

Welcome to Health and Wellbeing

*Personal Development
Thornden School
Safeguarding Curriculum*



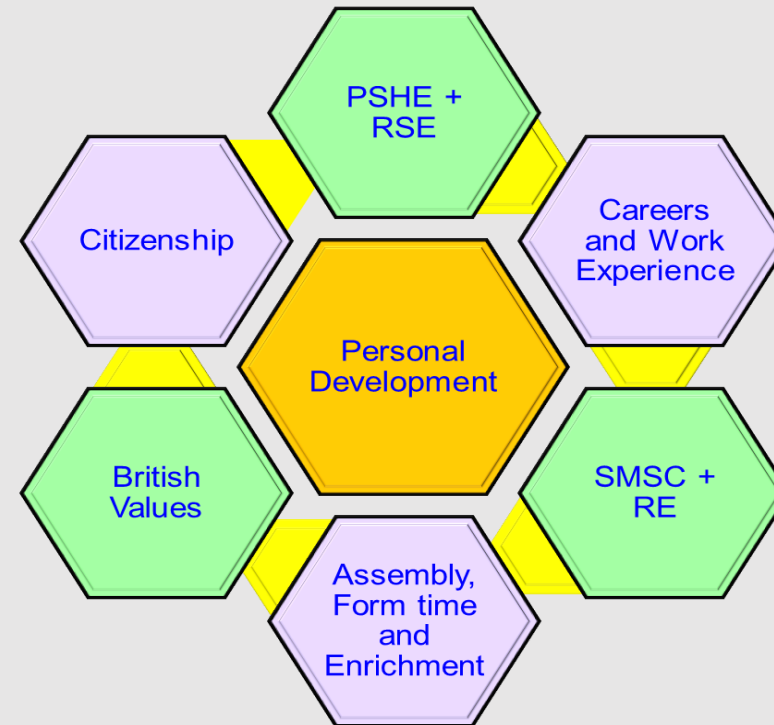
Belong - Care - Aspire - Succeed

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.

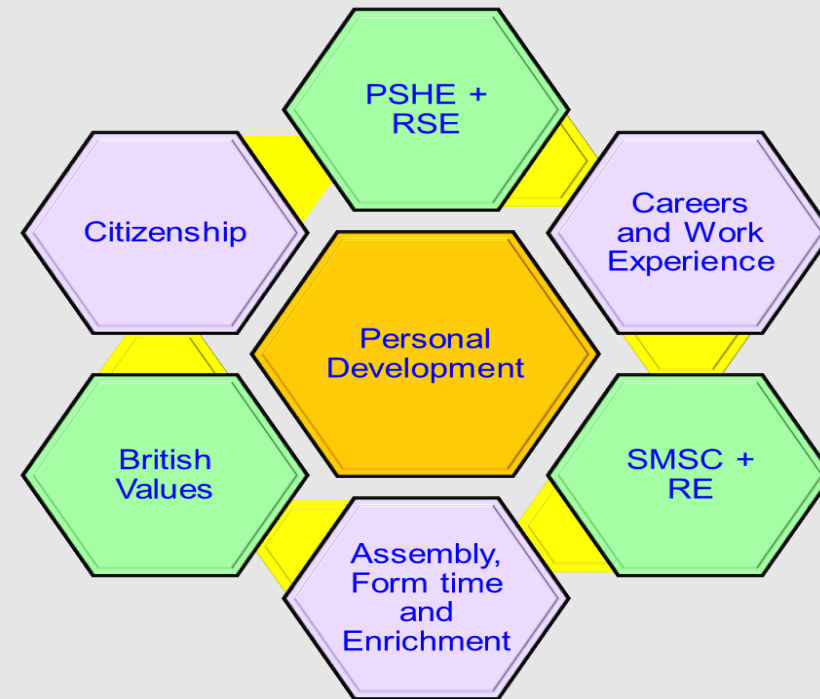
Remember – school isn't just about improving your academic ability; it is about you becoming a well rounded and responsible young adult. It supports your wellbeing; helps you understand the world around you and prepares you for life after Thornden.



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



BELONG CARE ASPIRE SUCCEED

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



We will now find out more about what trigger warnings are, why they are used and why they can either be helpful or unhelpful when it comes to our digital resilience.

THORNDEN THREE GUIDED READING

Follow the text carefully in your booklets and then complete the questions at the end of your pack in your booklets



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We've all heard them – trigger warnings at the start of videos, to warn people that there is content which they might find distressing. In fact, some content creators are now going back to using the term 'content warning' instead – in case some viewers find the term 'trigger-warning' to be triggering.

The idea of trigger warnings comes from a warm and positive place – content creators don't want viewers to be unnecessarily upset by their topic in focus. The topic may be really distressing – suicide, war, car crashes – and these warnings are genuinely a good idea. A cynic might say that content creators also don't want complaints and shadow banning from their platforms too – so the warning benefits both the creator and the viewer.

