



Welcome to Health and Wellbeing

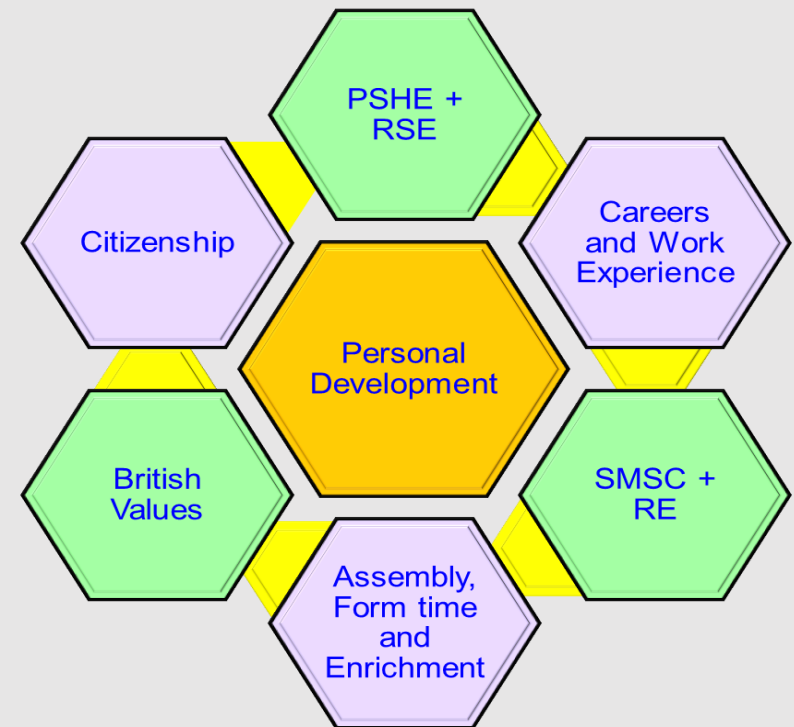
***Personal Development
Thornden School
Safeguarding Curriculum***

Focusing on Personal Development



You may hear the term 'Personal Development' used in quite a few subjects. Personal Development is an umbrella term for how we develop our personal qualities and attributes throughout school.

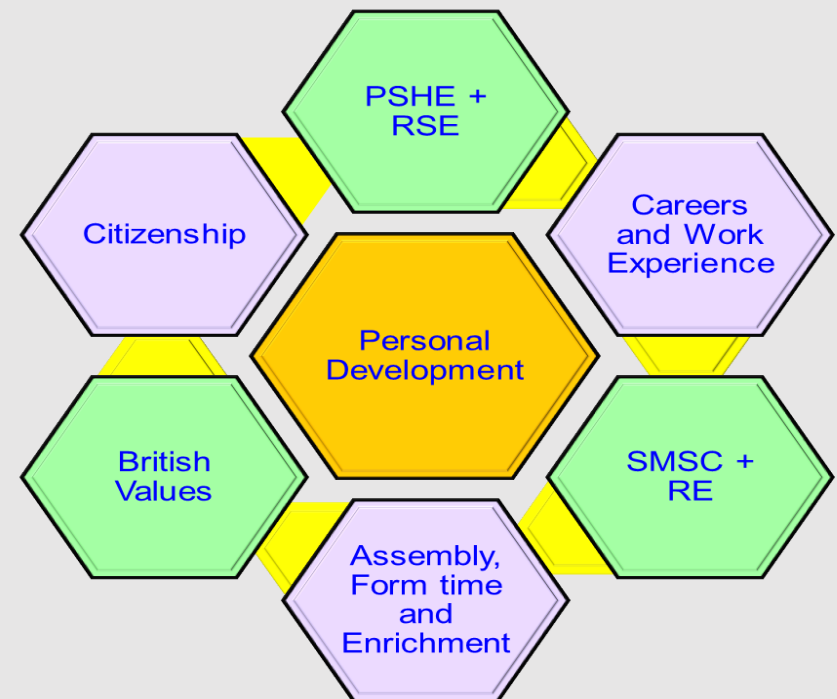
Remember – school isn't just about improving your academic ability; it is about you becoming a well rounded and responsible young adult. It supports your wellbeing; helps you understand the world around you and prepares you for life after Thornden.



Why Do We Learn Health and Wellbeing at School?



At Thornden School we teach Health and Wellbeing education empowers students to understand and manage the physical, emotional, and mental challenges they may face during adolescence and beyond. It promotes informed decision-making around lifestyle choices such as sleep, nutrition, physical activity, and managing stress. Students explore the importance of mental health, how to develop resilience, and how to access support when needed. The topic also helps students identify and respond to unhealthy behaviours, including addiction and risk-taking. Health and Wellbeing education supports students' ability to thrive in school and life, builds self-awareness, and plays a vital role in safeguarding by encouraging proactive, healthy habits and a positive sense of self.



Do Now

Self Harm – What is this and why do people do it?



BELONG CARE ASPIRE SUCCEED

Katie has been really keeping herself to herself lately. There's a rumour going around she's been doing things to hurt herself. She's been quiet for a while now – although is still on her phone a lot.

Discuss: How do you think Katie's mental health might be at the moment – why? What danger might she be in?



Some people lash out through shouting, or breaking something when they are in intense mental pain. But why would someone hurt themselves?

CLUE: Directing anger inwards

CLUE: Punishment

CLUE: Control



BELONG CARE ASPIRE SUCCEED

Learning outcomes:

Describe the characteristics of a person who may self-harm and the danger they are in.

Explain how we should support sufferers and why people sometimes self-harm.

Self-harm - deliberate injury to oneself, typically due to an overwhelming negative mental state.

Dermatillomania – a psychological condition where people pick, scratch or harm themselves, not to feel pain but because of an addictive urge to do this.

