

LESSON 6: INDIVIDUAL, SOCIETY & HEALTH

Law & Citizenship Course • *Ghid practic de educație juridică - „Elevul și legea”* • Judecător Cristi Danileț



SAFE &
FAIR
LIVING



The law protects
your right to health
and personal safety
— at home, at
school and in public.

LESSON CONTENTS

PART 1

SAFE BY LAW, RESPONSIBLE BY CHOICE

How the law protects health, safety, and wellbeing — personal and social responsibility

PART 2

SAFE IN BODY & MIND

Personal safety, mental health, and prevention of harm or abuse

PART 3

HEALTH RIGHTS & RESPONSIBILITIES

Access to medical care, informed consent, and privacy in health decisions

PART 4

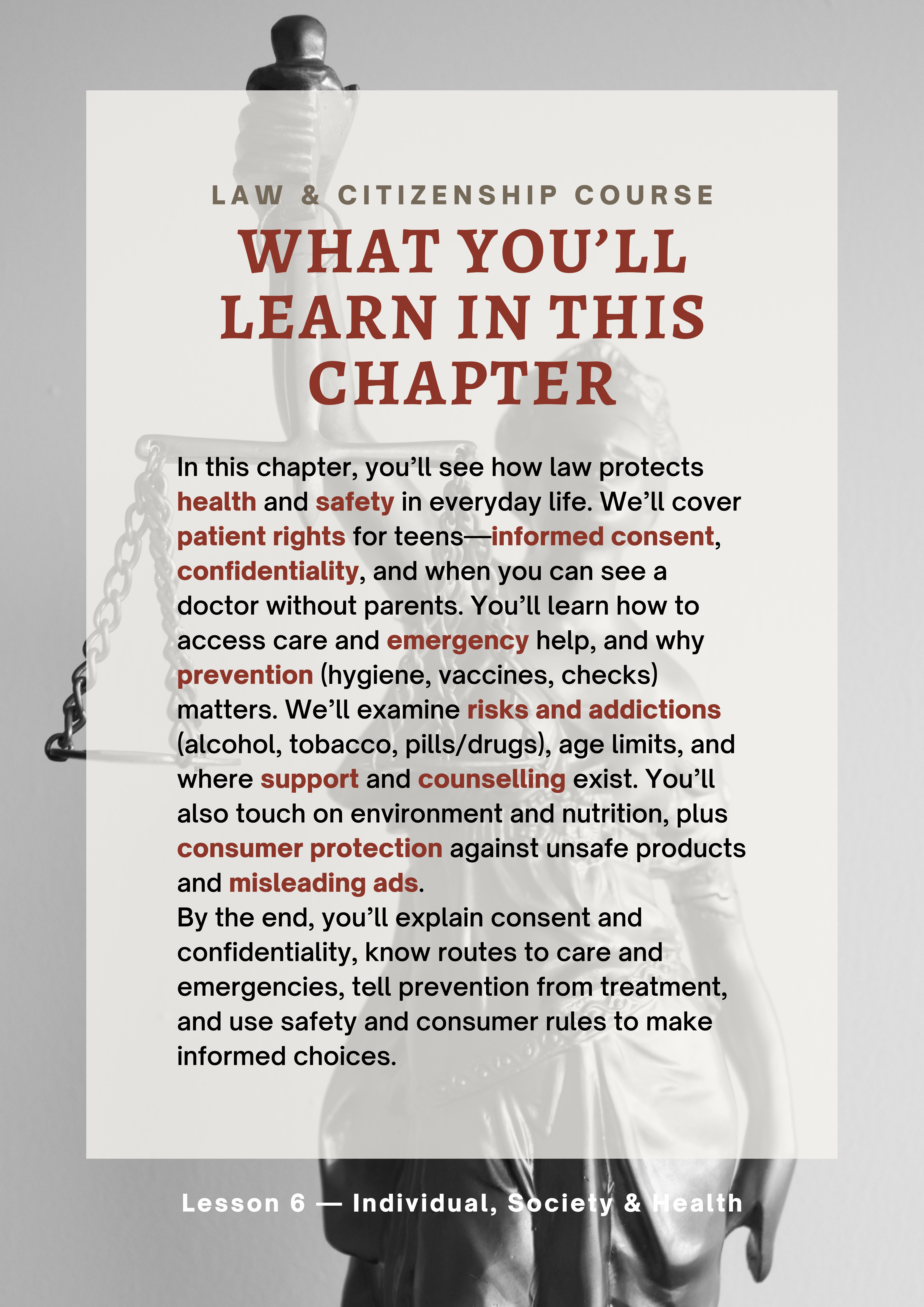
WHEN SAFETY IS AT RISK

How authorities act in emergencies, protect the vulnerable, and manage public health

PART 5

REVIEW & PRACTICE

Quiz, key concepts, and reflection tasks — review what you've learned and apply it



LAW & CITIZENSHIP COURSE

WHAT YOU'LL LEARN IN THIS CHAPTER

In this chapter, you'll see how law protects **health** and **safety** in everyday life. We'll cover **patient rights** for teens—**informed consent**, **confidentiality**, and when you can see a doctor without parents. You'll learn how to access care and **emergency** help, and why **prevention** (hygiene, vaccines, checks) matters. We'll examine **risks and addictions** (alcohol, tobacco, pills/drugs), age limits, and where **support** and **counseling** exist. You'll also touch on environment and nutrition, plus **consumer protection** against unsafe products and **misleading ads**.

By the end, you'll explain consent and confidentiality, know routes to care and emergencies, tell prevention from treatment, and use safety and consumer rules to make informed choices.

Lesson 6 — Individual, Society & Health

HOW HEALTH & LAW WORK TOGETHER

