

PSHE

Lynher Summer 1 2024

Relationships

1. What is Mental Health? <i>Mental health</i> <i>Ashamed</i> <i>Stigma</i> <i>Stress</i> <i>Anxiety</i> <i>Support</i>	<p>I know that it is important to take care of my mental health</p>	<p>I understand that people can get problems with their mental health and that it is nothing to be ashamed of</p>	3. Love and Loss <i>Emotions</i> <i>Feelings</i> <i>Sadness</i> <i>Loss</i> <i>Grief</i> <i>Denial</i> <i>Despair</i> <i>Guilt</i> <i>Shock</i> <i>Hopelessness</i> <i>Anger</i> <i>Acceptance</i> <i>Bereavement</i> <i>Coping strategies</i>	<p>I understand that there are different stages of grief and that there are different types of loss that cause people to grieve</p>	<p>I can recognise when I am feeling those emotions and have strategies to manage them</p>	5. Being Online: Real or Fake? Safe or Unsafe? <i>Risks</i> <i>Pressure</i> <i>Influences</i> <i>Self-control</i> <i>Real/ Fake</i> <i>True/untrue</i> <i>Assertiveness</i> <i>Judgement</i>	<p>I can judge whether something online is safe and helpful for me</p>	<p>I can resist pressure to do something online that might hurt myself or others</p>
2. My Mental Health <i>Mental health</i> <i>Worried</i> <i>Signs</i> <i>Stress</i> <i>Anxiety</i> <i>Warning</i> <i>Support</i>	<p>I know how to take care of my mental health</p>	<p>I can help myself and others when worried about a mental health problem</p>	4. Power and Control <i>Power</i> <i>Control</i> <i>Authority</i> <i>Bullying</i> <i>Script</i> <i>Assertive</i> <i>Strategies</i>	<p>I can recognise when people are trying to gain power or control</p>	<p>I can demonstrate ways I could stand up for myself and my friends in situations where others are trying to gain power or control</p>	6. Using Technology Responsibly <i>Communication</i> <i>Technology</i> <i>Power</i> <i>Control</i> <i>Cyberbullying</i> <i>Abuse</i> <i>Safety</i>	<p>I can use technology positively and safely to communicate with my friends and family</p>	<p>I can take responsibility for my own safety and well-being</p>