

My Wellbeing



Mental Health

Pupils should know:

How to talk about their emotions accurately and sensitively, using appropriate vocabulary.

That happiness is linked to being connected to others.

How to recognise the early signs of mental wellbeing concerns.

Common types of mental ill health (e.g. anxiety and depression)

How to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others mental health.

The benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness.



Self-Concept

Pupils should know:

How we are all unique; that recognising and demonstrating personal strengths
build self-confidence, self-esteem and good health and wellbeing.

What can affect wellbeing and resilience (e.g. life changes, relationships, achievements and employment).

The impact that media and social media can have on how people think about themselves and express themselves, including regarding body image, physical and mental health.

Simple strategies to help build resilience to negative opinions, judgements and comments

How to recognise and manage internal and external influences on decisions which affect health and wellbeing