



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?	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you always wear clothes in the latest fashion, even if you don't like them?	<input type="checkbox"/>	<input type="checkbox"/>
3. Does it upset you if you are having a 'bad hair' day?	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you worry about how you look?	<input type="checkbox"/>	<input type="checkbox"/>
5. When you are going out, would you usually spend more than 30–40 minutes getting ready?	<input type="checkbox"/>	<input type="checkbox"/>
6. Do you like people to make comments on your appearance?	<input type="checkbox"/>	<input type="checkbox"/>
7. Do you try to dress differently each time you go out?	<input type="checkbox"/>	<input type="checkbox"/>
8. If your friends told you a piercing would really suit you, would you get one?	<input type="checkbox"/>	<input type="checkbox"/>
9. Would it make you feel good if someone was jealous of the clothes and shoes you have?	<input type="checkbox"/>	<input type="checkbox"/>
10. If someone made an insult about your clothes or appearance, would it really upset you?	<input type="checkbox"/>	<input type="checkbox"/>

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.

THE EFFECTS OF SUBSTANCE ABUSE

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



Accepting a lift
 home from a
 drunk driver



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



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



Having a drink with
 a meal at home



Drinking to
 show off to
 your mates



Mixing drink
 and drugs



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.

TACKLING SECTARIANISM – Our ideas

Think of three examples of cultural identity that can lead to sectarianism.

1. _____
2. _____
3. _____

How can cultural identity be shown without causing difficulties in the community? Think of 3 examples.

1. _____
2. _____
3. _____

What damage does sectarianism do to society?

What can be done to make sure that sectarianism becomes a thing of the past?

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		
BOOTS		
DOMINO'S		
TESCO		

ENTERPRISE AT WORK

HOW ENTERPRISING ARE YOU?

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

Your important achievements:

1. _____ 2. _____

3. _____

What enterprising skills did you show in making these achievements?

Record your skills in the table below.

- Place a tick in the '1st ACHIEVEMENT' column for each skill you showed from the 'SKILL' column.
- Do the same for your 2nd and 3rd achievements.
- Add up the total number of ticks for each skill in the 'TOTAL' column. If you get 2 or 3 ticks for an enterprising quality, this could show you have natural ability in this area and is a skill that is worth developing.
- The more ticks you get overall, the more enterprising you are!

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 TOTAL				

What enterprising skills do I have?

1. _____ 2. _____

3. _____