





Lesson 3: What Can Affect Your Mental Health Well-being?

				Curriculum Link: PSHE, Citizenship
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Lesson Objectives	Skills Objectives
<ul style="list-style-type: none"> To demonstrate an understanding of what can affect well-being and resilience (e.g. life changes, relationships, achievements and employment) 	<ul style="list-style-type: none"> I can apply the PEEL method using different mediums when communicating. I can recognise the barriers to my learning and develop strategies to overcome these.

Timing	Teacher guide	Student activity
10 mins	<p>Young people understand that mental health is an illness. This video explains mental health in a young people-friendly way. Mental Health - In our own words https://www.youtube.com/watch?v=_y97VF5UJcc</p>	
40 mins	<p>Young people to reflect on their current achievements. Don't just focus on academic, sports and musical achievements but include personal achievements, too. This could include things like getting to school independently, staying away from home, managing friendship or relationship difficulties, and managing their well-being.</p> <p>Discuss how all these things take time to develop and how they will have grown over time.</p> <p>Introduce the idea of writing a letter to their younger selves.</p>	<p>What advice and reassurance can you give to their younger self? Can you write it in a letter starting 'Dear [name] aged X' and signed off from your current self.</p>
5mins	<p>What will they do and what can they change.</p>	<p>Set yourself a target.</p>

Link to YSA: These questions can be used to bring the lesson focus back to YSA. These questions can be asked throughout the lesson as and when needed.

Think about daily habits. Set yourself a weekly "Well-being" Target. Could you do this on a weekly basis?

Supporting Slides for Lesson 3

These slides support the teaching of lesson 1 and should guide the young people through the tasks that need to be completed.

1

Learning New Skills

- Connecting with people
- Being physically active
- Learning new skills
- Giving to others
- Mindfulness

2

Lesson Objectives

- To demonstrate an understanding of what can affect well-being and resilience (e.g. life changes, relationships, achievements and employment)

#WeWill: Inspire and Explore
#WeWill Skills: Reflection, Communication

Curriculum Link: PSHE, Citizenship

3

Skills Objectives

- I can apply the PEEL method using different mediums when communicating.
- I can recognise the barriers to my learning and develop strategies to overcome these.

#WeWill: Inspire and Explore
#WeWill Skills: Reflection, Communication

Curriculum Link: PSHE, Citizenship

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As you journey from childhood into your teen years and then into adulthood, your brain is changing in ways that might explain why the teen years can be a bit of a roller coaster. In this animation we take a look at what's happening in teenagers' heads and how researchers at the University of Oxford are trying to understand this important developmental period better.

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Pupils to reflect on their current achievements. Don't just focus on academic, sports and musical achievements but include personal achievements, too. This could include things like getting to school independently, staying away from home, managing friendship or relationship difficulties, and managing their wellbeing.

Discuss how all these things take time to develop and how they will have grown over time. Introduce the idea of writing a letter to their younger selves.

What advice and reassurance can you give to their younger self? Can they write it in a letter starting 'Dear [name] aged X' and signed off from your current self.

7

you can do it! What will you change?

8

After each lesson set yourself a target of what you will change.

- My Self Care Action
- My Self Care Action
- My Self Care Action
- My Self Care Action
- My Self Care Action
- My Self Care Action

9

Know whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).

Please add details of whom to contact in school if they are concerned about themselves or others.

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Need Help?

- childline.org.uk - 0800 1111 (free 24hr confidential listening)
- samaritans.org - 116 123 (free 24 hr confidential listening)
- studentsagainstdepression.org - resources to move away from depression
- youngminds.org.uk - mental health info and guidance
- youthaccess.org.uk - young people's info, advice and counselling
- themix.org.uk - essential support for under 25s

If you have a mental health crisis and don't know whom to contact, call NHS 111. Call 111, free from any phone, 24 hours a day, seven days a week, and speak to a highly trained adviser supported by healthcare professionals.