

Year 10 - Promoting Emotional Wellbeing - Staff overview and planning tool

Learning Outcomes

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

- Give an example of a healthy and unhealthy coping strategy
- Give some examples of things that would make people vulnerable to destructive coping strategies, including self-harm
- Define self-harm
- Give an example of an eating disorder

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

- Consider a scenario and give an example of a healthy coping strategy that could be used
- State that self harm is usually a symptom, a manifestation of an issue, not the issue itself
- Speak about self-harm in an empathic and non-judgemental way
- Recognise the difference between dieting and disordered eating

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

- Reflect of the coping strategies they are currently using and if unhealthy consider other options
- Recognise someone else who is in need of support and be able to communicate with them about their feelings

William Ellis School Aims:

- To discuss a range of healthy and unhealthy coping strategies, in the context of promoting emotional wellbeing
- To learn about self-harm and eating disorders in the context of coping strategies
- To dispel any stigma and/or myths around these topics and be able to have empathetic and informed discussions about them that will equip students do to so in future relationships

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
- common types of mental ill health (e.g. anxiety and depression).
- 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
- how stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice)

Key Words:

Coping strategies - a conscious effort to solve a personal or interpersonal problem that will help in overcoming, minimizing, or tolerating stress or conflict

Self Harm - a term for any deliberate behaviour, action or habit that causes damage to a person's health

Eating disorder - when you have an unhealthy attitude to food, which can take over your life and make you ill, both physically and mentally. It can involve eating too much or too little, or becoming obsessed with your weight and body shape.

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

Where can I get support?

It's important to remember that self-harm should not be kept hidden. 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 or your friend is not ready to make that step yet, please consider finding confidential advice through the below services:

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.

SelfharmUK is a project dedicated to supporting young people impacted by self-harm, providing a safe space to talk, ask any questions and be honest about what's going on in your life. Visit <https://www.selfharm.co.uk/> for their service.

If you or someone you know is considering suicide, Papyrus UK offers a confidential hotline from 9am til midnight everyday of the year, you can call them on 0800 068 4141

If you are concerned about your physical health, including your eating habits, you should make an appointment with your GP.