WHICKHAM PSHCE Learning Journey WHICKHAM PSHCE WHICKHAM SCHOOL & SPORTS COLLEGE

Mental Health @ Whickham

Our Vision

In PSHCE at Whickham we strive to celebrate diversity, promote discussions and give pupils a well rounded and enriched education. we endeavour to have a high quality and well planned PSHCE curriculum which covers a range of topics, including mental and physical health, Drugs and Alcohol, Puberty, Diversity and Citizenship as well as Relationships and Sexual education. All of this within mind-set of the 9 protected characteristics outlined in the Equality Act 2010.

Coping with stress

> Year 11

PROGRESS PERFECTION

The importance of sufficient good quality sleep

Common Mental Illnesses

Identifying ways to cope with setbacks

Promoting emotional wellbeing

Suicide awareness

Risks related to addiction e.g. gambling.

Difference between helpful & unhelpful coping

menta kealt Keeping yourself safe on snapchat and online.

Body shaming, what is it? Impact of negative thinking

The similarities and differences between the online world and the physical world

Year 10

How to be a discerning consumer of information online.

Year 9

Promoting positive mental health

The positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress.

Strategies to

manage

change

The impact of external events

Work-Life balance How and when to seek help

Reframing

negative

thinking

Right and responsibilities regarding equality



How to be **kind** to each other and **support** our peers

> Warning signs of poor mental health



Identifying harmful behaviours online (including bullying, abuse or harassment) and how to report it or find support.

How stereotypes based on gender, sex, race, religion, sexual orientation or disability can cause damage

Year 8

Anti-bullying awareness

Year 7

How to think positively and promote wellbeing

IT'S OKAY TO ASK, FOR HELP.

Unhelpful and helpful coping strategies



Staying safe on social media and creating an online 'self'

Respect in and outside of school and how people should be respected

Primary

School

Self harm and

eating

disorders

Reframing **negativity**

Challenging misconceptions about mental health

Emotional wellbeing & Resilience

Introduction to the nine protected characteristics: age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief and sex.

WELCOME