

Complete Issues

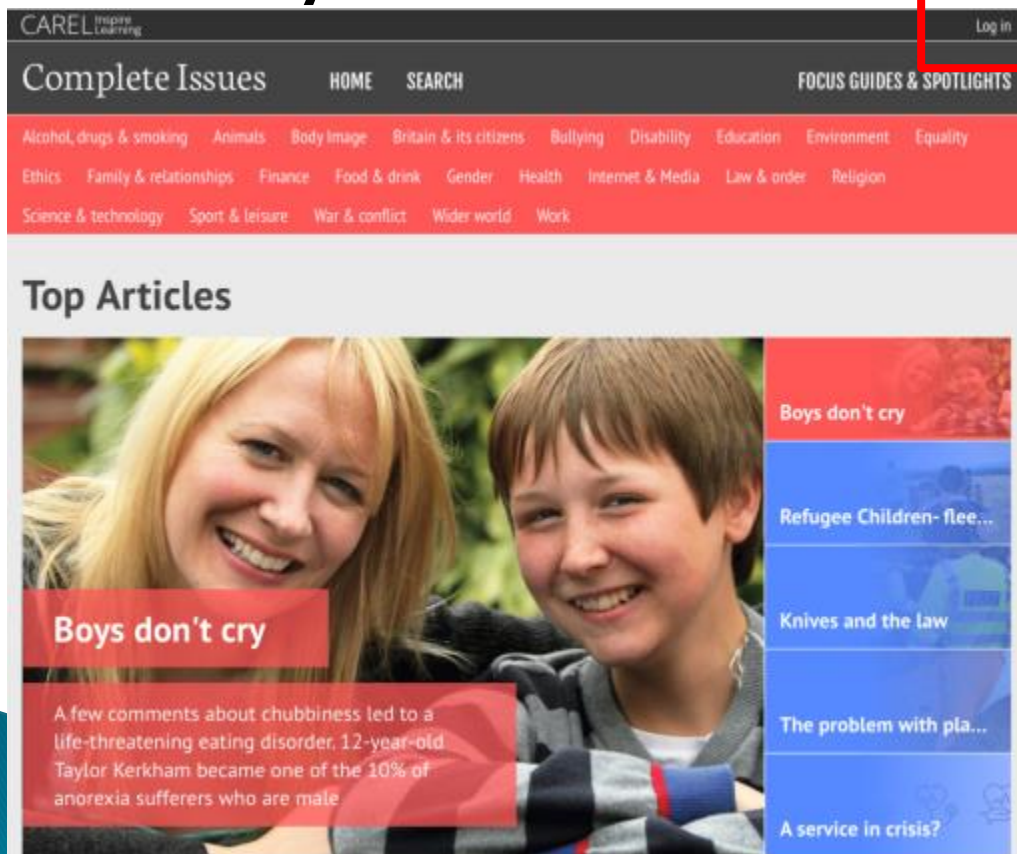
Kilmarnock Academy Library

What is Complete Issues?

- ▶ Complete Issues is an online resource that the school library subscribes to.
- ▶ On the Complete Issues website, you can access reliable & up-to-date articles, facts and statistics on important topics.
- ▶ The information will be useful for pupils who are carrying out research for essays, talks, AVUs and presentations.
- ▶ All the articles are in the same place so you don't have to search lots of different websites.
- ▶ You can access Complete Issues in school and from home!

