

PRE – TEACHING KEY VOCABULARY – PERSONAL DEVELOPMENT CURRICULUM



Year 7. Term 1/2 (September until November)

Subject : PDC

Unit/Topic: Online Safety

Key Term	Definition
Cybercrime	Criminal activities carried out by means of computers or the internet.
Online	Controlled by or connected to a computer
Consequences	A result of a particular action or situation, often one that is bad or not convenient
Social Media	Websites and computer programs that allow people to communicate and share information on the internet using a computer or mobile phone
Gamer	Someone who likes playing computer games
Retaliation	The act of hurting someone or doing something harmful to someone because they have done or said something harmful to you
Bystander	A person who is standing near and watching something that is happening but is not taking part in it
Homophobic	Involving a fear or dislike of gay people
Gender Stereotypes	A set idea that people have about what someone or something is like, especially an idea that is wrong
Peer pressure	The strong influence of a group, especially of children, on members of that group to behave as everyone else does
Sexting	The activity of sending text messages that are about sex or intended to sexually excite someone
Consent	Permission or agreement
Moral Compass	A natural feeling that makes people know what is right and wrong and how they should behave
Self esteem	Belief and confidence in your own ability and value
Empathy	The ability to share someone else's feelings or experiences by imagining what it would be like to be in that person's situation
Email	The system for using computers to send messages over the internet
Social Media	Websites and computer programs that allow people to communicate and share information on the internet using a computer or mobile phone
Chat rooms	A part of the internet where people can communicate by writing messages to each other, often on a particular subject
File Sharing	The activity of putting a file from your computer onto a special place on your computer so that other people can copy it, or look at it using the internet
Online Gaming	Online gaming describes any video game that offers online interactions with other players

Year 7. Term 2/3 (November until January)

Subject PDC

Unit/Topic: Attitudes to Mental Health and wellbeing

Key Term	Definition
Mental Health	The state of health of somebody's mind
Resilience	The ability of people or things to recover quickly after something unpleasant, such as shock, injury, etc.
Growth Mindset	The belief that you can develop your natural abilities by working hard, listening to advice from others, etc.
Disappointment	The feeling of being sad because something has not happened or been as good, successful, etc. As you expected or hoped
Feelings	Something that you feel through the mind or through the senses
Gratitude	The feeling of being grateful and wanting to express your thanks
Self Harm	The practice of deliberately injuring yourself, for example by cutting yourself, as a way to express or try to deal with feeling very unhappy or worried
Eating Disorder	A condition in which somebody develops eating habits that are not healthy as a way of dealing with difficult feelings or situations
Suicidal	People who are suicidal feel that they want to kill themselves
First Aid	Simple medical treatment that is given to somebody before a doctor comes or before the person can be taken to a hospital
Unresponsive	Not reacting to somebody/something; not giving the response that you would expect or hope for
Airway	The passage from the nose and throat to the lungs, through which you breathe
Circulation	The movement of blood around the body
Recovery Position	A position lying on the side, with the arms and legs carefully placed, that helps a person who is not conscious to breathe

