



What should I already know?

- Physically and mentally healthy lifestyles
- Healthy sleep habits
- Dental health
- Managing stress
- Accessing health services

What will I know by the end of the unit?

- Attitudes to mental health and emotional wellbeing
- Digital resilience
- Body image
- Healthy and unhealthy coping strategies
- Seeking support for myself and others

Vocabulary

Social media	Websites and applications that enable users to create and share content or to participate in social networking
Online	An activity available on or performed using the internet
Offline	not controlled by or directly connected to a computer or the internet
Body image	The perception that a person has of their physical self and the thoughts and feelings that result from that perception.
Eating disorder	Any of a range of psychological disorders characterized by abnormal or disturbed eating habits
Anorexia	An emotional disorder characterized by an obsessive desire to lose weight by refusing to eat.
Bulimia	An emotional disorder characterized by a distorted body image and an obsessive desire to lose weight, in which bouts of extreme overeating are followed by fasting or self-induced vomiting or purging.
Binge eating	The consumption of large quantities of food in a short period of time, typically as part of an eating disorder.
Mental wellbeing	Mental wellbeing describes your mental state-how you are feeling and how well you can cope with day-to-day life. Our mental wellbeing is dynamic .It can change from moment to moment, day to day, month to month or year to year.
Emotional literacy	The ability to understand and express feelings. Emotional Literacy involves having self-awareness and recognition of one's own feelings and knowing how to manage them.
Primary emotions	There are 5 primary emotions but over 600 words in the English language for different emotions. The primary emotion groups are: 1.Joy 2.Anger 3.Sadness 4.Disgust 5.Fear



Lesson Overview

- Lesson 1: To learn about unhealthy coping strategies, including self-harm and eating disorders
To learn why, when and how to access support for themselves or others
- Lesson 2: To learn healthy ways to manage difficult feelings or challenging circumstances
- Lesson 3: To learn about the impact of social media on mental health and emotional wellbeing.
To learn strategies to develop digital resilience
- Lesson 4: To learn what we mean by 'body image' and how it can be influenced by the media and advertising
To learn how to respond to the media and advertising in a way that promotes positive body image and begin to build emotional resilience
- Lesson 5: To learn how to manage influences, including the media
- Lesson 6: To learn about digital wellbeing
- Lesson 7: To identify what self-care strategies are

Body Image and Eating Disorders

Factors affecting body image	Statistics on Eating Disorders	Treatments for Eating Disorders
<ul style="list-style-type: none"> • Puberty and the changing body. • The Media • Peers and Family 	<ul style="list-style-type: none"> • Between 1.25 and 3.4 million people in the UK are affected by an eating disorder • Around 25% of those affected by an eating disorder are male • Eating disorders are most common in individuals between the ages of 16 and 40 years old 	<p>Although there is no easy treatment for eating disorders, they are treatable and manageable. The treatment will often be linked to the underlying causes of the eating disorder.</p> <p>Common treatments include:</p> <ul style="list-style-type: none"> • Cognitive behavior therapy • Talk Therapy • Group support • Medication – Anti-Depressants
<h3>Ways to promote positive body image</h3> <ul style="list-style-type: none"> • Accept Your Body. • Remember Nobody's perfect. • Don't body-shame yourself. • Build a better habits. • Like Your Body - Find things to like about your looks. • Take Care of Your Body • Eat healthy foods. • Get a good nights sleep. • Be active every day. • Keep to a healthy weight. 	Causes of Eating Disorders	<p>The best course of treatments will be decided by a Doctor and team of specialists. In sever cases in-patient treatment might be necessary.</p>
	<p>Eating disorders are not simply about food; the behaviours that accompany them may often serve as a coping mechanism or a way to feel in control. Eating disorders have many causes which are individual to the person however some common causes are:</p> <ul style="list-style-type: none"> • Distorted Body Image • Bullying • Depression and/or Anxiety 	
	Symptoms of Eating Disorders	Where to get more help and support
	<p>Symptoms of eating disorders will vary between individuals and type of eating disorder. Not matching the symptoms exactly does not mean that someone does not have an eating disorder, however, some common symptoms include:</p> <ul style="list-style-type: none"> • Eating very little food or eating large amounts of food in a short time in an uncontrolled way • Having very strict habits, rituals, or routines around food • Spending a lot of time worrying about your body weight and shape • Changes in mood • Deliberately making yourself ill after eating • Avoiding socialising when food may be involved • Withdrawing from social groups, hobbies you used to enjoy or from family life • Physical signs such as digestive problems or weight being very high or very low for someone of your age and height. 	<ul style="list-style-type: none"> • Parents and trusted family • School Staff, school nurse and Wellbeing Team • Your GP or Practice Nurse • Youth Access - www.youthaccess.org.uk • The Mix - www.themix.org.uk Freephone: 0808 808 4994 (13:00-23:00 daily) • B-eat - www.b-eat.co.uk Helpline: 0808 801 0711 (Daily 3pm-10pm) • Men Get Eating Disorders Too - mengetedstoo.co.uk • Anorexia & Bulimia Care - anbulimiacare.org.uk Helpline 03000 11 12 13 (option 1: support line, option 2: family and friends)



E-Safety & Digital Citizenship

10 strategies for staying safe online

1. Don't post any personal information online – like your address, email address or mobile number.
2. Think carefully before posting pictures or videos of yourself. Once you've put a picture of yourself online most people can see it and may be able to download it, it's not just you anymore.
3. Keep your privacy settings as high as possible.
4. Never give out your passwords.
5. Don't befriend people you don't know.
6. Don't meet up with people you've met online. Speak to your parent or carer about people suggesting you do.
7. Remember that not everyone online is who they say they are.
8. Think carefully about what you say before you post something online.
9. Respect other people's views, even if you don't agree with someone else's views doesn't mean you need to be rude.
10. If you see something online that makes you feel uncomfortable, unsafe or worried leave the website, turn off your computer if you want to and tell a trusted adult immediately.