Logging in

- ▶ Go to the website www.completeissues.co.uk
- ▶ Log in using the username: **kilmac** password: **library**




CAREL Inspire Learning

Complete Issues HOME SEARCH FOCUS GUIDES & SPOTLIGHTS

Alcohol, drugs & smoking Animals Body Image Britain & its citizens Bullying Disability Education Environment Equality
Ethics Family & relationships Finance Food & drink Gender Health Internet & Media Law & order Religion
Science & technology Sport & leisure War & conflict Wider world Work

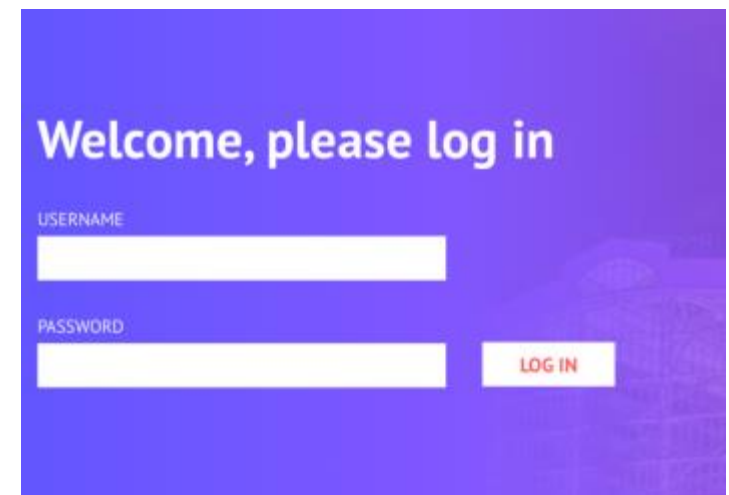
Top Articles



Boys don't cry

A few comments about chubbiness led to a life-threatening eating disorder. 12-year-old Taylor Kerkham became one of the 10% of anorexia sufferers who are male

Boys don't cry
Refugee Children- flee...
Knives and the law
The problem with pla...
A service in crisis?



