

Welcome to Health and Wellbeing

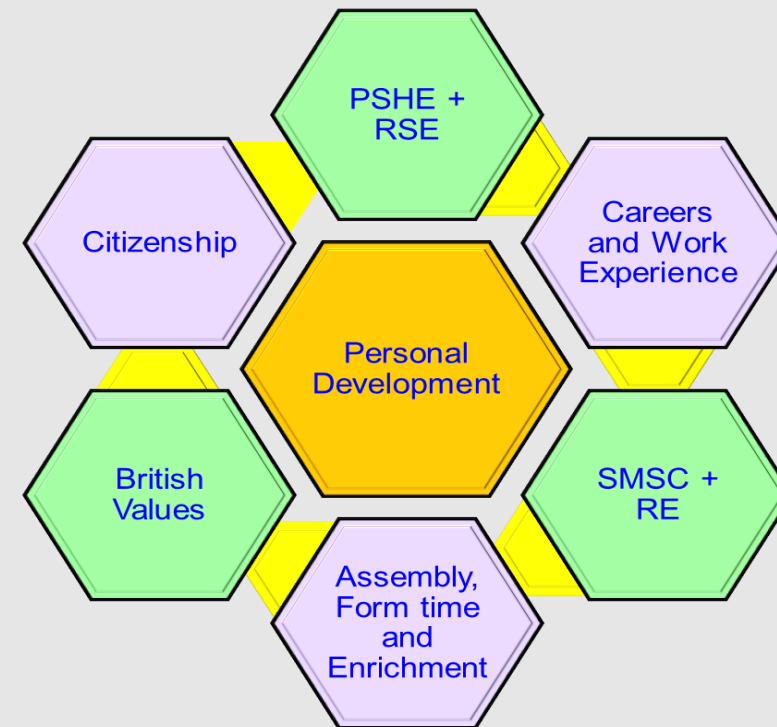
*Personal Development
Thornden School
Safeguarding Curriculum*

Focusing on Personal Development

You may hear the term 'Personal Development' used in quite a few subjects.

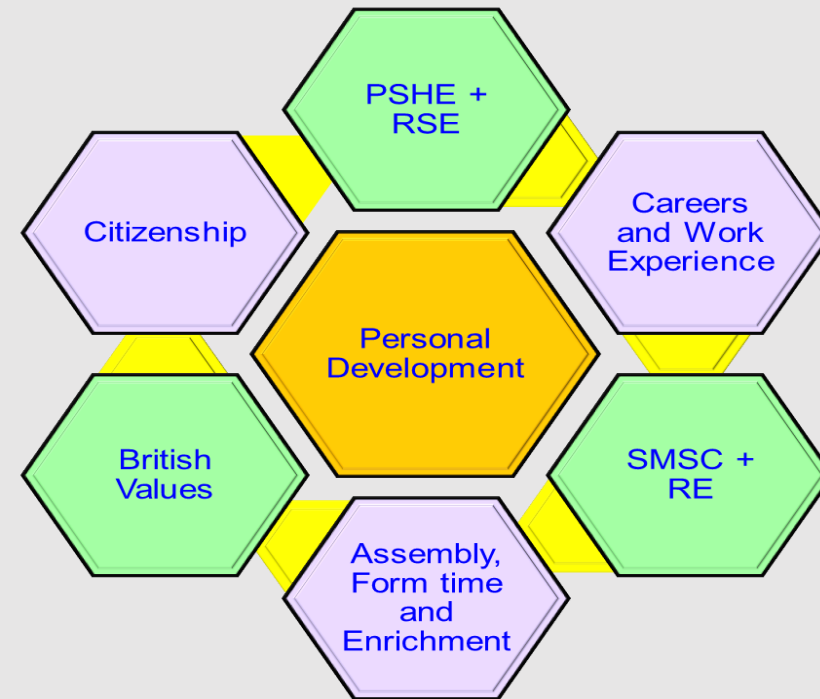
Personal Development is an umbrella term for how we develop our personal qualities and attributes throughout school.

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 10 PD Health & Wellbeing Entry/Exit Quiz

1. I understand how adopting a growth mindset can help me improve and overcome challenges.
2. I can describe the difference between healthy and unhealthy social media use.
3. I feel confident in identifying how digital content (like deepfakes) can impact someone's mental health and reputation.
4. I understand what social anxiety is and can identify strategies to manage it.
5. I feel confident explaining how loneliness can affect both physical and mental health.
6. I can critically assess online content related to health, body image, and self-worth.
7. I can explain what is meant by the 'health at every size' movement and the potential debates surrounding it.
8. I understand how to check for symptoms of common cancers and how lifestyle choices affect cancer risk.
9. I know what practical steps I can take to build emotional resilience and manage stress.
10. I know where to seek support if I or someone I know is struggling with their wellbeing.

