## **BODY IMAGE**

### QUIZ: DOES YOUR APPEARANCE MATTER TO YOU?

### Answer 'yes' or 'no' to each statement:

	YES	NO
1. Do you care what others think about your clothes?		
2. Do you always wear clothes in the latest fashion, even if you don't like them?		
3. Does it upset you if you are having a 'bad hair' day?		
4. Do you worry about how you look?		
5. When you are going out, would you usually spend more than 30–40 minutes getting ready?		
6. Do you like people to make comments on your appearance?		
7. Do you try to dress differently each time you go out?		
8. If your friends told you a piercing would really suit you, would you get one?		
9. Would it make you feel good if someone was jealous of the clothes and shoes you have?		
10. If someone made an insult about your clothes or appearance, would it really upset you?		

#### Your score

Count up the number of 'yes' answers you have.

#### 0-3

You seem unconcerned about your appearance and very relaxed with what others think of your looks. It's good not to get stressed about external characteristics and just be content to be yourself. Remember, though, that sometimes it does matter how you look – for example, at an important interview.

### 4–7

You are fairly relaxed with your looks and the opinions of other people. You like to be on trend, but there are other things in your life as well focusing on your appearance. You have a healthy balance between liking to look good and worrying too much about your clothes and hair.

#### 8–10

It is true that when you look good this can make you feel good, too. However, don't overdo it. Sometimes, just wear what you like and feel comfortable in, rather than worrying about what other people will think of what you are wearing.

# PERSONAL HEALTH



### WHAT ARE THE RISKS?

Just how dangerous is it to drink alcohol? Discuss each situation in your group and assess the risks involved. Rate the risks from 1-5 using the following scale:

- 1 = no risk
- 2 = slight risk
- 3= moderate risk
- 4 = fairly risky
- 5 = very risky





Sharing a bottle of vodka with 2 or 3 friends



Binge drinking





Walking home on your own when you have been drinking





Drinking in the park with a group of friends



Drinking too much then having sex



Having a couple of drinks at a party



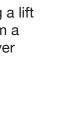
Having friends round for a party when your parents are on holiday



Having a drink with a meal at home



Accepting a lift home from a drunk driver



Having one small drink at a celebration, for example, a wedding





Mixing drink and drugs

your mates



# **COMMUNITY RELATIONS**

## **TACKLING SECTARIANISM**

Work in a group of about 4 for this activity and discuss the questions below. Record your ideas in the space provided.

## **GOVERNMENT IN NORTHERN IRELAND**

### WHO'S WHO?

Use the Internet to find out the names of the 13 members of the Northern Ireland Executive, the political parties they represent and the main responsibilities of their departments. The following website will help you: http://www.northernireland.gov.uk/

GOVERNMENT DEPARTMENT	NAME OF MINISTER	POLITICAL PARTY	RESPONSIBILITIES
Office of the First Minister and deputy First Minister	1. 2.	1. 2.	
Agriculture and Rural Development			
Culture, Arts and Leisure			
Education			
Employment and Learning			
Enterprise, Trade and Investment			
Environment			
Finance and Personnel			
Health, Social Services and Public Safety			
Justice			
Regional Development			
Social Development			

## THE LOCAL COMMUNITY

## **MAKING A CONTRIBUTION**

Work with a partner and discuss how each of these businesses:

- bring benefits to the local community.
- show they are acting responsibly.

You may be able to use the Internet to find out more information.

Write your ideas in the table below.

NAME OF BUSINESS	Benefits to the local community	Examples of responsible action
ASDA		
воотѕ		
DOMINO'S		
TESCO		

# **ENTERPRISE AT WORK**

## **HOW ENTERPRISING ARE YOU?**

2.

Think about your achievements in your life so far. Choose three things that are important to you.

Your important achievements:

1.

3		_		
<ul><li>Do the same for your</li><li>Add up the total num</li></ul>	able below.  St ACHIEVEMENT' co  r 2nd and 3rd achieve  aber of ticks for each a  this could show you h	olumn for each skill yo ements. skill in the 'TOTAL' co eave natural ability in t	ents? u showed from the 'Sh lumn. If you get 2 or 3 his area and is a skill t	ticks for an
SKILL	1st ACHIEVEMENT	2nd ACHIEVEMENT	3rd ACHIEVEMENT	TOTAL
SELF-MOTIVATION				
DETERMINATION				
INTUITION				
PROBLEM-SOLVING				
INNOVATION				
SELF-DISCIPLINE				
CREATIVITY				
HARD WORK				
BEING PROACTIVE				
COMPETITIVENESS				
COURAGE				
FLEXIBILITY				
INVENTIVENESS				
ENTHUSIASM				
POSITIVE OUTLOOK				
	OVERALL T	TOTAL		
What enterprising skills of the skills of th		2		
3				