

Year 10 - Change - Staff overview and planning tool

Learning Outcomes

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

- Discuss what stress feels like and give examples of what it might look like in others
- Provide strategies for coping with stress in a positive way
- Understand that everyone feels stressed sometimes but that it becomes a problem when you start to feel that you cannot cope
- Define depression and, in particular, the difference between clinical depression and feeling sad
- Define anxiety and, in particular, the difference between anxiety disorders and feeling anxious
- Know where they can go for support

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

- Describe activities or techniques that they use to maintain good mental health
- Speak compassionately about mental health without attaching any stigma
- Understand that mental health is as important and as real as physical 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 discuss the transition from Year 9 to Year 10 and the changes that brings
- To educate on stress and how to cope with it in a positive way, for example through mindfulness and exercise
- To educate on the early signs of someone not coping with stress, and link to the possible development of depression and/or anxiety
- To signpost ways students can access support if this is the case

Statutory Requirements—What pupils should know:

- how to talk about their emotions accurately and sensitively, using appropriate vocabulary
- how to recognise the early signs of mental wellbeing concerns
- how to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others' mental health
- the benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness
- the positive associations between physical activity and promotion of mental health wellbeing, including as an approach to combat stress

Key Words:

Transition - the process or a period of changing from one state or condition to another

Stress - the feeling of being under too much mental or emotional pressure, this pressure turns into stress when you feel unable to cope

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

Depression - more than simply feeling unhappy or fed up for a few days, when you're depressed you can feel persistently sad or hopeless or apathetic for weeks or months at a time

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.

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Anxiety - a feeling of unease, such as worry or fear, that can be mild or severe, if this persists and starts affecting your everyday life it may be termed general anxiety disorder (GAD)

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->