LIVE SAFE, ACT SMART

WHY HEALTH RULES AND RESPONSIBLE CHOICES KEEP US SAFE

Health rules ensure access to **clean environments**, **safe food**, and **medical care**, and they **ban the sale of alcohol, tobacco**, and **drugs to minors**. **Consent and privacy** are essential in any medical act — no treatment should be done without them.

Reliable information helps us stay safe; **false myths** do not.

Everyday habits — washing hands, wearing protection in sports, respecting hygiene and safety rules — help keep everyone healthy.



Warm-Up Activity



Write one law or rule that protects your health. Why is it important? How does following it help others?
Share your answer with a classmate.

Good health begins with informed choices.

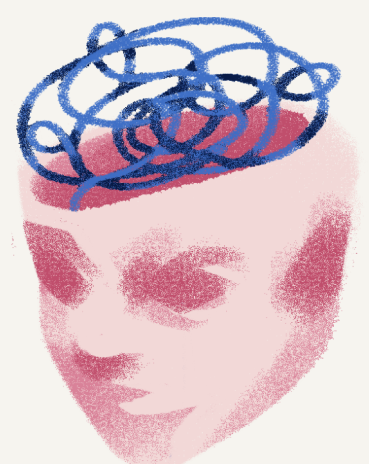
HEALTH RULES THAT PROTECT YOU

Good health depends on **laws and choices**. The law protects your **right to care**, **clean environments**, and **accurate information**, but each person must also **act responsibly**. Health rules require safety measures at school, in sports, and in public places. **Consent and privacy** must always be respected in **medical care**. When stress or pressure feel too much, asking for help is a sign of strength, not weakness. **Healthy habits** and **honest talk** keep both body and mind safe.



Emergencies & First Aid

If someone is in danger or unwell, call 112; keep them safe, follow officials' guidance and don't share images or rumors.



Why it helps

Health rules stop harm early — they protect confidence, dignity, and emotional balance.



On the Road

No driving under influence; wear helmets and seatbelts; avoid distractions like phones.



At School & Online

No harassment or sharing others' private health info; respect privacy and consent in all messages and posts.



