

Welcome to Health and Wellbeing

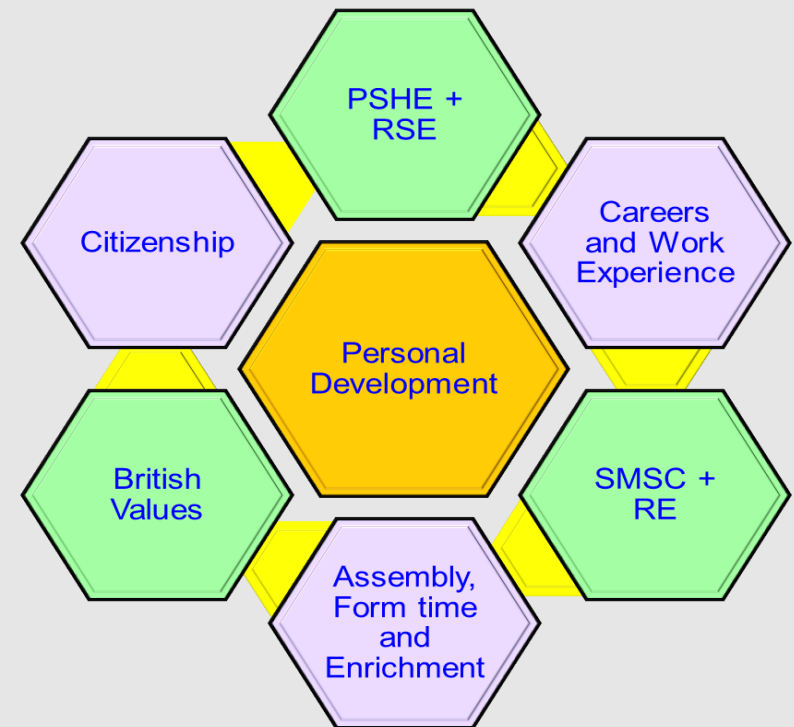
Personal Development Thornden School Safeguarding Curriculum

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.

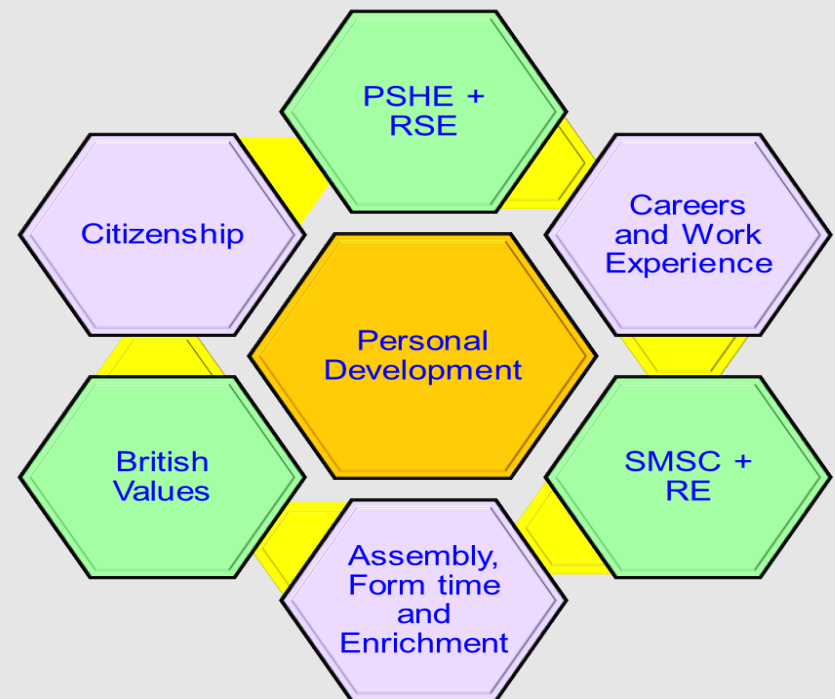
Remember – school isn't just about improving your academic ability; it is about you becoming a well rounded and responsible young adult. It supports your wellbeing; helps you understand the world around you and prepares you for life after Thornden.



