

Home-School Learning Collaboration – PSHE personal development

Unit1 – Mental Health and wellbeing Unit 2- Identity	Taught: Autumn 1 and 2	Year Group: 9
Key knowledge/concepts to be learnt ('Tell me about....')		Websites/blogs/YouTube links and further reading to deepen and consolidate learning
<p>Unit 1- Mental Health and wellbeing What does it mean to be self-aware</p> <p>Being self-aware means having a clear, conscious understanding of your thoughts, emotions, behaviours, and how they affect both yourself and others. It's the ability to observe yourself from a more objective perspective rather than acting purely on impulse or habit.</p> <p>Core aspects of self-awareness:</p> <ol style="list-style-type: none"> 1. Internal awareness – Recognizing your own emotions, strengths, weaknesses, values, and triggers. 2. External awareness – Understanding how others perceive you and how your actions impact them. <p>What are the physical symptoms and metal symptoms of anxiety and some ways of how to deal with anxiety</p> <p>Physical Symptoms of Anxiety</p> <ul style="list-style-type: none"> • Rapid heartbeat or palpitations • Shortness of breath or hyperventilation • Muscle tension or trembling • Sweating • Stomach discomfort, nausea, or digestive issues • Headaches or dizziness • Fatigue or trouble sleeping • Feeling restless or keyed up <p>Mental/Emotional Symptoms of Anxiety</p> <ul style="list-style-type: none"> • Excessive worry or fear, often irrational or persistent • Racing thoughts • Difficulty concentrating • Feeling on edge or a sense of impending doom • Irritability • Overthinking or rumination <p>Ways to Deal with Anxiety</p>		<p>Links to unit 1-</p> <p>What Is Self-Awareness? — Life Skills That Matter</p> <p>Self-Awareness: Development, Types, and How to Improve Yours</p> <p>Protect your child's vision with MiYOSMART</p> <p>What is self-awareness and why is it important — Better Kids</p> <p>Get help with anxiety, fear or panic - NHS</p> <p>Anxiety signs and symptoms</p> <p>PMH Support for parents facing childhood mental health issues</p> <p>Anxiety in children and young people Barnardo's</p> <p>Get help with stress - NHS</p> <p>Mindfulness Mental Health Foundation</p> <p>The Power and Benefits of Mindfulness Meditation Child Mind Institute</p>

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Immediate Coping Strategies

1. Deep breathing – Slow, deep breaths help calm the nervous system.
2. Grounding techniques – Focus on your senses (e.g., 5 things you see, 4 things you feel).
3. Progressive muscle relaxation – Tense and release muscles gradually.

What are the different mental illnesses and how to notice symptoms of stress

Different Types of Mental Illnesses

1. Anxiety Disorders
2. Mood Disorders
3. Psychotic Disorders
4. Personality Disorders
5. Eating Disorders
6. Trauma- and Stressor-Related Disorders
7. Neurodevelopmental Disorders
8. Dissociative Disorders
9. Somatic Symptom and Related Disorders
10. Substance Use Disorders

Common Symptoms of Stress

Physical: Headaches, fatigue, muscle tension, upset stomach, rapid heartbeat, trouble sleeping.
Mental/Emotional: Irritability, anxiety, restlessness, feeling overwhelmed, difficulty concentrating.
Behavioral: Changes in appetite, social withdrawal, increased substance use, procrastination.

What are the benefits of mindfulness

Benefits of Mindfulness

1. Reduces stress – Lowers cortisol levels and promotes relaxation.
2. Improves focus and attention – Trains the mind to stay present.
3. Enhances emotional regulation – Helps manage strong emotions more effectively.
4. Reduces anxiety and depression symptoms – Supports better mental well-being.
5. Improves sleep quality – Calms the mind before rest.
6. Boosts self-awareness – Increases understanding of thoughts and behaviors.
7. Promotes better relationships – Encourages empathy and non-reactive communication.
8. Supports physical health – Can lower blood pressure and improve immune response.
9. Enhances resilience – Builds mental strength to cope with challenges.

How a teenager can deal positively with anxiety and help reduce symptoms.

- ☐ Get enough sleep (8–10 hours).