Welcome, please log in

USERNAME

PASSWORD

LOG IN

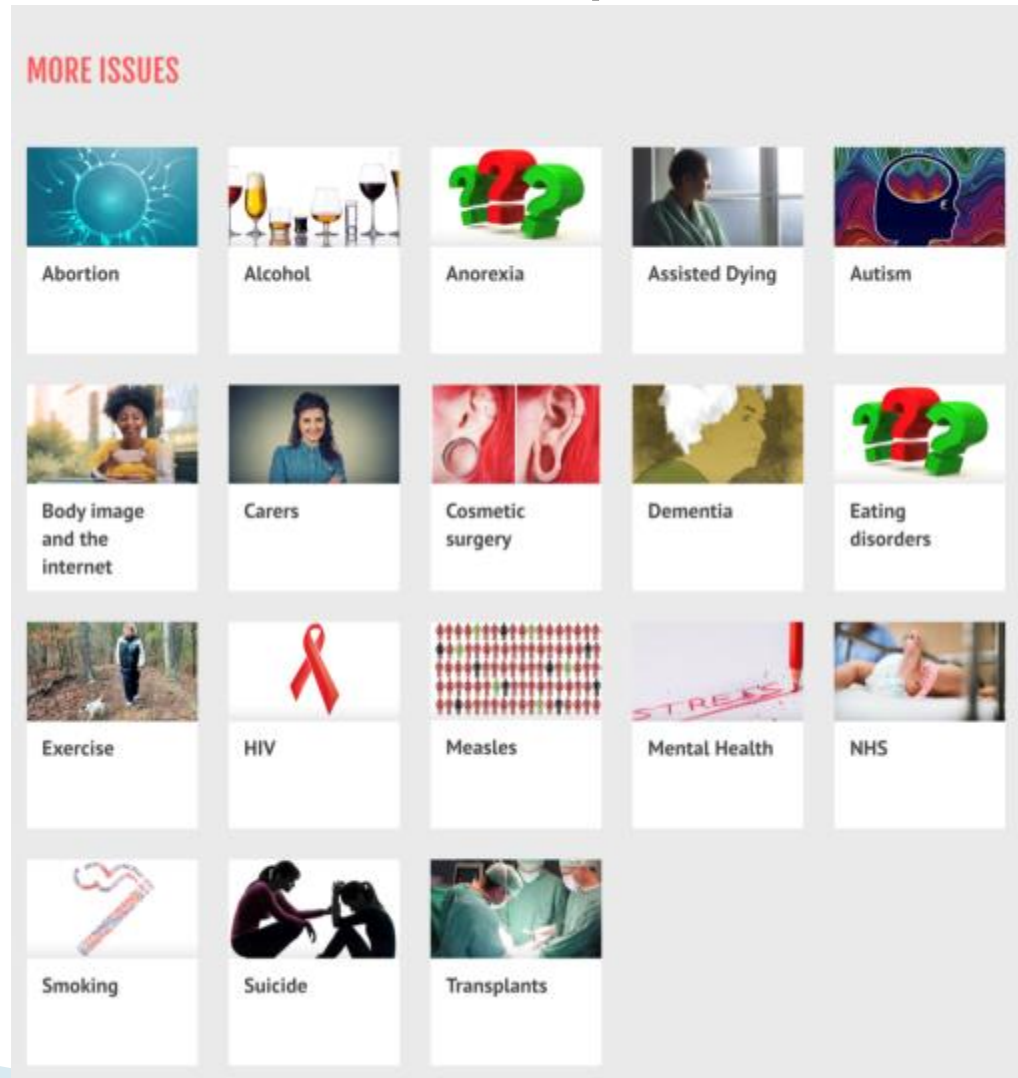
Finding an article

- ▶ You can click the links at the top to jump straight to a broad topic that you're interested in.

The screenshot shows a website interface with a dark grey top navigation bar containing the text "Complete Issues", "HOME", "SEARCH", and "FOCUS GUIDES & SPOTLIGHT". Below this is a red horizontal menu with various topic links: "Alcohol, drugs & smoking", "Animals", "Body Image", "Britain & its citizens", "Bullying", "Disability", "Education", "Environment", "Equality", "Ethics", "Family & relationships", "Finance", "Food & drink", "Gender", "Health", "Internet & Media", "Law & order", "Religion", "Science & technology", "Sport & leisure", "War & conflict", "Wider world", and "Work". The "Health" link is highlighted with a white rectangular box. Below the navigation is a large red section titled "Health" in white text. Underneath, it says "TOP ISSUES" in white. Three white rectangular cards are displayed on a red background. The first card features a red heart and a blue stethoscope, with the word "Cancer" below it. The second card shows a blue silhouette of a group of people with the text "DIABETES IS ON THE RISE" above them, and the word "Diabetes" below. The third card shows a photograph of a person's face and a medical device, with the text "Life and death decisions" below it.

Finding an article

- ▶ Scroll down to see all of the subtopics that you can explore.



Finding an article

- Once you have narrowed down your search by choosing a subtopic, you will see all the different articles.

Titles with a green symbol will give you facts, figures and statistics about the issue.

This usually includes graphs and charts. We will see an example on the next slide.

Mental Health

Mental Health Problems
Definitions of common mental health disorders

Self-harm
Self-harm seems to be increasing as amounts of stress increase: some facts and some suggestions for helping.

Speaking out on schizophrenia
A personal account by someone who says we should listen to those with direct experience, not the scaremongers in the media

You're not alone
The first step to getting better is accepting that you need help - a young man's experience with depression.

Why we need to talk about OCD
A sufferer explains the torment of not being able to stifle her thoughts and rituals.

