

Key vocabulary:

Gambling – Betting, gaming or participating in the lottery with a chance of a ‘prize’

Seizure – Sudden uncontrolled brain activity

Unresponsive –When you cannot wake somebody or they cannot answer you

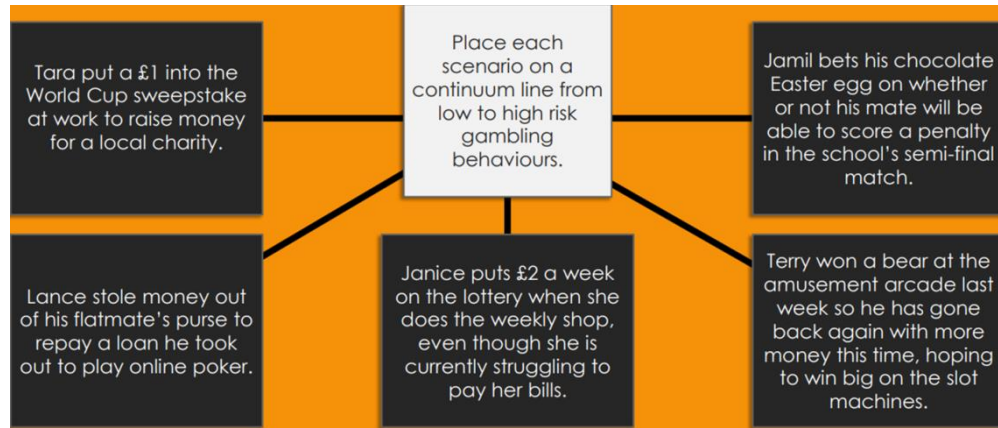
CPR – Lifesaving action when somebodies heart has stopped beating

AED (automated external defibrillator) – A machine that shocks the heart back into rhythm

Childline 0800 1111 or www.childline.org.uk offers a range of ways to talk to a trained counsellor, including via email and an online chat service. Calls are free from a landline or mobile.

BeGambleAware www.BeGambleAware.org offers free and confidential information, advice and support for anyone who is worried about theirs or someone else’s gambling.

The National Gambling Helpline 0808 8020 133 or www.begambleaware.org/NGTS, as part of the National Gambling Treatment Service, offers free help, support and advice about gambling over the phone or Live Chat.



Victory Wins

What might be the signs and symptoms of a gambling addiction?

- Being preoccupied with gambling
- Needing to gamble with increasing amounts of money to get the same thrill
- Trying to control, cut back or stop gambling, without success, often Feeling restless or irritable
- Gambling to escape problems or relieve feelings of helplessness, guilt, anxiety or depression
- Trying to get back lost money by gambling more (chasing losses)
- Lying to family members or others to hide the extent of your gambling
- Jeopardizing or losing important relationships, a job, or school because of gambling
- Resorting to theft or fraud to get gambling money
- Asking others to bail you out of financial trouble because you gambled money away

Generally speaking, the minimum age for gambling in the UK is 18 years old – which applies to adult gaming centres, betting shops, bingo halls, casinos, racetracks and online gambling. However, there are a number of activities that people are allowed to take part in from the age of 16: lotteries including the National Lottery, football pools, some noncommercial gambling or low stakes and prizes gambling. Furthermore, some gaming machines such as coin pushers, teddy grabbers and some lower stakes fruit machines do not have a minimum legal age and can be played by anyone.

What is the difference between impulsivity and delayed gratification?

- **Impulsivity** – acting without thinking about the consequences of those actions.
- **Delayed gratification** – discounting short-term rewards (instant gratification) in favour of longer-term rewards (with the suggestion being that these rewards can be more beneficial for the individual in the long-term).

What would happen if you told a young child they could have one marshmallow now or two if they wait for 15 minutes on their own with the marshmallow?