Year 7. Term 3/4

Subject :PDC

Unit/Topic: Friendship and Family

Key Term	Definition
Friendship	The state or relation of being a friend; association of persons as friends
Characteristics	A distinctive mark, trait, or feature that may serve for identification; a distinguishing or essential peculiarity or quality.
Toxic Friendship	When one person is being emotionally harmed or used by another, making the relationship more of a burden than support
Arguments	A statement or fact advanced for the purpose of influencing the mind; a reason urged in support of a proposition
Resolution	Renewed or repeated solution; the process of passing back into solution; an instance of this.
Colour	Designating a person who is not white-skinned
Bullying	To coerce, intimidate, or frighten (a person) into a specified course of action.
Physical	Involving or requiring bodily contact
Harassing	To intimidate or coerce, as with persistent demands or threats
Ostracizing	To banish; to exclude from favour, or from a society or group; to refuse to speak to or acknowledge.
Verbal	Consisting or composed of words; of, relating to, or manifested in words
Emotional	Having the capacity for or displaying emotion; easily affected by emotion
Zero Tolerance	Refusal to accept antisocial behaviour, typically by strict and uncompromising application of the law
Anti Bullying Policy	A document that policy is to ensure that pupils learn in a supportive, caring and safe environment without fear of being bullied.
Cyberbullying	The use of electronic communication to bully a person, typically by sending messages of an intimidating or threatening nature
Peer Mentoring	Is a one-on-one relationship or experienced in a group. It is a relationship between people who are at the same career stage or age
Relationships	To enhance supportive relationships between two people, sharing knowledge and experience and providing an opportunity to learn from The way in which two or more people or groups regard and behave towards each other
Platonic	(Of love or friendship) intimate and affectionate but not sexual
Romantic	Conducive to or characterized by the expression of love
Co - dependent	A mental, emotional, physical, and/or spiritual reliance on a partner, friend, or family member
Casual	Not regular or permanent
Open	A marriage or relationship in which both partners agree that each may have sexual relations with others.
Toxic	Very harmful or unpleasant in a pervasive or insidious way
Healthy Relationships	Involve honesty, trust, respect and open communication between partners and they take effort and compromise from both people
Trust	Firm belief in the reliability, truth, or ability of someone or something
Respect	Due regard for the feelings, wishes, or rights of others
Compromise	Settle a dispute by mutual concession
Consent	To agree together

Year 7. Term 6

Subject :PDC

Unit/Topic: Sex and Relationships (puberty)

Key Term	Definition
Puberty	This is when a child's body begins to develop and change as they become an adult.
Hormones	These are chemical substances that act like messenger molecules in the body. After being made in one part of the body, they travel to other parts of the body
Ovaries	These are pair of female glands in which the eggs form and the female hormones oestrogen and progesterone are made
Testosterone	This is a primary sex hormone in males, and it gives rise to male traits, such as a deeper voice, facial hair, and muscle development. Testosterone also plays a role in female development, to a lesser extent than in males.
Estrogen	This is a primary sex hormone in females. It promotes the growth of uterus and breast tissue.
Uterus	The hollow, pear-shaped organ in a woman's pelvis. The uterus is where a foetus (unborn baby) develops and grows. Also called womb
Reproduction	The production of offspring (children) by a sexual process.
Dopamine	Dopamine is a type of neurotransmitter. Your body makes it, and your nervous system uses it to send messages between nerve cells. That's why it's sometimes called a chemical messenger. Dopamine plays a role in how we feel pleasure. It's a big part of our unique human ability to think and plan. It helps us strive, focus, and find things interesting.
Infatuation	An intense but short-lived passion or admiration for someone or something
Breasts	The breast is the tissue overlying the chest (pectoral) muscles. Women's breasts are made of specialized tissue that produces milk (glandular tissue) as well as fatty tissue.
Penis	The male genital organ used (usually) for copulation and for the emission or dispersal of sperm, in mammals containing erectile tissue and serving also for the elimination of urine.
Fact	That which is known (or firmly believed) to be real or true; what has actually happened or is the case; truth attested by direct observation or authentic testimony; reality
Opinion	What or how one thinks about something; judgement or belief.
Trustworthy source	A reliable source that provides a thorough, well-reasoned theory, argument, discussion, etc. Based on strong evidence

Year 8. Term 1/2 (September until November)