Social anxiety at school: the best actor in the world's worst play
Sarah disguised her anxiety behind a smile. But breaking down and speaking to someone was the first step in dealing

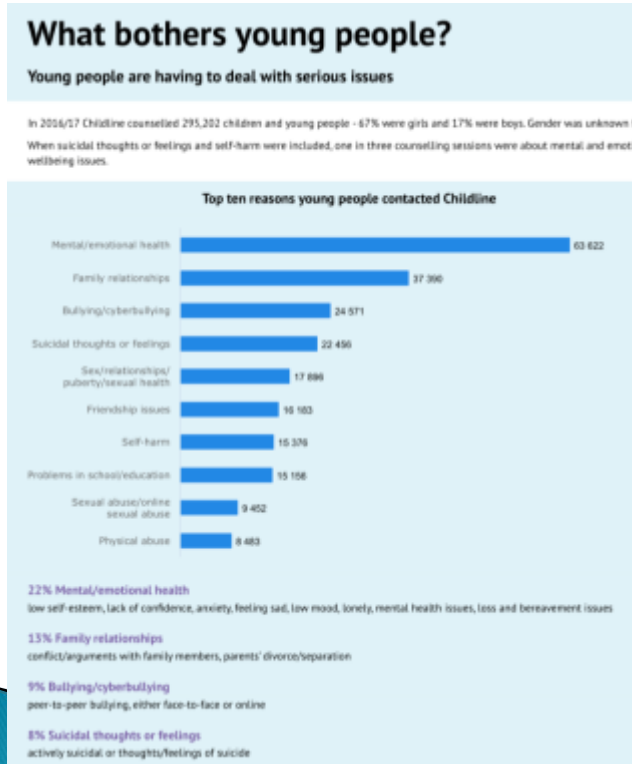
'I feel like I'm dying'
The overwhelming effects of panic attacks - and how to deal with them.

'Black dog's' return doesn't scare me as much as it did
Actress Denise Welch is a spokesperson for the mental health charity, Mind. Here she explains how you can't simply 'snap out of' depression

Titles with a red symbol are articles from newspapers, journals & magazines. They can include opinions, arguments, personal experiences and opposing viewpoints. We will see an example later.

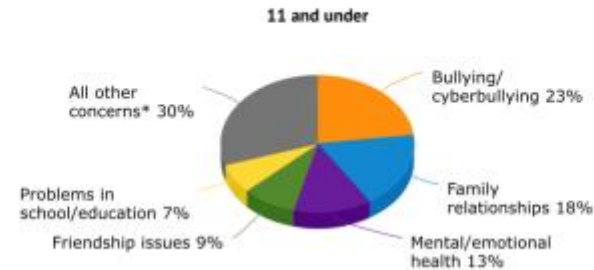
Green articles – Statistics

- ▶ The green articles will show you statistics, facts and figures that can help you provide evidence for a point you're making in your work. (e.g. 45% of young people own a smartphone). The statistics are often taken from more complicated reports and shown in a way that is easier for pupils to understand.

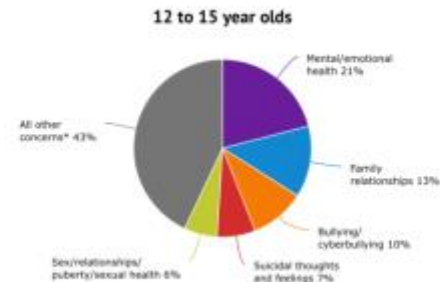


Children and young people don't have to tell Childline their age, but age was revealed in 72% of counselling sessions.

Top 5 concerns, by age group



*Including the next 5 concerns: physical abuse 6%; sex/relationships/puberty/sexual health 4%; sexual abuse/online sexual abuse 2%; own behaviour/actions 2%; suicidal thoughts and feelings 2%

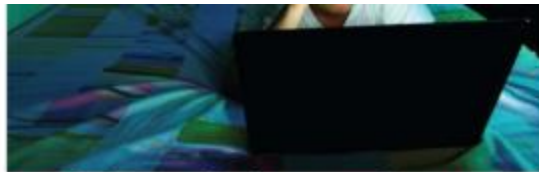


*Including the next 5 concerns: friendship issues 6%; problems in school/education 6%; self-harm 6%; sexual abuse/online sexual abuse 4%; physical abuse 3%

Examples of the types of graphs and charts you might see.

Red articles

- ▶ The red articles will read more like newspaper or magazine articles.