■ Year 8 Knowledge Check – Spring 2: Health and Wellbeing

1. On a scale of 1 to 5, how confident do you feel that you can explain what personal identity means and what makes your identity unique?
2. On a scale of 1 to 5, how confident do you feel that you can recognise the difference between chosen and unchosen aspects of a person's identity?
3. On a scale of 1 to 5, how confident do you feel that you can explain why respecting different identities is important in a diverse society?
4. On a scale of 1 to 5, how confident do you feel that you can identify the social, cultural, and economic causes of knife crime and how they can affect young people?
5. On a scale of 1 to 5, how confident do you feel that you can describe the impact of gang involvement and peer pressure on someone's decision-making?
6. On a scale of 1 to 5, how confident do you feel that you can explain how knife crime can affect families and communities long-term?
7. On a scale of 1 to 5, how confident do you feel that you can explain what self-harm is and why some people may turn to it as a coping strategy?
8. On a scale of 1 to 5, how confident do you feel that you can recognise the signs that someone may be struggling with their mental health or self-harming?
9. On a scale of 1 to 5, how confident do you feel that you can describe healthy ways to cope with stress, anxiety, or difficult emotions?
10. On a scale of 1 to 5, how confident do you feel that you can identify trusted people or services you could go to for support with identity, safety, or mental health?

**Please
complete
this home
learning that
has been
set on
Satchel this
week**

Watch the following clip from the charity MIND and choose five questions to complete on your answer sheet. Your teacher will then go through the answers.

<https://www.youtube.com/watch?v=fSEtUbc8JDU>



Does telling self-harmers to 'stop doing it' help at all?

In what situations do people self-harm?

What does help people who self-harm?

How do the self-harmers feel before they self-harm?

How do the self-harmers say self-harm can make them feel better?

How can family and friends help those who self-harm?

What is meant by an 'open environment' and how can this help?

What does 'cathartic' mean? How is self-harm cathartic?

Which underlying emotions trigger the act of self-harm? Why is this?

What does the girl mean when she explains she 'can't win' when it comes to self-harm?



Watch the following clip and choose five questions to complete on your answer sheet. Your teacher will then go through the answers.

<https://www.youtube.com/watch?v=fSEtUbc8JDU>

Does telling self-harmers to 'stop doing it' help at all?

No – this usually doesn't make any difference.

In what situations do people self-harm?

When they get really, really stressed. For young people it can be about how self-conscious they are in stressful times – or a cry for help.

What does help people who self-harm?

There being less stress in their lives can help. Talking without judgement.

How do the self-harmers feel before they self-harm?

They feel like they need to release tension.

How do the self-harmers say self-harm can make them feel better?

Time spent in counselling helps many. Finding different coping methods – like thinking of 10 things to do before you self-harm. Speaking to others who have had similar experiences.

How can family and friends help those who self-harm?

Act as normal as possible – don't make a drama and know that it's ok to ask about it.

What is meant by an 'open environment' and how can this help?

Creating an environment where people feel it's ok to talk without judgement.

What does 'cathartic' mean? How is self-harm cathartic?

Cathartic is when you feel a little better afterwards. Some say it releases the tension they feel.





Main Task – Inbox Full.

You are a Mental Health Nurse. You run a support page for teenagers suffering with depression and anxiety. You have just had a few messages in your inbox.

My Dad's left us. I know it's my fault. I'm not good enough. I hate myself so much for causing this, I don't deserve to eat, so I'm not. I want to harm myself the way I've harmed our family. Chad.

Please help me! I hate how I look, I'm so spotty it gets me so down. I can't leave my skin alone and I'm making it worse. I keep making myself bleed, I feel so, so down about this. What's wrong with me? Erin

The pain gives some relief and gives me what I deserve. No one can find out. Sam.

Today was the first day I had to wear a hat to hide what I'm doing. I feel so awful I could cry. My floor is covered in hairs. But I can't stop.... Asha

Using the info from today, discuss with a partner what you think the problem is and one way the sufferer could be treated. Think about the main symptoms of their condition, why it is they do it and ways they could be treated.

Reporting a Concern at Thornden School

- It is important to us that all of you feel safe, happy and belong at Thornden.
- We also know that sometimes it is not as easy as simply telling a member of staff
- It could be:
 - A friend you are worried about
 - Someone being unkind to you
 - Something you have heard and think we should know

How can you report anything you are worried about?

- Speak to a member of staff or parent / carer
- Visit the Well Being Den or Head of Year area
- On Satchel each week you will be sent a link to a form to share any worries you have
- On our school website homepage there is a 'Report a Concern' link.
- In the Student Bulletin there is a 'Report a Concern' link
- On all school desktops there is a 'Report a Concern' logo to click and report anything

Need Support? You're Not Alone

If anything in today's lesson has affected you, or you want to talk to someone, there is help available.



Mental Health & Low Mood

YoungMinds – <https://www.youngminds.org.uk>

Kooth – <https://www.kooth.com>

Mind – <https://www.mind.org.uk>

Talk to Someone

Your Tutor or Head of Year – We're here to help.

Wellbeing Team and School Nurse

Report a Concern on Satchel

Safeguarding Team with the Purple lanyards

Healthy Lifestyle

NHS Every Mind Matters – <https://www.nhs.uk/every-mind-matters>

Change4Life – <https://www.nhs.uk/change4life>

Apps That Can Help

Calm – For mindfulness and sleep.

Headspace – Meditation and stress relief.

Clear Fear – Manage anxiety (designed for young people)

MeeTwo – Anonymously talk to other teens, moderated by experts.

Eating Concerns

Beat Eating Disorders –

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

NHS Live Well – Eating Disorders –

<https://www.nhs.uk/mental-health/conditions/eating-disorders/>