Subject : PDC

Unit/Topic: Health and Prevention

Key Term	Definition
Bacteria	Bacteria are microscopic, single-celled organisms that exist in their millions, in every environment, both inside and outside other organisms.
Virus	Viruses are microscopic infectious agents that contain genetic material, either DNA or RNA, and must invade a host in order to multiply
Germs	Germs are microbes including bacteria, viruses, protozoa and fungi that have the potential to make us sick
Temperature	The measure of the warmth or coldness of an object or material. Temperature is the expression of thermal energy
Antibiotic	Used to treat or prevent some types of bacterial infection. They work by killing bacteria or preventing them from spreading.
Contagious	Spread from one person or organism to another, typically by direct contact
Healthy eating	Healthy eating is about having a balance of different foods and nutrients in the diet for good health and wellbeing
Disorder	An illness that disrupts normal physical or mental functions
Balance Diet	Includes foods from five groups and fulfils all of a person's nutritional needs. Eating a balanced diet helps people maintain good health and reduce their risk of disease
Protein	Proteins are made up of many building blocks, known as amino acids. Our body needs dietary protein to supply amino acids for the growth and maintenance of our cells and tissues
Carbohydrate	A large group of organic compounds occurring in foods and living tissues and including sugars, starch, and cellulose. They contain hydrogen and oxygen in the same ratio as water (2:1) and typically can be broken down to release energy in the animal body
Minerals	An inorganic substance needed by the human body for good health
Vitamins	Any of a group of organic compounds which are essential for normal growth and nutrition and are required in small quantities in the diet because they cannot be synthesized by the body
Fibre	Dietary material containing substances such as cellulose, lignin, and pectin, that are resistant to the action of digestive enzymes
Starch	A polysaccharide which functions as a carbohydrate store and is an important constituent of the human diet
Sugars	A sweet crystalline substance obtained from various plants, especially sugar cane and sugar beet, consisting essentially of sucrose, and used as a sweetener in food and drink
Energy	In the simplest terms, energy is the ability to do work. Energy is also represented in terms of any source of usable power
Cells	The smallest structural and functional unit of an organism, which is typically microscopic and consists of cytoplasm and a nucleus enclosed in a membrane.
Growth	The process of developing physically
Repair	Healing
Insulin	A hormone produced in the pancreas by the islets of Langerhans, which regulates the amount of glucose in the blood. The lack of insulin causes a form of diabetes
Calcium	A mineral needed for healthy teeth, bones, and other body tissues. It is the most common mineral in the body
Red Blood Cells	A type of blood cell that is made in the bone marrow and found in the blood

Obesity	The state of being grossly fat or overweight
Anorexia	An emotional disorder characterized by an obsessive desire to lose weight by refusing to eat
Mental health	A person's condition with regard to their psychological and emotional well-being

Year 8. Term 2/3 (November until January)

Subject PDC

Unit/Topic: Being Safe online

Key Term	Definition
Body image	Body image refers to how an individual sees their own body and how attractive they feel themselves to be. Many people have concerns about their body image
Social Media	Websites and applications that enable users to create and share content or to participate in social networking
Pressures	The exertion of influence on a person or group by another person or group
Body confidence	How a person feels about the way they look
Conform	Behave according to socially acceptable conventions or standards
Needs	Require (something) because it is essential or very important rather than just desirable
Wants	A desire for something
Budget	A budget is a spending plan based on income and expenses
Income	Money received, especially on a regular basis, for work or through investments
Spending	Pay for goods, services, or so as to benefit someone or something
Online	Controlled by or connected to a computer
Cyberbullying	The use of electronic communication to bully a person, typically by sending messages of an intimidating or threatening nature
Discrimination	The unjust or prejudicial treatment of different categories of people, especially on the grounds of race, age, sex, or disability
Stereotypes	A widely held but fixed and oversimplified image or idea of a particular type of person or thing
Prejudice	Preconceived opinion that is not based on reason or actual experience
Physical bullying	The use of physical actions to intimidate and gain control over a target
Emotional bullying	When a person tries to get what they want by making others feel angry or afraid
Facebook	A social media network that connects people through an online platform
Apps	An application (more commonly known as an app) is software that bundles together certain features in a way that is accessible to a user
Social Media	Websites and applications that enable users to create and share content or to participate in social networking
Instagram	A popular photo-sharing app that lets you connect with brands, celebrities, thought leaders, friends, family, and more
Snapchat	An application used to share photos, videos, text, and drawings
Trafficking	The process of trapping people through the use of violence, deception or coercion and exploiting them for financial or personal gain
Exploitation	The action or fact of treating someone unfairly in order to benefit from their work