Social media is harming the mental health of teenagers. The state has to act 😞

The pressure to be perfect and always 'on' is overwhelming many of us, as studies show, but the government will not step in. Statutory PSHE lessons would be a start
Jane Eric-Udorie

The digital landscape has put increased pressure on teenagers today, and we feel it. There are so many social media channels. Facebook, Twitter, Instagram, Snapchat, Tumblr, you name it. I made a conscious decision to avoid Snapchat and Instagram because of the social pressure I saw them putting on my 14-year-old little sister. If my mum turned off the WiFi at 11pm, my sister would beg me to turn my phone into a hotpot. She always needed to load her Snapchat stories one more time, or to reply to a message that had come in two minutes ago because she didn't want her friend to feel ignored. If I refused, saying she could respond in the morning, I'd get the "You're ruining my social life" speech. Even as a teenager as well, I sometimes find this crazy a little baffling.

Anxiety & depression

A new study has found that teenagers who engage with social media during the night could be damaging their sleep and increasing their risk of anxiety and depression. Teenagers spoke about the pressure they felt to make themselves available 24/7, and the resulting anxiety if they did not respond immediately to texts or posts. There are so emotionally invested in social media that a fifth of secondary school pupils will wake up at night and log on, just to make sure they don't miss out.

Perhaps the worst thing about this is that teenagers need more sleep than adults do, so night-time social media use could be detrimental to their health. Research has shown that teenagers need 9.5 hours of sleep each night but on average only get 7.5 hours. A lack of sleep can make teenagers tired, irritable, depressed and more likely to catch colds, flu and gastroenteritis. These days, I am always tired at school, and I'm not one to stay up until 2am chatting with a boy. Homework and the pressure to have the perfect set of grades mean I'm up late working. And it seems that at school, most of my mates are exhausted too.

Lost phone

Comfort

A separate study by the National Citizen Service found that, rather than talking to their parents, girls seek comfort on social media when they are worried. The survey also suggests that girls are likely to experience stress more often than boys – an average of twice a week.

It's becoming more and more obvious how the pressures of social media disproportionately affect teenage girls. I can see it all around me. Pressure to be perfect. To look perfect, act perfect, have the perfect body, have the perfect group of friends, the perfect amount of likes on Instagram. Perfect, perfect, perfect. And if you don't meet these ridiculously high standards, then the self-loathing and bullying begins.

What is really worrying is that time and time again, these studies pop up and demonstrate that the mental health of teenagers, especially teenage girls, is on the line. We know this. We know the perils of the internet, we've heard about online bullying and the dangers of Ask.fm, we know the slut-shaming that goes on in our schools. We know these things. We know that these studies demonstrate that we have to make personal, social and health education (PSHE) statutory in schools and ensure it covers a range of issues from healthy eating and sleeping to consent. And yet, [Education Secretary] Nicky Morgan and the government refuse to act. So I ask: what are we waiting for? Inaction on these issues is harming the physical and emotional wellbeing of young people in this country. What has to happen before we do something?

The Guardian, 16 November 2015
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For easy printing, you can download this article as a PDF.

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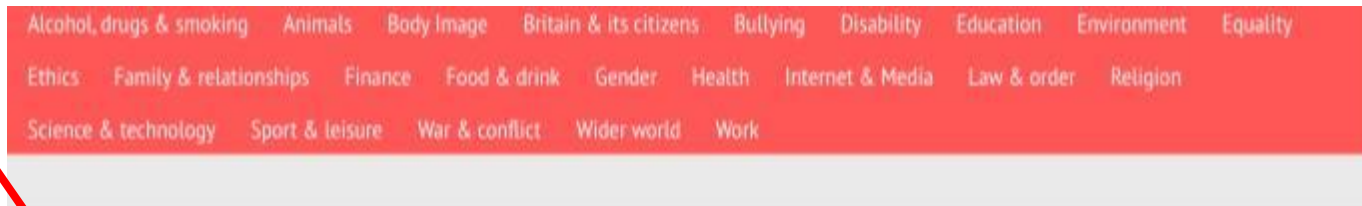
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You can always check where the article came from. Keep a note of it for your bibliography! This one came from The Guardian newspaper on 16/11/2015.