In Public Spaces

Follow hygiene rules; keep air and spaces clean; respect no-smoking areas.



Shared responsibility

Your health choices affect others — stay home if ill, get medical advice and support friends.

Imagine and Reflect

Imagine a world with no health rules — no clean water laws, no limits on drugs or smoking, no privacy at the doctor's office. What would happen to safety and trust? Write 2–3 sentences below.

WHO PROTECTS YOUR HEALTH RIGHTS

Lawmakers



Making Health Laws

- **Parliament** — adopts laws ensuring access to medical care, health insurance, and clean environments. Approves public-health policies and bans harmful substances like tobacco, alcohol, and drugs for minors.

Executors



Running Health Services

- **Government & Health Ministry** — organize hospitals, vaccination programs, school health checks, and campaigns for prevention and hygiene. They make sure services follow national health standards.

Judges



Upholding Health Rights

- **Courts & Judges** — protect your right to life and health when it's violated. They can order hospitals or authorities to act, and ensure that consent and medical privacy are respected.

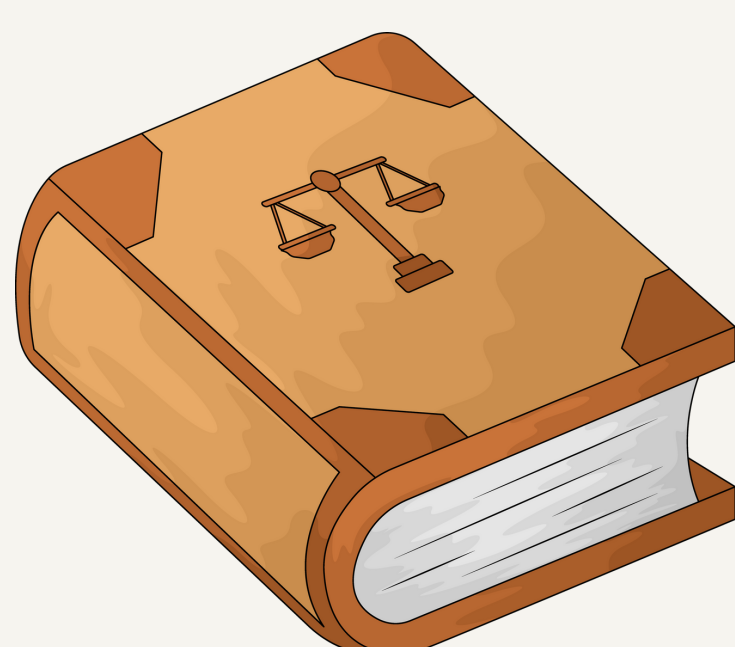
Referee



Oversight & Regulators

- **Ombudsman & Data Protection Authority** — check if authorities or institutions respect patients' rights, especially when it comes to confidentiality, discrimination, or abuse.

Key terms



Mini-Glossary

- **Informed consent** = your right to say yes or no to any medical act after clear explanation.
- **Medical confidentiality** = doctors and nurses must protect your private health information.
- **Right to health** = access to medical care and healthy conditions for everyone.

WHEN SAFETY IS AT RISK

Public health and safety are managed by the **Government and Ministry of Health**, together with **local authorities**. They coordinate hospitals, **emergency services**, and **prevention programs** when risk appears — from **epidemics** to **natural disasters**. Decisions must be lawful, time-limited, and based on **expert evidence**.



RIGHTS & DUTIES

Every citizen has the right to life, health, and protection, but also the duty to act responsibly. Following safety rules, respecting medical advice, and avoiding panic or false news keep communities safe.



PUBLIC PROTECTION

In emergencies, authorities can take temporary safety measures — closing schools, restricting gatherings, or distributing medical supplies — always with the goal of protecting life and health.



NATIONAL SOLIDARITY

When danger threatens, solidarity matters most. Volunteers, doctors, teachers, and citizens all help vulnerable people. Acting together ensures no one is left behind.