Year 8. Term 3/4

Subject :PDC

Unit/Topic: Respectful Relationships

Key term	Definition
Relationships	The way in which two or more people or things are connected, or the state of being connected
Love	An intense feeling of deep affection
Rejected	Fail to show due affection or concern for (someone)
Sex	Sexual activity, including specifically sexual intercourse
Respect	Due regard for the feelings, wishes, or rights of others
Consent	Give permission for something to happen
Gender	Either of the two sexes (male and female), especially when considered with reference to social and cultural differences rather than biological ones. The term is also used more broadly to denote a range of identities that do not correspond to established ideas of male and female
Harassment	Aggressive pressure or intimidation
Non binary	Denoting or relating to a gender or sexual identity that is not defined in terms of traditional binary oppositions such as male and female or homosexual and heterosexual
Transgender	Denoting or relating to a person whose sense of personal identity and gender does not correspond with their birth sex
Sexuality	A person's identity in relation to the gender or genders to which they are typically attracted; sexual orientation
Race	Defined as "a category of humankind that shares certain distinctive physical traits"
Marriage	The legally or formally recognized union of two people as partners in a personal relationship
Cohabitation	The state of living together and having a sexual relationship without being married
Civil partnership	A legally recognized union with rights similar to those of marriage, created originally for same-sex couples in jurisdictions where they were not legally allowed to marry
Commitment	Dedication to a long-term course of action; engagement; involvement
Equality act	The Equality Act 2010 legally protects people from discrimination in the workplace and in wider society
Civil ceremony	A civil ceremony is a marriage without any religious context, performed by a registrar. The ceremony is legally binding
Tax allowances	Reducing your taxable income to reduce the amount of income tax you pay. This means that you can have a certain amount of taxable income each year, tax free. You only pay income tax on taxable income that is above your tax allowances
Matrimonial property	Matrimonial property comprises all property acquired by either spouse, or both of them, between the date of marriage and the date of separation
Assets	A resource with economic value that an individual or corporation owns or controls with the expectation that it will provide a future benefit
Adopted	A way of providing the security, permanency and the love of a new family when it is not possible for a child to be raised by his/her birth parents
Fostered	To take care of a child, usually for a limited time, without being the child's legal parent
Intimacy	Close familiarity or friendship
Sexual assault	Sexual assault happens when someone touches another person in a sexual manner without their consent. Or when someone makes another person

	take part in a sexual activity with them without that person's consent. It includes unwanted kissing and sexual touching
Rape	Forced sexual intercourse, including vaginal, anal, or oral penetration. Penetration may be by a body part or an object

