



PSHE Knowledge Organiser

Year Group: 9

Topic: Peer Influence, Substance Misuse and Gangs

Half Term: Autumn One

Further sources of information and advice.

The NSPCC
help@nspcc.org.uk

0808 800 5000

The NSPCC can provide advice and support if you are concerned that you may be in an unhealthy relationship.

Childline
<https://www.childline.org.uk/>

0800 1111

Childline provides advice and support for young people on a range of issues.

Talk to Frank:
<https://www.talktofrank.com/drug/alc/ohol>

This website provide an overview of the effects and risks of each drugs, along with information about the legal status of them.

The Hideout
<http://thehideout.org.uk/>

This website is aimed at young people. It provides information about domestic violence and provides support for those experiencing it.

Fearless
<https://www.fearless.org/en>

Fearless provides non-judgemental advice and is anonymous. It is aimed at ages 11 to under 24 years.

#knifefree
www.knifefree.co.uk

To find out more about the campaign and for more information on how to live knife free

Victim support
www.victimsupport.org.uk

For support for anyone who has been a victim of crime



There are many different types of relationships, such as family members, friendships, romantic and sexual relationships. Although these relationships are all different, they should all involve mutual respect, trust, honesty, communication and fairness. All of these qualities are interlinked, and if one is missing, it is difficult for any of the others to be present. For example, if you lie to your parent/carer about where you are going and they find out, you are not being honest, and in turn, they may not trust you. Signs that a relationship is unhealthy could include trying to make you feel like you are not good enough, putting you down in front of others or, in extreme cases, been violent to you.



Peer pressure is defined in the dictionary as "the strong influence of a group, especially of children, on members of that group to behave as someone else does." Examples of peer pressure could include insults, calling a person names and making them feel bad for not doing something, rejection, being left out if you don't do something, and unspoken pressure, wanting to do something because you see your friends doing it. Issues such as cyberbullying are often made worse by peer pressure. Other people may join in, or not report the bullying, in order to fit in. This is called being a bystander - a person who sees something wrong but does not report it and allows it to continue. An upstander is a person who sees online bullying, and reports it.

Possessing and supplying drugs are illegal, but it is estimated that 46,000 young people in the UK are exploited through county lines. This is where city based gangs supply drugs to areas outside the city using dedicated mobile phones. It involves drugs, violence, gangs, criminal and sexual exploitation, modern slavery, and missing persons. People may join gangs for many reasons, such as financial issues, or even just wanting to belong. Cuckooing is the word used to describe drugs being stored or sold from the houses of vulnerable people. Signs that people are being exploited are absence from school, unexplained injuries, unexplained money or goods and being secretive about where they are going.



Sometimes the media can make it appear like lots of young people are carrying knives, however 99% of people aged 10-29 years do not carry a knife. If a person is caught with a knife, even if it is not used, they may face up to 4 years in prison. People who carry a weapon are more likely to be hospitalised with a violence-related injury, and in many cases their own weapon has been used against them. Friends who pressure a person to carry a knife are not good friends and will likely not be around to help if that person were to get caught.