A small minority ate the marshmallow immediately

1 in 3 delayed gratification long enough to get the second marshmallow

Those who delayed gratification made more positive choices in general as teenagers

https://www.youtube.com/watch?v=OX_0vG64HQ

- **Avoidance** – when the marshmallow was covered up children were less impulsive
- **De-emphasis of reward** – when children were reminded of the reward they were more impulsive
- **Positive distraction** – if given a toy or told to 'think fun thoughts' they were less impulsive
- **Abstraction** – when told to think of the marshmallow 'as a cloud' they were less impulsive
- **Self-directed speech** – children who told themselves, 'I have to wait', often did

How might this apply to gambling?



PSHE
Year 10
Summer 1: **Healthy Lifestyles/First Aid**



People can be allergic to pretty much anything but the most common allergies are:

- Cows milk
- Eggs
- Nuts
- Shellfish
- Wheat
- Pollen
- Dust
- Insect stings
- Some medications e.g. penicillin

Epipen®: a brand name for an **epinephrine auto-injector** device used to manage potentially life-threatening anaphylactic reactions to allergens. Epinephrine is the first-line treatment for life-threatening allergic reactions. Patients are recommended to have an epinephrine auto-injector immediately available if they have a history of life-threatening allergic reactions (**anaphylaxis**) to things like bee stings, peanuts or seafood, or are at increased risk for a severe allergic reaction. Those at high risk are recommended to have two sources of epinephrine available at all times. Epipens contain a single dose of epinephrine that is injected into the outer thigh if signs of a serious allergic reaction are present.

Loss of consciousness	Slightly swollen lips, tongue or eyes	Watering eyes
Difficulty breathing	Blocked nose	Swelling to the throat
Sneezing	Feeling weak/faint	Vomiting
Tummy ache	Itching	Chest tightness
Cough	Blue skin or lips	Confusion
Rash	Runny nose	Fast heart beat

Those in the red boxes may be present if somebody was having a severe allergic reaction. Unless the other symptoms are extreme or continued to get worse they would be considered 'normal' Like with everything if you are ever unsure seek medical advise.

Cover the burn with cling film or a clean plastic bag	5
Get the person away from the source of heat if they are not already away.	1
Keep the person warm using a blanket.	4
Cool the burn by putting it under cool running water for 20 minutes. Do not use ice or any creams.	2
Remove any jewelry or clothing close to the burn but not if it is stuck to the skin	3

If the person is breathing then encourage the person to cough (do not put your hands down their throat to try and remove the item they are choking on) If the choking is severe the person will not be able to cough, speak or breath. In this case lean the person forwards slightly and give them 5 sharp blows between the shoulder blades. If this has not worked place your arms around their waist and bend them forward. Clench 1 fist and place it right above their belly button. Put the other hand on top of your fist and pull sharply inwards and upwards. Repeat this movement up to 5 times. If this does not work call 999. Please note this should not be used on pregnant women or children under 1. Abdominal thrusts can cause injury so if this has to be done the person should get checked by a GP.

You should not retrain a person who is having a seizure as it may injure them. Instead find a blanket or something soft to protect their head and remove anything they may hurt themselves on.

You may feel helpless but the best thing to do is let the seizure run its course.

Call 999 if the seizure seems to be going on for a long time, if the person has injured their head or if you are worried and don't know if they have epilepsy.

When the seizure has finished get the person to lay on their side and tilt their head back until they feel well enough to sit up.



An AED:

- is a small lightweight 'shock box' that can restart the heart by giving an electric shock in many cases of cardiac arrest. Find out more about a cardiac arrest at bhf.org.uk/cardiacarrest.
- weighs about 2 kilos (4.5 pounds). It has sticky pads that are placed on the casualty's chest
- can be semi-automatic or automatic.
- gives the rescuer voice and sometimes visual instructions. It guides the rescuer through the stages of use.
- analyses the casualty's heart rhythm and determines whether a shock is needed.
- gives a shock that makes all the heart fibres contract together. This is called defibrillation and can restore the normal rhythm and pumping action of the heart and get the blood circulating again.
- analyses the heart rhythm and will not deliver a shock unless it is necessary.