Year 8. Term 5/6

Subject :PDC

Unit/Topic: Sex and Relationships

Key Term	Definition
Puberty	This is when a child's body begins to develop and change as they become an adult.
Adolescence	The phase of life between childhood and adulthood, from ages 10 to 19. It is a unique stage of human development and an important time for laying the foundations of good health
Hormones	These are chemical substances that act like messenger molecules in the body. After being made in one part of the body, they travel to other parts of the body
Penis	The male genital organ used (usually) for copulation and for the emission or dispersal of sperm, in mammals containing erectile tissue and serving also for the elimination of urine.
Testes	One of two egg-shaped glands inside the scrotum that produce sperm and male hormones. Also called testicle
Public hair	Hair that grows around your genitals
Vagina	A muscular canal that extends from the vulva to the neck of the uterus (cervix). The vagina is where the lining of the uterus is shed during menstruation, where penetration can occur during sex and where a baby descends during childbirth
Menstruation	The process in a woman of discharging blood and other material from the lining of the uterus at intervals of about one lunar month from puberty until the menopause, except during pregnancy. – a period
Breasts	The breast is the tissue overlying the chest (pectoral) muscles. Women's breasts are made of specialized tissue that produces milk (glandular tissue) as well as fatty tissue.
Ovaries	These are pair of female glands in which the eggs form and the female hormones oestrogen and progesterone are made
Sperm	Male reproductive cells that originate in the testicles. Sperm cells swim to and fertilize a female reproductive cell called an oocyte, or egg
Privacy	A state in which one is not observed or disturbed by other people
Healthy Relationship	Involve honesty, trust, respect and open communication between partners and they take effort and compromise from both people
Coercive	Relating to or using force or threats
Dominator	To have or exert strong authority or mastery
Sexual intercourse	The physical act of sex between two people
Laws	The system of rules which a particular country or community recognizes as regulating the actions of its members and which it may enforce by the imposition of penalties
Consent	Give permission for something to happen
Sexting	The action or practice of sending sexually explicit photographs or messages via mobile phone
Explicit photos	Pictures of sexual activity or of a naked person displaying their genitals, buttocks or breasts
Pornography	Printed or visual material containing the explicit description or display of sexual organs or activity, intended to stimulate sexual excitement
Female Genital Mutilation	A procedure where the female genitals are deliberately cut, injured or changed, but there's no medical reason for this to be done
Abortion	A procedure to end a pregnancy

Brainwashed	Also called Coercive Persuasion, systematic effort to persuade nonbelievers to accept a certain allegiance, command, or doctrine
Haram	Forbidden or proscribed by Islamic law
Breast Ironing	The process whereby young pubescent girls breasts are ironed, massaged and/or pounded down through the use of hard or heated objects in order for the breasts to disappear or delay the development of the breasts entirely

Year 9. Term 1/2 (September until November)

Subject : PDC

Unit/Topic: Online Manipulation

Key Term	Definition
National Crime Agency	A crime-fighting law enforcement agency responsible for leading the UK's fight to cut serious and organised crime
Cyberbullying	The use of electronic communication to bully a person, typically by sending messages of an intimidating or threatening nature.
Hacking	The gaining of unauthorized access to data in a system or computer
Data Theft	The act of stealing information stored on corporate databases, devices, and servers
Perpetrator	A person who carries out a harmful, illegal, or immoral act
Cyber Attack	An assault launched by cybercriminals using one or more computers against a single or multiple computers or network
Financial Implication	An increase or a reduction in expenses or revenue
Security	The state of being free from danger or threat
Advertising	Describe or draw attention to (a product, service, or event) in a public medium
Peer Pressure	Influence from members of one's peer group
Homophobic	Having or showing a dislike of or prejudice against gay people
Sexual Images	Any visual depiction, including, without limitation, any photograph or video, of a minor simulating or engaging in sexual conduct or of a minor as the subject of a sexual portrayal
Pornography	Printed or visual material containing the explicit description or display of sexual organs or activity, intended to stimulate sexual excitement
Sexting	The action or practice of sending sexually explicit photographs or messages via mobile phone
Harassment	Aggressive pressure or intimidation
Law	The system of rules which a particular country or community recognizes as regulating the actions of its members and which it may enforce by the imposition of penalties
Stalking	Harass or persecute (someone) with unwanted and obsessive attention
Bullying	To coerce, intimidate, or frighten (a person) into a specified course of action.