Helpful hint

Almost all of the articles will tell you who the author is – you will need this information if you are creating a bibliography or list of references.



Of all the species in all the world, which would we miss most?

By Richard Gray, Science Correspondent

From the Amazon rainforests to the frozen ice fields of the Arctic, animals, plants and insects are disappearing at alarming rates from pollution, habitat loss, climate change and hunting.

Nearly 17,000 species are now considered to be threatened with extinction and 869 species are classed as extinct or extinct in the wild on the International Union for Conservation of Nature's Red List. In the last year alone 183 species became more endangered.

Now, in the face of the growing threat posed by environmental changes around the globe, five leading scientists are to argue whether there is a single type of plant or animal which the planet really cannot afford to lose. The debate, titled Irreplaceable – The World's Most Invaluable Species, will see five experts present the case for the world's most important animals and plants from a shortlist of five: primates, bats, bees, fungi and plankton

Primates, which are among the most threatened of animals, are likely to win hearts due to their cuddly exterior while those with a sweet tooth for honey will doubtless sympathise with the bees, which are suffering near catastrophic declines.

Fungi are among the most abundant organisms on the planet and include amongst their numbers the Earth's biggest living organism, a plant fungus known as *Armillaria ostroya* which stretches for 2,384 acres in Oregon's Blue Mountains.

Helpful hint

- ▶ You can download, save and print articles so that you can use them later.

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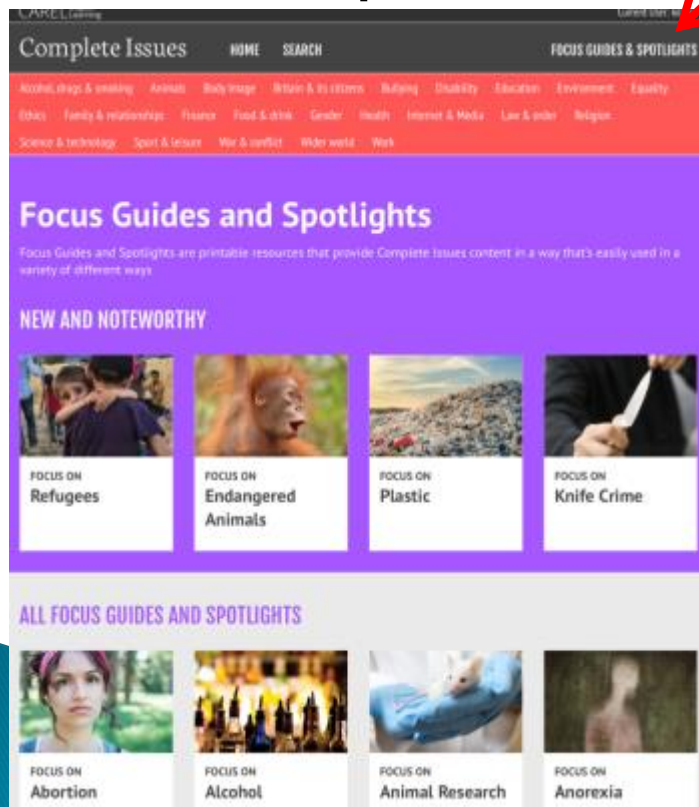
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Focus Guides

- ▶ If you want to do more reading around a topic, the “Focus Guides” will come in handy.
- ▶ “Focus Guides” are collections of articles on the same topic.