Digital Footprints and Online Behaviour

A person's digital footprint cannot be deleted and can be accessed at any time through a simple social media or search engine search.

To promote a positive digital footprint there are 5 simple rules:

1. **Would you want your grandmother to see it?**
Is that photo/video/comment appropriate for the wider public audience? Would you want a future partner or employer to see it? Once something is online it stays forever.
2. **Do you really think that is private?**
Just because your privacy settings are high doesn't mean that someone else can't repost or screenshot what you have posted.
3. **Would you say it to someone's face?**
If you wouldn't say it to someone face, don't say it online. Portray yourself in a positive way as this may be seen by future friends, partners or employers.
4. **Is this your work to publish/use?**
Reposting or using someone else's work is fine if you credit the original owner/creator. If you don't it is plagiarism.
5. **Would you want someone to do it to you?**
How would you feel if someone posted a picture of you or made a comment about you that you didn't like or want online?

Online Behaviour and the Law

- The **Computer Misuse Act 1990** says you can't impersonate or steal someone else's identity online. This means that writing a status on social media pretending to be your friend is technically against the law as if creating fake profiles or websites.
- It is a criminal offence under the **Communications Act 2003** to send messages using any public electronic communications network, such as Twitter or Facebook, which are grossly offensive or of an indecent, obscene or menacing character.
- It is a criminal offence under the **Criminal Justice and Courts Act 2015** for someone to disclose private sexual images of you online or offline without your consent with the effect of causing you distress. This is more commonly known as 'revenge porn'.
- There are a range of other offences which the police can investigate including harassment, harassment when someone fears violence, and stalking under the **Protection from Harassment Act 1997**.

Each case will be taken on an individual basis looking at context and evidence to determine if a crime has been committed. If you believe you have been the victim of a crime screen shot the evidence and speak to the police.

Where to get more help and support

- Parents and trusted family.
- School Staff and Wellbeing Team
- Directly to the police.
- Report any inappropriate behaviour to the website.
- NSPCC - <https://www.nspcc.org.uk>
- Childline - Helpline: 0800 1111 (24 hours, every day) / <https://www.childline.org.uk>
- CEOP's - <https://www.ceop.police.uk/safety-centre/>



Mental Wellbeing

Signs of good mental wellbeing

- Feeling relatively confident in yourself and have positive self-esteem
- Feeling and express a range of emotions
- Building and maintaining good relationships with others
- Feel engaged with the world around you
- Live and work productively
- Cope with the stresses of daily life
- Adapt and manage in times of change and uncertainty

Things that can affect our mental wellbeing

Everyone is different and what affects someone's mental wellbeing won't necessarily affect others in the same way. Everyone will have times when they have low mental wellbeing, where they feel stressed, upset or find it difficult to cope. Common life events that can affect your mental wellbeing include:

- loss or bereavement
- loneliness
- relationship problems
- issues at work
- worry about money

However there are times when there is no discernable reason for the way a person feels which can be extremely frustrating.

There are some factors that may make people more vulnerable to experiencing a period of poor mental wellbeing. These may have happened in the past or might still be happening now:

- Childhood abuse, trauma, violence or neglect
- Social isolation or discrimination
- Homelessness or poor housing
- A long-term physical health condition
- Social disadvantage, poverty or debt
- Unemployment
- Caring for a family member or friend
- Significant trauma as an adult, such as military combat, being involved in a serious accident or violent crime

Signs of poor mental wellbeing

- Emotional changes in mood and behavior
- Distanting from friends and family.
- Loss of interest in things that they used to be interested in.
- Excessive sleeping or not sleeping.
- Increased alcohol consumption.
- Poor concentration and being easily distracted
- Finding it hard to make decisions
- Feeling overwhelmed by things & fearfulness
- Finding it difficult to control your emotions
- Irritability and short temper or aggression

The Importance of Self Care

All times people may feel guilty for spending time on themselves. But it's essential for mental wellbeing and can help people to be more resilient.

Some self care techniques include

- Mindfulness
- Doing something you enjoy
- Relaxation techniques
- Get outdoors and fresh air
- Exercise

If someone is living with a mental health problem, taking steps to look after their mental health can help you improve your wellbeing. Strategies can include:

- Talking to someone
- Knowing triggers and warning signs
- Keeping a mood diary
- Building your self esteem.

The Importance of Positive Relationships

Connecting with others can help us to feel a greater sense of belonging and can help to challenge feelings of loneliness.

- **Make time for the people you love.** Keeping regular contact with friends and family, whether it's face-to-face, on the phone or by text, can strengthen your relationships.
- **Join a group.** Think of the things you like to do, such as drawing, gardening or sport and look for local groups. Meeting others with a shared interest can increase your confidence and build your support network.
- **Talk about the way you feel.** Opening up to a trusted friend or family member can help you to feel listened to and supported. Just acknowledging your feelings by saying them out loud can help.
- **Use peer support.** If you're finding things difficult, talking to people who have similar feelings or experiences can help you to feel accepted.

Where to get more help and support

- Parents and trusted family.
- School Staff and Wellbeing Team
- Your Doctor or Practice Nurse
- MIND - <https://www.mind.org.uk>
Help line - 0300 123 3393 open 9am to 7pm, Monday to Friday or Text: 86463
- Young Minds - <https://youngminds.org.uk> Text: 85558 or Parents Helpline: 0808 802 5544
- Stem4 - <https://stem4.org.uk/>