Year 9. Term 2/3 (November until January)

Subject PDC

Unit/Topic: Mental Health and Physical Fitness

Key Term	Definition
Mental Health	A person's condition with regard to their psychological and emotional well-being
Emotional Health	How a person is able to manage their thoughts, feelings, and emotions through the ups and downs of life
Physical Health	The condition of your body, taking into consideration everything from the absence of disease to fitness level
Discrimination	The unjust or prejudicial treatment of different categories of people, especially on the grounds of race, age, sex, or disability
Mindfulness	The basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us
Self care	The things we can do to look after our own mental health
Connection	A relationship in which a person or thing is linked or associated with something else.
Bereavement	The experience of losing someone important to us
Grief	A natural response to loss. It's the emotional suffering you feel when something or someone you love is taken away
CPR	An emergency lifesaving procedure performed when the heart stops beating
Unconscious	Not awake and aware of and responding to one's environment
First Aid	Emergency care given immediately to an injured person
Recovery Position	A position used in first aid to prevent choking in unconscious patients, in which the body is placed facing downwards and slightly to the side, supported by the bent limbs
Patient	A person receiving or registered to receive medical treatment.
Airway	The passage by which air reaches a person's lungs

Year 9. Term 3/4

Subject :PDC

Unit/Topic: Intimate Relationships

Key term	Definition
Marriage	The legally or formally recognized union of two people as partners in a personal relationship
Cohabitation	The state of living together and having a sexual relationship without being married
Civil partnership	A legally recognized union with rights similar to those of marriage, created originally for same-sex couples in jurisdictions where they were not legally allowed to marry
Commitment	Dedication to a long-term course of action; engagement; involvement
Equality act	The equality act 2010 legally protects people from discrimination in the workplace and in wider society
Civil ceremony	A civil ceremony is a marriage without any religious context, performed by a registrar. The ceremony is legally binding
Tax allowances	Reducing your taxable income to reduce the amount of income tax you pay. This means that you can have a certain amount of taxable income each year, tax free. You only pay income tax on taxable income that is above your tax allowances
Matrimony home	Matrimonial property comprises all property acquired by either spouse, or both of them, between the date of marriage and the date of separation
Assets	A resource with economic value that an individual or corporation owns or controls with the expectation that it will provide a future benefit
Forced marriage	Where one or both people do not or cannot consent to the marriage and pressure or abuse is used to force them into the marriage
Arranged marriage	A marriage planned and agreed by the families or guardians of the couple concerned
Respect	Due regard for the feelings, wishes, or rights of others
Consent	Give permission for something to happen
Loyalty	Staying faithful in the relationship and speaking positively about your partner
Unhealthy relationships	One partner tries to exert control and power over the other physically, sexually, and/or emotionally.
Sexually transmitted infections	(STI's) are spread predominantly by unprotected sexual contact. Some STI's can also be transmitted during pregnancy, childbirth and breastfeeding and through infected blood or blood products. STI's have a profound impact on health
Pregnancy	The condition or period of being pregnant
Isolation	The process or fact of isolating or being isolated
Self harm	Deliberate injury to oneself, typically as a manifestation of a psychological or psychiatric disorder
Domestic violence	Violent or aggressive behaviour within the home, typically involving the violent abuse of a spouse or partner.
Sexual pressure	When some- one tries to make you feel like. You should engage in sexual
Sexual exploitation	Sexual exploitation includes rape, prostitution, sexual photography, subjection to pornography or witnessing sexual acts and sexual assault or sexual acts to which the adult has not consented or was pressured into consenting. Adults and children can be sexually exploited
Grooming	When someone builds a relationship, trust and emotional connection with a child or young person so they can manipulate, exploit and abuse them