Yr10 Health and Wellbeing Autumn
1 Entry and Exit Knowledge Check





Lesson 2: Resilience, social media, trigger warnings + trauma



Cissy has been dumped by her boyfriend after two months. Her dad caught her watching a TikTok video, which had a trigger warning at the start – because it talked about the ‘trauma of break ups’.

Cissy’s dad said; ‘seriously love, it was two months. This is actually a good learning experience for you in resilience. This isn’t real trauma. Thinking about it that way won’t help you get over it.’

Discuss: Does Cissy’s dad have a point? What do you think?



What do we mean by the terms; trigger warnings, trauma and resilience?

CLUES: upsetting content, deeply distressing, toughness

Trigger / content warnings – a statement at the start of a piece of writing, video, etc. alerting the reader or viewer to the fact that it contains potentially distressing material (often used to introduce a description of such content).

Trauma - a deeply distressing or disturbing experience.

Resilience - the capacity to withstand or to recover quickly from difficulties; toughness.

Learning outcomes:

Describe how to make informed decisions about whether different media and digital content are appropriate to view and develop the skills to act on them.

Develop strategies to develop assertiveness and build resilience to peer and other influences that affect both how you think about yourself, health and wellbeing.

Resilience, social media, trigger warnings + trauma



Trigger Warnings – Helpful or Harmful?

A trigger warning (sometimes called a content warning) is a message that tells people a piece of content may contain upsetting or distressing material:

1. Suicide
2. Violence
3. War
4. Abuse
5. Graphic injury

Why Do People Use Them?

- ✓ Help people prepare for distressing content
- ✓ Protect people who may have experienced trauma
- ✓ Allow viewers to make informed choices
- ✓ Particularly useful for graphic or shocking content

The Argument For Trigger Warnings

1. Can reduce unexpected distress
2. Give people greater control over what they watch
3. Help vulnerable people feel supported
4. Appropriate for graphic news reports, films and documentaries

Are Trigger Warnings Being Overused?

The Argument Against Trigger Warnings

Some people argue that trigger warnings are now being used for:

1. Political opinions
2. Controversial topics
3. Ideas people disagree with
4. Critics suggest this can:
5. Discourage difficult conversations
6. Reduce exposure to different viewpoints
7. Prevent people developing resilience
8. Encourage avoidance rather than understanding

The Importance of Personal Responsibility

1. Only you know what content may upset you.
2. Healthy online habits include:
3. Choosing content carefully
4. Avoiding material you know will distress you
5. Taking breaks from social media
6. Seeking support when needed

So What's the Answer? There are two schools of thoughts but most most people agree that trigger warnings are useful for genuinely distressing or graphic content. The debate is whether they are always needed for difficult topics and opinions.

Discussion Question

Do trigger warnings help people stay safe, or can they sometimes stop people engaging with important issues?

With so many online pressures, sometimes we just need a digital detox. Even after a few days, lessening or stopping checking our phones altogether can have amazingly positive affects on our mental health, our sleep and our personal relationships. Perhaps even our levels of intelligence too.

**Watch the clip and complete the questions in your booklet.
We'll go through the answers together afterwards.**

<https://www.youtube.com/watch?v=aNvvOQMx0jY>

What does constant scrolling do?

What happens after 2 hours of not using your phone?

How does your phone affect your brain?

What happens after 24 hours of quitting?

Why have tech companies hacked our brains?

What happens after day three?

What happens after day five?

What do some studies suggest about excessive phone use?

What does constant scrolling do?

Alter your brains neurology

What happens after 2 hours of not using your phone?

You might start to feel anxious

How does your phone affect your brain?

It activates the reward pathways which release dopamine (the reward chemical)

What happens after 24 hours of quitting?

FOMO – the fear of missing out

Why have tech companies hacked our brains?

They want us to keep using their products – thus making them money.

What happens after day three?

Phantom vibrations – but also good things, as you start to pay attention to people in the real world.

What happens after day five?

Your attention span may increase, you may actually start to improve at school and

get better at tests too, as your brain is switching tasks less often.

What do some studies suggest about excessive phone use?

It could correlate with lower levels of intelligence – this may be because of better sleep

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/>