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| Year \_\_8\_\_ | **Topic:Health and Wellbeing****Emotional Wellbeing****Period:** Spring 2 |
| **Overview of topic:****Emotional Wellbeing**Mental Health and emotional wellbeing including body image and coping strategies. |
| **Key** **knowledge:**• about attitudes towards mental health• how to challenge myths and stigma• about daily wellbeing• how to manage emotions• how to develop digital resilience• about unhealthy coping strategies (e.g. self-harm and eatingdisorders)• about healthy coping strategies **Key vocabulary:**

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| **Tier 2** | **Tier 3** |
| **Body Image****Physical and Mental Health****Resilience****Strategies****Stigma****Setbacks****Disappointments****Positive relationships****Self Harm****Eating Disorders** | **Myths****Misconceptions** |

 | **Key skills and Attitudes**Resilience Self Regulation Developing & maintaining healthy self concept Identifying & accessing help & support Managing Risk  Decision Making Respect for others Active listening Teamwork Building & Maintaining Healthy relationships Self Organisation Know how**H3.** the impact that media and social media can have on how people think about themselves and express themselves, including regarding body image, physical and mental health**H4.** simple strategies to help build resilience to negative opinions, judgements and Comments**H6.** how to identify and articulate a range of emotions accurately and sensitively, using appropriate vocabulary**H7.** the characteristics of mental and emotional health and strategies for managing these**H8.** the link between language and mental health stigma and develop strategies to challenge stigma, myths and misconceptions associated with help-seeking and mental health concerns**H9.** strategies to understand and build resilience, as well as how to respond to disappointments and setbacks**H10.** a range of healthy coping strategies and ways to promote wellbeing and boost mood, including physical activity, participation and the value of positiverelationships in providing support**H11.** the causes and triggers for unhealthy coping strategies, such as self-harm and eating disorders, and the need to seek help for themselves or others as soon as possible *[NB It is important to avoid teaching methods and resources that provide**instruction on ways of self-harming, restricting food/inducing vomiting, hiding behaviour**from others etc., or that might provide inspiration for pupils who are more vulnerable**(e.g. personal accounts of weight change).]***H12.** how to recognise when they or others need help with their mental health and wellbeing; sources of help and support and strategies for accessing what they need**L24.** to understand how the way people present themselves online can have positive and negative impacts on them |
| **Co-curricular opportunities:** ***ASPIRE day, Antibullying ambassadors, mental health ambassadors, LGBTQ+U? Amnesty club, School Council, Eco Council,***  | **Key reading skills taught *(clarify, question, summarise, predict)* and key texts:**No specific key texts at present.**Wider Reading Opportunities/Links:**Selection of books in the library, books recommended by staff |
| **How can I use this information at home?*** Conversation starters with your children to discuss their learning
* Support your child in carrying out independent research around the topic
* Visit your local library (or BorrowBox), museums, or other locations to explore the topic
* Promote books/other texts that explore this topic (see reading section)
* Help your child to learn the key vocabulary
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