

All children – regardless of gender, starting point or background – will have the opportunity to engage with a high-quality PSHE education. They will be equipped with the knowledge, skills and vocabulary to understand that they need to lead confident, healthy, independent lives and to become respectful, active and responsible global citizens, so that they leave our school confident and assured of their place in this diverse and changing world. We intend to inspire a sense of enjoyment and curiosity about PSHE.

Autumn 1

No Outsiders

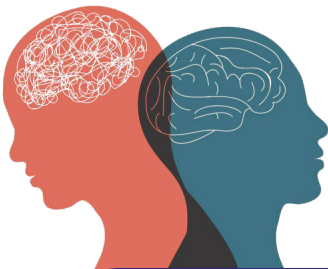


Mental Health



Igniting Prior Knowledge:

- There are a wide range of emotions and feelings with different intensities.
- The same feeling could be expressed differently.
- Emotions can be expressed appropriately in different situations.
- Change can affect everyone at some point in their lives.
- There are positive and negative ways to cope with change.
- At times of loss, there is a period of grief that people go through.
- A range of feeling accompany bereavement and these are necessary and important.
- There are different ways to express feelings relating to grief.



New Knowledge:

- Mental health includes the emotional, psychological and social wellbeing of a person.
- Mental health can affect how people feel and act.
- Everyone has a state of mental health that changes frequently.
- There is help and advice available for mental health.
- Various things can affect a person's mental health.
- There are strategies and various way to help deal with stress - including support.
- Anyone can be affected by mental ill health.
- There are things we can do every day to look after our mental health.
- Looking after mental health is just as important as physical health.
- Persistent fears, worries and anxieties disrupt the ability to play or participate in social situations.
- Anxiety and obsessive -compulsive disorders are mental illnesses.
- Poor mental health is a risk factor for chronic physical conditions and vice versa.
- During COVID-19, there were an increase in concerns over peoples' mental health - including children.
- There is stigma and discrimination that can surround mental health and can have negative effects.

Key Vocabulary:

- Stigma
- mental health
- Anxiety
- Influence
- Physical health
- Chronic physical/ mental health

