

Year 8 - Introduction to Mental Health - Staff overview and planning tool

Learning Outcomes

By the end of this module, pupils **WILL** be able to...

- Understand that mental health is normal part of daily life, as is physical health
- Describe the characteristics of mental and emotional health
- Recognise the importance of removing the stigma surrounding mental health
- Discuss statistics on mental health in young men
- Understand the concept of mindfulness
- Describe a range of healthy coping strategies for managing one's mental health

By the end of this module, pupils **SHOULD** be able to...

- Discuss mental health in a sensitive and respectful way
- Provide ways in which the stigma surrounding mental health is damaging our society
- Understand that young men in particular are at risk statistically
- Analyse some of their own behaviours and self-care techniques with regard to their mental health

By the end of this module, pupils **COULD** be able to...

- Reflect on their own mental health and change their behaviours in order to improve it

William Ellis School Aims:

- To introduce mental health, with a focus on it being a normal part of daily life
- To discuss the stigma surrounding mental health, in particular relating to damaging male stereotypes
- To teach simple self-care techniques, for example sleep, exercise and mindfulness

Statutory Requirements—What pupils should know:

- how to talk sensitively about their emotions accurately and sensitively, using appropriate vocabulary
- that happiness is connected to others
- how to recognise the early signs of mental wellbeing concerns

Key Words:

Mental Health - a person's condition with regard to their psychological and emotional well-being

Stigma - a sign of disgrace or discredit, which sets a person apart from others

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

Consistency:

All lessons should begin with a starter to settle the class. Students should write the date and title in their book before use. The three lessons should be planned as a sequence, with the above learning outcomes. These will be made explicit to the students. The lessons should include activities that allow the teacher to gauge how fully these learning outcomes have been reached.

Learning Outcomes

By the end of this module, pupils **WILL** be able to...

- Understand that mental health is normal part of daily life, as is physical health
- Describe the characteristics of mental and emotional health
- Recognise the importance of removing the stigma surrounding mental health
- Discuss statistics on mental health in young men
- Understand the concept of mindfulness
- Describe a range of healthy coping strategies for managing one's mental health

By the end of this module, pupils **SHOULD** be able to...

- Discuss mental health in a sensitive and respectful way
- Provide ways in which the stigma surrounding mental health is damaging our society
- Understand that young men in particular are at risk statistically
- Analyse some of their own behaviours and self-care techniques with regard to their mental health

By the end of this module, pupils **COULD** be able to...

- Reflect on their own mental health and change their behaviours in order to improve it

William Ellis School Aims:

- To introduce mental health, with a focus on it being a normal part of daily life
- To discuss the stigma surrounding mental health, in particular relating to damaging male stereotypes
- To teach simple self-care techniques, for example sleep, exercise and mindfulness

Key Words:

Mental Health - a person's condition with regard to their psychological and emotional well-being

Stigma - a sign of disgrace or discredit, which sets a person apart from others

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

If you have found this topic has resonated with you or you would like to learn more see below...

Where can I get support?

If you are worried about yourself or a friend please speak to an adult that you trust. In school this could be a form tutor or any other grown up that you feel comfortable with.

If you are not ready to speak to someone that you know, Childline is a free, private and confidential service where you can talk about anything. You can call for free on [0800 1111](tel:08001111) or get in touch online at <https://www.childline.org.uk/>. You will not have to give your name and they will not tell your parents or the school that you have called.

You can also arrange an appointment with your GP, the same way you would if you felt physically unwell.

Further Reading:

If you would like to know more about mental health you could speak to a teacher or visit these websites:

<https://youngminds.org.uk/>

<https://www.childline.org.uk/>

<https://www.mentalhealth.org.uk/a-to-z/c/children-and-young-people>