

Delivery of Youth Social Action - Personal, Social & Health Education

H1	How we are all unique; that recognising and demonstrating personal strengths build self-confidence, self-esteem and good health and wellbeing
H2	To understand what can affect wellbeing and resilience (e.g. life changes, relationships, achievements and employment)
H3	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
H4	Simple strategies to help build resilience to negative opinions, judgements and comments H5. to recognise and manage internal and external influences on decisions which affect health and wellbeing

Mental Health and Emotional Well-being

H6	How to identify and articulate a range of emotions accurately and sensitively, using appropriate vocabulary
H7	The characteristics of mental and emotional health and strategies for managing these
H8	The link between language and mental health stigma and develop strategies to challenge stigma and misconceptions associated with help-seeking and mental health concerns
H9	Strategies to understand and build resilience, as well as how to respond to disappointments and setbacks
H10	A range of healthy coping strategies and ways to promote wellbeing and boost mood, including physical activity, participation and the value of positive relationships in providing support
H11	The causes and triggers for unhealthy coping strategies, such as self-harm and eating disorders, and the need to seek help for themselves or others as soon as possible [NB It is important to avoid teaching methods and resources that provide instruction on ways of self-harming, restricting food/inducing vomiting, hiding behaviour from others etc., or that might provide inspiration for pupils who are more vulnerable (e.g. personal accounts of weight change)
H12	How to recognise when they or others need help with their mental health and well-being; sources of help and support and strategies for accessing what they need