However, as Vox journalists have recently pointed out – trigger warnings are also starting to be used in wider-world contexts – and not always to protect people from deeply distressing content, but also to protect people from political viewpoints they may not agree with or from college lectures which contain real world content.

Trigger warnings have played an outsized role in the debate about what's been called "the new political correctness" — whether greater sensitivity to students' concerns about mental health and racial and gender equality has turned into a threat to academic freedom and open debate. Critics argue that warning students that what they're studying could be "triggering" will make professors less likely to teach sensitive material and render students too emotionally fragile to deal with the real world.

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What does this mean? Well, if we have a trigger warning for racism before a lecture about topic of racism in the UK (for example) – because it contains information about racist incidents, this could put people off attending, and thus learning about how to combat racism, the true and not always palatable history of their country and the genuine state of their country today.

As Libby Nelson continues to point out:

The terminology (the term ‘trigger-warning’) comes from post-traumatic stress disorder. People who have PTSD can experience flashbacks, anxiety, or nightmares, reliving a traumatic event when they see, smell, or feel something that triggers those memories. Anything can be a trigger, including sounds or smells. One classic example of a trigger is fireworks on the Fourth of July (American Independence Day, where a lot of fireworks are set off), which can startle and trigger flashbacks in veterans with PTSD from combat.

But avoiding triggers isn't considered a healthy coping mechanism for people with PTSD; in fact, it's a symptom of the disorder. A core purpose of therapy is making it possible for individuals to reduce their sensitivity to triggers. And there's no scientific evidence that trigger warnings help people avoid panic attacks or flashbacks in the short term — mostly because the issue hasn't been studied.

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Trigger-warnings are also sometimes used by content creators when they are talking about current affairs – a box may flash up – ‘trigger-warning – transphobia’ but then when we watch it we realise it is a video discussing an incident which one party may describe as transphobia, but another may describe as a women’s rights issue (these are two terms which people argue over a lot on social media). However, because the creator has already decided to side with one side over another, we have the warning from *their* perspective – meaning a person may never gain the critical thinking skills they should develop in life to appreciate an argument from both sides and see the point of view of others. This leads to further polarisation of viewpoints, at a time when the world could really do with right and left coming together to discuss issues and understand each other better.

So, are we over-using trigger-warnings? Are we not protecting people but in fact compounding their personal mental health issues through encouraging an avoidance of those tough issues, which at some point people are going to have to confront in order to live a life on the road to recovery? As we often see in PSHE, there are two schools of thought on this – and as we can often conclude, the truth is somewhere in the middle.

We saw Cissy at the start of this lesson, and although she didn’t choose the trigger-warning to be on the clip she was watching, it was there and it was aimed at teenagers like her. Cissy’s dad would argue that she had not suffered real trauma – perhaps he was comparing this against someone who had suffered the trauma of war, or losing a close relative. He was right that Cissy should not need a trigger warning for TikTok advice to get over a two-month relationship.

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Cissy really would be better off taking steps to be more resilient. She is a teenager and will probably suffer a few more break-ups in her life. Processing her break-up head on, spending more time with her friends and on hobbies she enjoys would help Cissy more than self-inflicted acknowledgement that she is a sufferer of a trauma.

But what about someone who is going through a divorce, after three children and twenty years together with the same person? A divorce is one of the most stressful things a person can go through (alongside losing a loved one). Do the newly-divorced need a trigger-warning for a video about break-ups? Again, no. If you are going to be triggered into being upset by watching videos about break-ups, you probably shouldn't be Googling break-up videos. This is where we get on to the subject of self-responsibility.

Only you know how much certain topics are going to upset you. Other people are never going to be able to get inside your head – if we can take personal responsibility for monitoring the content we consume, and knowing what is best for us, we can be on the road to having better mental health. This goes for any digital content – watching something gruesome with a clickbait title is never going to make you feel good about the world. If your friends are sharing something round which is violent or shocking and you don't want to see it – just delete. Your mental health with thank you for it.

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So what are trigger-warnings good for?

An example of warnings over content being used sensibly would be on the news. This is because the news is still something which many families have on in the background at home, when children and adults are both in the house at the same time. Images of people suffering from horrific wars may not be suitable for young children and so warnings about distressing scenes are extremely appropriate. This is the same reason we have age limits on certain films and video games. If there is graphic content in a sexual or violent way in a film, it has to be certified as having an age guidance limit, and legally you cannot purchase the content if you are underage in the UK. The warnings on the news act in place of these age limits, as it could be on at any time of the day.

Trigger-warnings, resilience and digital literacy

Now you have read the information, complete the questions below. We'll discuss these as a class shortly.

1. What are trigger warnings and how are they usually used?
2. How can trigger-warnings be helpful?
3. How can trigger-warnings be unhelpful?
4. How can trigger-warnings perpetuate a polarisation of viewpoints?
5. What is your personal opinion on trigger-warnings?
6. Why do we need to exercise a level of self-responsibility when viewing online content?
7. What do we mean by critical thinking and why is this important?



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 on your sheet.
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/>