Contraception	Contraception aims to prevent pregnancy. A woman can get pregnant if a man's sperm reaches one of her eggs (ova). Contraception tries to stop this happening
Honour based violence	Honour based violence is a collection of practices, which are used to control behaviour within families or other social groups to protect perceived cultural and religious beliefs and/or honour. Such violence can occur when perpetrators perceive that a relative has shamed the family and / or community by breaking their honour code. For young victims it is a form of child abuse and a serious abuse of human rights
Rape	Forced sexual intercourse, including vaginal, anal, or oral penetration. Penetration may be by a body part or an object
Morning after pill	The morning after pill is a pill taken after unprotected sex to prevent pregnancy. It can be taken if you forget to use protection (such as a condom), or if your contraception fails
The pill	The birth control <i>pill</i> (also called "the <i>pill</i> ") is a daily <i>pill</i> that contains hormones to change the way the body works and prevent pregnancy.
Condoms	Condoms are the only type of contraception that can both prevent pregnancy and protect against sexually transmitted infections (STI's). There are 2 types of condoms: <ul style="list-style-type: none"> • External condoms, worn on the penis – sometimes called male condoms • Female condoms, worn inside the vagina – sometimes called female condoms
Implants (contraception)	The contraceptive implant is a small flexible plastic rod that's placed under the skin in your upper arm by a doctor or nurse. It releases the hormone progestogen into your bloodstream to prevent pregnancy and lasts for 3 years
<i>Injection (contraception)</i>	The contraceptive injection releases the hormone progestogen into your bloodstream to prevent pregnancy
<i>Hormone patch</i>	The contraceptive patch is a small sticky patch that releases hormones into your body through your skin to prevent pregnancy

Year 9 Term 5/6

Subject :PDC

Unit/Topic: Taking Risks

Key Term	Definition
Legal Substance	A drug or other substance that affects how the brain works and causes changes in mood, awareness, thoughts, feelings, or behaviour
Illegal Substance	Refers to gases or chemicals that evaporate at room temperature to form a vapour which can be inhaled
Psychoactive substances	
Volatile substances	Gases or chemicals that evaporate at room temperature to form a vapour which can be inhaled
Substance Misuse	The use of alcohol, illegal drugs, or over-the-counter or prescription medications in a way that they are not meant to be used
Nitrous Oxide	Nitrous oxide is a colourless gas that is commonly used for sedation and pain relief, but is also used by people to feel intoxicated or high
Acetone	Is a solvent used in manufacture of plastics and other industrial products
Central Nervous systems	(CNS) is made up of the brain and spinal cord. It is one of 2 parts of the nervous system. The other part is the peripheral nervous system, which consists of nerves that connect the brain and spinal cord to the rest of the body
Absorb	Take in or soak up (energy or a liquid or other substance) by chemical or physical action
Inhaled	Breathe in (air, gas, smoke, etc.)
Bloodstream	The blood circulating through the body of a person or animal
Impaired pulmonary function	A number of medical conditions that can affect the respiratory system and may result in limitations such as laboured breathing or asthma attacks, fatigue and difficulty with mobility
Chronic obstructive pulmonary disease	(COPD) is the name for a group of lung conditions that cause breathing difficulties
Schizophrenia	A long-term mental disorder of a type involving a breakdown in the relation between thought, emotion, and behaviour, leading to faulty perception, inappropriate actions and feelings, withdrawal from reality and personal relationships into fantasy and delusion, and a sense of mental fragmentation
Adrenaline	A hormone secreted by the adrenal glands that increases rates of blood circulation, breathing, and carbohydrate metabolism and prepares muscles for exertion
Possession	The state of having, owning, or controlling something
Fine	A sum of money exacted as a penalty by a court of law or other authority
Imprisonment	The act of putting someone in prison or the condition of being kept in prison
Alcohol	Alcohol is a psychoactive substance with dependence-producing properties that has been widely used in many cultures for centuries
Addiction	Not having control over doing, taking or using something to the point where it could be harmful to you
Diuretic	A substance that is causing increased passing of urine
Dependence	The state of relying on or being controlled by someone or something else ie addiction to drink or drugs
Vulnerability,	The quality or state of being exposed to the possibility of being attacked or harmed, either physically or emotionally

Withdrawal	Also known as detoxification or detox. It's when you cut out, or cut back, on using alcohol or other drugs
Dysphoria	A profound sense of unease or dissatisfaction