



Mental Health

PERSONAL DEVELOPMENT

Key Features of Mental Health for Secondary Students

What is Mental Health?

The curriculum begins by defining mental health, helping students understand that mental health is just as important as physical health. It covers the continuum of mental wellbeing, from feeling good and functioning well to experiencing challenges like anxiety, depression, or stress.

Factors Affecting Mental Health: pupils learn about various factors that impact mental health, including biological, social and environmental influences. This may cover issues like trauma, family dynamics, bullying, academic pressure and more.

Stigma and Mental Health: emphasis is placed on challenging the stigma associated with mental health issues and encouraging open, supportive conversations. Pupils are taught that it's okay to not be okay and that asking for help is a sign of strength, not weakness.

Relationships and Mental Health

Peer Support: Understanding the role of supportive friendships and relationships in mental health is key. Pupils learn how to be there for friends, recognise when someone might be struggling and how to offer help.

Managing Conflict: The curriculum may include strategies for resolving conflicts in healthy ways, as bullying, peer pressure and relationship issues can contribute to mental health difficulties.

Family Relationships: Pupils explore how family dynamics can affect mental health and how to communicate better with family members

Key Aims of Mental Health Education in PSHE

Awareness: raise awareness about mental health issues and reduce stigma.

Empowerment: equip pupils with tools to manage their mental health and well-being.

Support: provide knowledge on where and how to access help.

Resilience: help pupils build emotional resilience and coping strategies.

Seeking Support and Help

Where to Find Help: pupils are informed about where they can turn to for help, such as school counsellors, trusted adults, mental health professionals and helplines.

Support Networks: the curriculum may encourage pupils to develop their own networks of support, including friends, family, teachers, and community resources.

Further Information and Resources:

<https://www.mind.org.uk/>

<https://www.studentminds.org.uk/>

<https://www.youngminds.org.uk/>