responsible for the environment, we must learn about it, care for it, and make choices that help it.</p> <p>We are part of a community, and as such have a collective responsibility.</p> <p>There are some different groups that support our communities and the environment, such as Green Peace, Friends of the Earth, the Government, The British Ecological Society.</p>			

The UN Human Rights

When children are born, they are free and each should be treated in the same way. They have reason and conscience and should act towards one another in a friendly manner.

Everyone can claim the following rights, despite

- a different sex
- a different skin colour
- speaking a different language
- thinking different things
- believing in another religion
- owning more or less
- being born in another social group
- coming from another country.

It also makes no difference whether the country you live in is independent or not.

You have the right to live, and to live in freedom and safety.

Nobody has the right to treat you as his or her slave and you should not make anyone your slave.

Nobody has the right to torture you.

You should be legally protected in the same way everywhere, and like everyone else.

You should be able to ask for legal help when the rights your country grants you are not respected.

Nobody has the right to put you in prison, to keep you there, or to send you away from your country unjustly, or without a good reason.

If you must go on trial this should be done in public. The people who try you should not let themselves be influenced by others.

You should be considered innocent until it can be proved that you are guilty. If you are accused of a crime, you should always have the right to defend yourself. Nobody has the right to condemn you and punish you for something you have not done.

You have the right to ask to be protected if someone tries to harm your good name, enter your house, open your letters, or bother you or your family without a good reason.

Each work day should not be too long, since everyone has the right to rest and should be able to take regular paid holidays.

You have the right to have whatever you need so that you and your family: do not fall ill; do not go hungry; have clothes and a house; and are helped if you are out of work, if you are ill, if you are old, if your wife or husband is dead, or if you do not earn a living for any other reason you cannot help.

Both a mother who is going to have a baby and her baby should get special help. All children have the same rights, whether or not the mother is married.

You have the right to go to school and everyone should go to school. Primary schooling should be free. You should be able to learn a profession or continue your studies as far as you wish. At school, you should be able to develop all your talents and you should be taught to get on with others, whatever their race, their religion or the country they come from. Your parents have the right to choose how and what you will be taught at school.

You have the right to share in your community's arts and sciences, and in any good they do. Your works as an artist, a writer or a scientist should be protected, and you should be able to benefit from them.

To make sure that your rights will be respected, there must be an "order" that can protect them. This "order" should be local and worldwide.

You have duties towards the community within which your personality can fully develop. The law should guarantee human rights. It should allow everyone to respect others and to be respected.

No society and no human being in any part of the world should act in such a way as to destroy the rights that you have just been reading about.