

MENTAL HEALTH & WELLBEING

PSHE / YEAR 8 / BLOCK 1

Block Overview

This block of lessons explores mental health and emotional wellbeing, and builds upon learning from previous years. By learning about this subject, young people can better understand their own emotional health, develop positive coping strategies, and know where to look for support.

These lessons were developed by the PSHE Association.

Lesson 1

Attitudes to Mental Health

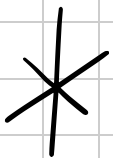
Learning Intentions

Students will reflect on their own understanding of mental health, explore common attitudes and misconceptions, and learn to challenge discriminatory language.

Success Criteria

By the end of the lesson, students will be able to:

- evaluate the links between mental health and physical health
- identify common misconceptions about mental health
- recognise and challenge prejudice and discriminatory language and behaviour, in relation to mental health



Lesson 2

Promoting Emotional Wellbeing

Learning Intentions

Students will learn ways to promote and maintain positive emotional wellbeing, how to build resilience, and how to reframe setbacks.

Success Criteria

By the end of the lesson, students will be able to:

- explain the factors that affect emotional wellbeing
- identify ways to promote emotional wellbeing and build resilience
- reframe and learn from disappointments and setbacks



Lesson 3

Digital Resilience

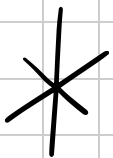
Learning Intentions

Students will explore the impact of social media on emotional wellbeing, and will learn strategies for developing resilience in an online world.

Success Criteria

By the end of the lesson, students will be able to:

- evaluate the impact of social media on emotional wellbeing
- analyse the reasons people post and look at online images and the impact this can have on self-esteem and body image
- describe strategies to promote emotional wellbeing online



Lesson 4

Unhealthy Coping Strategies

Learning Intentions

Students will learn about about unhealthy coping strategies, including self-harm and eating disorders, and how to access support.

Success Criteria

By the end of the lesson, students will be able to:

- explain why self-harm and eating disorders are unhealthy coping strategies
- recognise misconceptions about unhealthy coping strategies
- recognise warning signs of emotional difficulties; identify suitable sources of support, and explain why, when and how to seek help for themselves or others



Lesson 5

Healthy Coping Strategies

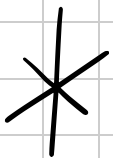
Learning Intentions

Students will learn healthy ways to manage difficult feelings or challenging circumstances.

Success Criteria

By the end of the lesson, students will be able to:

- recognise circumstances leading to intense emotions that may be difficult to manage
- explain a range of positive strategies for managing difficult emotions
- assess whom, how and why to ask for support when it's needed



Lesson 6

Change, Loss, and Grief

Learning Intentions

Students will explore the emotional impact of change, loss and grief, learn strategies to manage these, and how to access support.

Success Criteria

By the end of the lesson, students will be able to:

- describe how change, including loss and bereavement, can affect people in different ways
- explain what grief is and how different people might grieve
- identify strategies to help manage change, loss, or bereavement and support others who are grieving
- explain why, when and how to access support for themselves or others