MINI-GLOSSARY

Emergency measures = temporary rules to protect life and public health.

Public health = collective wellbeing ensured through laws, prevention, and medical care.

Vulnerability = when a person is at higher risk and needs special protection.

Solidarity = people helping one another in times of need.



FROM ALERT TO ACTION

Detect risk

Health authorities identify a public danger and notify the Ministry of Health or National Emergency Committee.



Alert

Experts assess

Experts check the situation and risks for citizens. They collect data, inform local officials, and recommend immediate protective steps.



Assessment

Authorities decide

Government and local institutions issue emergency orders or public-health measures — for example, safety campaigns, or vaccination drives.



Action Plan

Public follows

Hospitals, schools, and communities apply the measures. Citizens receive guidance through media and official platforms.



Implementation

Review & improve

Authorities review the results and adjust rules so protection remains fair and effective for all.



Evaluation

So what for me?

Safety isn't only the job of doctors or police — it's everyone's responsibility. Knowing how to react and where to get information helps protect yourself and others.

Try it: Think of one everyday situation (e.g. a health scare at school or an online rumor). Who should act first — you, adults, or the authorities? What could stop harm fastest?

QUIZ — Lesson 6

Check what you've learned about how health, law, and responsibility work together. Read each question carefully and choose the correct answer.



- 1** Who ensures access to medical care and clean environments?
 - a) The Parliament
 - b) The Government and Health Ministry
 - c) Private clinics only
- 2** What does informed consent mean?
 - a) Accepting any treatment doctors propose
 - b) Agreeing to medical care after understanding what it involves
 - c) Signing hospital papers automatically
- 3** Why does the law ban selling alcohol or tobacco to minors?
 - a) To protect young people's health and development
 - b) Because adults want fewer buyers
 - c) To raise product prices
- 4** What should you do if someone shares private health info online?
 - a) Ignore it
 - b) Report it and ask for the post to be removed
 - c) Comment and ask for more details
- 5** When can authorities limit gatherings or close schools?
 - a) Whenever they want
 - b) Only during emergencies that threaten public health
 - c) When attendance drops
- 6** What role does the Data Protection Authority have?
 - a) It organizes hospital campaigns
 - b) It ensures medical data and privacy are respected
 - c) It punishes rule-breaking patients
- 7** Why is reliable health information important?
 - a) It helps citizens act safely and avoid harmful myths
 - b) It gives everyone the same opinion
 - c) It makes health care cheaper
- 8** Who protects the right to life and health in court?
 - a) The Ombudsman and the Constitutional Court
 - b) Local volunteers
 - c) School principals
- 9** What is solidarity in a health crisis?
 - a) Each person acts for themselves
 - b) Citizens helping and protecting one another
 - c) Relying only on doctors to solve problems
- 10** Which daily habit supports community health?
 - a) Following hygiene rules and staying home when ill
 - b) Ignoring small symptoms
 - c) Sharing medication with friends

QUIZ — Lesson 6

ANSWER KEY



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KEY CONCEPTS FROM LESSON 6



PUBLIC HEALTH LAW

Legal framework ensuring prevention, medical care, and hygiene for all citizens.



INFORMED CONSENT

Permission given only after full understanding of a medical procedure or treatment.



MEDICAL PRIVACY

The right to keep personal health information confidential and secure.



PREVENTION

Actions and policies that stop illness or injury before they happen.



HEALTH RESPONSIBILITY

The duty to act safely for your own and others' wellbeing.



EMERGENCY MEASURES

Temporary actions taken by authorities to protect life and health in crises.



SOLIDARITY

Cooperation between citizens and institutions to protect the vulnerable.



MENTAL HEALTH SUPPORT

Legal and social help for stress, anxiety, and emotional balance.



SAFE ENVIRONMENTS

Spaces protected by hygiene, safety, and anti-harm regulations.



OMBUDSMAN

Independent authority that ensures citizens' rights, including patients', are respected.