The screenshot shows the 'Complete Issues' website interface. At the top, there is a navigation bar with 'HOME' and 'SEARCH' links. Below this is a red header with various topic categories like 'Alcohol, drugs & smoking', 'Animals', 'Body image', etc. The main content area is purple and features the heading 'Focus Guides and Spotlights'. Below this, there is a section for 'NEW AND NOTEWORTHY' with four featured guides: 'Refugees', 'Endangered Animals', 'Plastic', and 'Knife Crime'. At the bottom, there is a section for 'ALL FOCUS GUIDES AND SPOTLIGHTS' with four more featured guides: 'Abortion', 'Alcohol', 'Animal Research', and 'Anorexia'. A red arrow points to the 'FOCUS GUIDES & SPOTLIGHTS' link in the top navigation bar.

FOCUS ON Mental Health



TOP ARTICLES FROM THIS GUIDE



Mental Health Problems

Definitions of common mental health disorders



Self-harm

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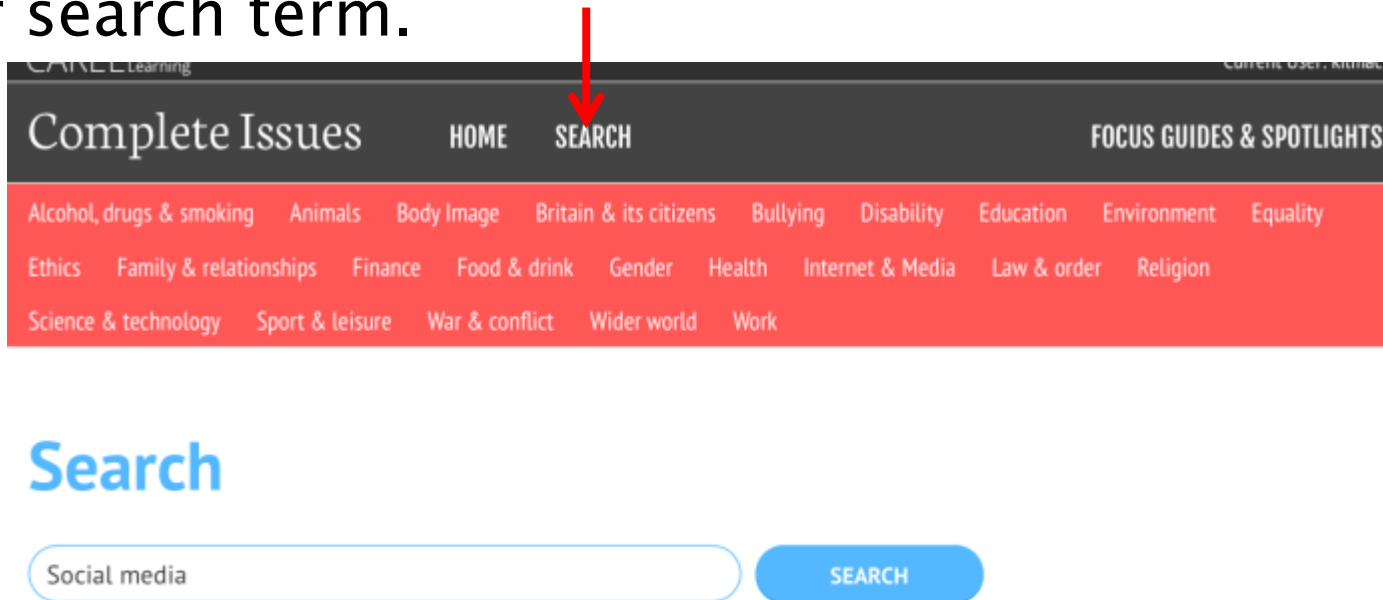
Private Pain - Secret shame

Self-harm is not an illness, it is an expression of personal distress



Search

- ▶ If you can't find what you're looking for by browsing the topics, you can try searching for a particular word or phrase.
- ▶ Just click "Search" at the top of the page and type in your search term.



- ▶ If you get stuck you can ask your teacher or the librarian for help 😊