

PSHE Year 10

Learning Intentions Spring Term 1 2024-2025

Our half term 3 unit: *Looking After Me – The importance of Mental Health*

Our half term 3 theme: **Life Beyond School**

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

	LESSON 1
WEEK 16 wc 6 th January	<ul style="list-style-type: none">• The importance of looking after yourself• Why is positive mental health important?• To know and understand some challenges that adolescents face.• To know ways to promote positive mental health and overcome challenges
WEEK 17 wc 13 th January	<ul style="list-style-type: none">• Reframing negative thinking• To know ways and strategies to try and change negative thoughts• To understand why building resilience is important• To know where to go for help and support
WEEK 18 wc 20 th January	<ul style="list-style-type: none">• Recognising ill health.• To be able to identify signs someone may be struggling with their mental health• To describe the support available to those that need it.• To explain the importance of seeking help and support.
WEEK 19 wc 27 th January	<ul style="list-style-type: none">• Coping with change, loss and grief• To know and understand that change, loss and grief can affect people differently• To learn coping strategies and how to help others through challenges.• Know where to go for additional support.
WEEK 20 wc 3 rd February	<ul style="list-style-type: none">• Promoting emotional well being• To understand the difference between healthy and unhealthy strategies• To know and understand the importance of using healthy ways to manage emotions• To evaluate the reliability of sources available for support
WEEK 21 wc 10 th February	<ul style="list-style-type: none">• Review the importance of positive mental health.• Quiz and case studies – what would you do?• To know, understand and be able to explain what you would do and why.