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.



Year 9 PD Health & Wellbeing Entry/Exit Quiz



1. I can explain what the term 'mental health stigma' means and why it can be harmful.
2. I feel confident recognising the difference between short-term and long-term anxiety.
3. I understand and can describe some practical strategies for managing anxiety.
4. I can explain why getting good quality sleep is important for my mental and physical health.
5. I am confident I could give advice to someone my age on how to improve their sleep hygiene.
6. I can recognise the difference between reliable and unreliable sources of health information online.
7. I understand how social media can both positively and negatively influence young people's health behaviours.
8. I can describe what a healthy diet looks like and how I might achieve this on a budget.
9. I feel confident identifying ways to boost my own happiness and maintain a positive outlook.
10. I know where and how to seek help if I or someone I know is struggling with their wellbeing.

**This is your
Home
Learning. It
has been
shared with
you on
Satchel.
Please make
sure it is
completed by
next week**

Do Now

Lesson 2: Mental health: stigma and the language we use



Since Narla was involved in a car crash, she has been suffering from severe anxiety. It's been so bad, Narla's been off school for a week.

'When do you think she'll be back?' Her friend asked another girl in form time.

'I dunno,' the girl replied. 'She's turned into a right fruit-loop, so could be off for a while.'

Discuss: How does the response of the girl in Narla's form make you feel? Why?



Explain what you think the word 'stigma' means.

I think the word stigma means...

Mental health: stigma and the language we use

Learning outcomes:

Describe the link between language and mental health stigma and develop strategies to challenge stigma and misconceptions associated with help-seeking and mental health concerns.

<https://www.youtube.com/watch?v=9vkUMXaJDM4>

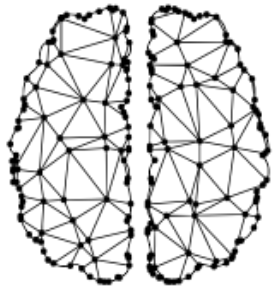


Stigma – a set of negative and unfair beliefs that a society or group of people have about something.

THORNDEN THREE = GUIDED READING



Things We Need to Normalize for Men



**Mental Health
issues**



**Going to
Therapy**



**Asking for
Help**



**Showing
Emotions**



Speaking Up



**Not Being
Okay**

As we've just discovered, the amount of stigma attached to mental illness differs between the generations. However, it also differs between the sexes too, with recent statistics showing that 40% of men will not talk to others about their mental health issues.

DISCUSS: Study the icons on the left and discuss with a partner why males in particular may struggle with each of these aspects of support. Be prepared to feedback your ideas to the class shortly.

The link between stigma and language



<https://www.youtube.com/watch?v=eVv21d8Z4e8>

What is self-stigma?

What happens to people who are told the odds are stacked against them and they'll never succeed?

How are people working to de-stigmatise mental health?

How is language perpetuating stigma around mental health?

How can we help with the destigmatisation?

How is conversation the key?

Watch the clips and complete your questions in your booklet. We will then go through the answers together so you can fill in any you've missed.

The link between stigma and language



<https://www.youtube.com/watch?v=eVv21d8Z4e8>

What is self-stigma?

A sub-category of stigma, when you judge yourself for a condition you are suffering. You blame yourself and feel it's your own fault.

What happens to people who are told the odds are stacked against them and they'll never succeed?

Many people then don't bother trying.

How are people working to de-stigmatise mental health?

By being open and sharing their stories, not hiding it.

How is language perpetuating stigma around mental health?

Over time, medical language can become slurs, depending on how they are used, such as 'insane', which is now used as an insult.

How can we help with the destigmatisation?

By not using mental health terms inappropriately.

How is conversation the key?

It helps normalise the fact we all have problems at some point and helps promote learning and understanding.



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/>