

Y9 learning intentions: half term 2

Our half term 2 unit: ***Mental Health and emotional wellbeing***

Our half term 2 theme: **Staying safe online and offline** - ***Mental Health and emotional wellbeing*** - A series of lessons addressing attitudes surrounding mental health, including the effects of social media on mental health, healthy coping strategies and how to cope with difficult situations such as change, loss and grief.

What should students know / understand by the end of each lesson?

	Lesson
Week 1	<ul style="list-style-type: none">Attitudes towards mental health - Students will learn about attitudes to mental health and challenging misconceptions
Week 2	<ul style="list-style-type: none">Promoting emotional wellbeing – To learn ways to promote emotional wellbeing and build resilience, reframe and learn from disappointments and setbacks
Week 3	<ul style="list-style-type: none">Digital resilience – Learning about the impact of social media on mental health and emotional wellbeing. To learn strategies to develop digital resilience
Week 4	<ul style="list-style-type: none">Unhealthy coping strategies (self-harm and eating disorders) – To learn about unhealthy coping strategies, including self-harm and eating disorders. To know why, when and how to access support for themselves or others
Week 5	<ul style="list-style-type: none">Healthy coping strategies – To learn about healthy ways to manage difficult feelings or challenging circumstances
Week 6	<ul style="list-style-type: none">Change, loss and grief/end of unit assessment – To understand how change including loss and bereavement can affect people in different ways. To know where to go for support on this issue.
Week 7	<ul style="list-style-type: none">Green pen lesson – moving our learning forward

What is needed to master the knowledge?

- Lesson 1 – Attitudes towards mental health - I can evaluate the links between mental health and physical health. I can identify common misconceptions about mental health. I can recognise and challenge prejudice and discriminatory language and behaviour, in relation to mental health
- Lesson 2 - Promoting emotional wellbeing - I can explain the factors that affect emotional wellbeing. I can identify ways to promote emotional wellbeing and build resilience. I can reframe and learn from disappointments and setbacks.

- Lesson 3 – Digital resilience – To evaluate the positive and negative impact of social media on emotional wellbeing. To analyse the reasons people, post and look at online images, and the impact this can have on self-esteem and body image, describe strategies to promote emotional wellbeing online.
- Lesson 4 – Unhealthy coping strategies - I can explain why self-harm and eating disorders are unhealthy coping strategies. I can recognise misconceptions about unhealthy coping strategies, to recognise warning signs of emotional difficulties; identify suitable sources of support, and explain why, when and how to seek help for themselves or others.
- Lesson 5 – Healthy coping strategies – I can recognise circumstances leading to intense emotions that may be difficult to manage. – I can explain a range of positive strategies for managing difficult emotions. – I can assess whom, how and why to ask for support when it's needed
- Lesson 6 – Change loss and grief – I can describe how change, including loss and bereavement, can affect people in different ways. I can explain what grief is and how different people might grieve. I can identify strategies to help manage change, loss, or bereavement and support others who are grieving. I can explain why, when and how to access support for themselves or others.
- End of unit assessment
- Green pen lesson – moving our learning forward