Unit 2

[Equality Act 2010: guidance - GOV.UK](#)

Body Image

[Body image report: Introduction | Mental Health Foundation](#)

[Body image report: Introduction | Mental Health Foundation](#)

[We know what LGBT means but here's what LGBTQQIAAP stands for - BBC News](#)

[Tips For Coping With Peer Pressure | Mental Health | YoungMinds](#)

[How to handle peer pressure - BBC Bitesize](#)

[Peer Pressure: What it is and How to say no | Childline](#)

[5 steps to mental wellbeing - NHS](#)

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- ☐ Eat balanced, healthy meals.
- ☐ Exercise regularly (walking, sports, or stretching).
- ☐ Practice deep breathing.
- ☐ Try mindfulness or meditation.
- ☐ Use progressive muscle relaxation.
- ☐ Challenge negative thoughts.
- ☐ Write feelings in a journal.
- ☐ Limit overthinking with "worry time."
- ☐ Talk to trusted adults (parents, teachers, counselors).
- ☐ Stay connected with supportive friends.
- ☐ Join positive clubs, groups, or activities.
- ☐ Organize your environment to reduce clutter.
- ☐ Limit social media or stressful content.
- ☐ Seek professional help if anxiety is severe.

What are the differences of Anxiety and stress.

- ☐ Cause
 - Stress: Usually has a clear, external trigger (e.g., exams, deadlines, arguments).
 - Anxiety: Can occur without a specific cause or may continue after the trigger is gone.
- ☐ Duration
 - Stress: Often temporary and linked to specific situations.
 - Anxiety: Can persist over time, even in calm or safe situations.

Unit 2- Identity

What is the equality act 2010 and who are protected under this act

The Equality Act 2010 is a law in the UK designed to protect people from discrimination, harassment, and victimisation in various areas of life, such as employment, education, and access to services. It consolidates previous anti-discrimination laws into a single framework to make protection clearer and stronger

Who is Protected Under the Equality Act 2010?

The Act protects people based on "protected characteristics", which are:

1. Age – Protection against unfair treatment due to age.
2. Disability – Includes physical and mental disabilities.
3. Gender reassignment – People undergoing or who have undergone gender transition.
4. Marriage and civil partnership – Protection in employment contexts.

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5. Pregnancy and maternity – Includes pregnancy, childbirth, and maternity leave.
6. Race – Includes colour, nationality, ethnic or national origin.
7. Religion or belief – Includes non-religious beliefs.
8. Sex – Protection based on being male or female.
9. Sexual orientation – Includes heterosexual, homosexual, and bisexual orientation

What is body image and how can it affect people personally

Body image is the way a person perceives, thinks, and feels about their own body. It's not just about appearance—it also includes self-esteem, confidence, and how comfortable someone feels in their body

Emotions:

1. Low self-esteem
2. Anxiety or sadness
3. Feeling embarrassed about appearance

Behaviors:

4. Avoiding social situations
5. Unhealthy eating or over-exercising
6. Constantly checking appearance

Social/Physical:

7. Trouble making friends or relationships
8. Feeling isolated
9. Fatigue or health problems from stress or poor habits

To know what the acronym LGBTQIA+ stands for

- ☐ L – Lesbian: Women who are attracted to other women.
- ☐ G – Gay: Men who are attracted to other men (sometimes used broadly for same-sex attraction).
- ☐ B – Bisexual: People attracted to both men and women.
- ☐ T – Transgender: People whose gender identity differs from the sex they were assigned at birth.
- ☐ Q – Queer or Questioning:
 - Queer – An umbrella term for sexual and gender minorities who are not heterosexual or cisgender.
 - Questioning – People exploring their sexual orientation or gender identity.
- ☐ I – Intersex: People born with physical sex characteristics that don't fit typical definitions of male or female.
- ☐ A – Asexual or Ally:

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<ul style="list-style-type: none"> • Asexual – People who experience little or no sexual attraction. • Ally – People who support LGBTQIA+ rights (sometimes included). <p><input type="checkbox"/> + – Other identities not explicitly listed, including pansexual, non-binary, genderqueer, and more</p> <p>What strategies to use when someone could be being peer pressured</p> <ul style="list-style-type: none"> <input type="checkbox"/> Stay Calm and Think First – Take a moment to pause before reacting. <input type="checkbox"/> Say No Confidently – Use a firm but polite refusal. Example: “No thanks, I’m not comfortable with that.” <input type="checkbox"/> Use Delay Tactics – Buy time by saying: “I’ll think about it” or “Maybe later.” <input type="checkbox"/> Suggest an Alternative – Offer a different activity or idea. <input type="checkbox"/> Bring a Friend – Stick with supportive friends to resist pressure. <input type="checkbox"/> Avoid Risky Situations – Stay away from environments where peer pressure is likely. <input type="checkbox"/> Walk Away if Needed – Remove yourself from the situation safely. <input type="checkbox"/> Seek Support from Trusted Adults – Talk to a parent, teacher, or counselor. <input type="checkbox"/> Practice Saying No – Role-play scenarios to build confidence. <input type="checkbox"/> Reflect on Personal Values – Remind yourself of what’s important to you. <p>What are the risks of sharing images online</p> <ul style="list-style-type: none"> <input type="checkbox"/> Loss of Privacy – Once shared, images can be saved, copied, or shared by others without your control. <input type="checkbox"/> Cyberbullying – Images can be used to mock, embarrass, or harass you. <input type="checkbox"/> Identity Theft – Personal photos can be misused to steal your identity. <input type="checkbox"/> Reputation Damage – Inappropriate or misunderstood images can affect school, work, or social reputation. <input type="checkbox"/> Exploitation or Grooming – Predators may use shared images to manipulate or exploit. <input type="checkbox"/> Legal Consequences – Sharing explicit images of yourself or others under 18 can be illegal. <input type="checkbox"/> Permanent Digital Footprint – Once online, images may remain accessible indefinitely, even if deleted. <input type="checkbox"/> Unwanted Contact or Attention – Strangers may contact you based on your images <p>What are the ways of retaining good mental and physical health</p> <p>1. Physical Health</p> <ul style="list-style-type: none"> • Eat a balanced diet – Include fruits, vegetables, whole grains, and protein. • Exercise regularly – At least 30 minutes a day of activity like walking, running, or sports. • Get enough sleep – 7–9 hours for adults, 8–10 hours for teenagers. • Stay hydrated – Drink enough water daily. 	
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<ul style="list-style-type: none"> Avoid harmful substances – Limit alcohol, tobacco, and drugs. Practice good hygiene – Regular handwashing, dental care, and personal cleanliness. <p>2. Mental Health</p> <ul style="list-style-type: none"> Manage stress – Use relaxation techniques like deep breathing, mindfulness, or meditation. Stay socially connected – Build supportive friendships and family relationships. Set goals and priorities – Focus on achievable tasks to reduce overwhelm. Take breaks and relax – Give yourself downtime to recharge. Seek help when needed – Talk to a counselor, therapist, or trusted adult if struggling. Practice self-compassion – Be kind to yourself and avoid negative self-talk 		
Key Vocabulary and Definitions To Be Learnt		What Will The Assessment Look Like?
Unit 1- Mental health and wellbeing	Quick to detect or respond to slight changes, signals, or influences.	End of unit assessments November assessments
Sensitivity		
Self-awareness	Self-awareness is the ability to clearly and accurately understand your own thoughts, feelings, motivations, behaviors, strengths, and weaknesses, as well as how your actions impact others.	
Self harm	Self-harm is intentional behavior that causes harm to oneself.	
Mental health	Mental health encompasses our emotional, psychological, and social well-being, influencing how we think, feel, and act, and how we cope with life's stresses	
Anxiety	Anxiety is a natural human response characterized by feelings of worry, fear, or unease, often in response to stress or perceived threats	
Stress	Stress is your body's natural physical, mental, and emotional response to a demanding situation or challenge, which can be positive in small doses to motivate you but harmful if it becomes chronic or overwhelming.	
Mindfulness	Mindfulness is the practice of paying attention to the present moment by focusing on your thoughts, feelings, bodily sensations, and the surrounding environment without judgment	
Investment	The action or process of investing money for profit	
Self-managers	Management of or by oneself; the taking of responsibility for one's own behaviour and well-being.	

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Unit 2- Identity Equality	The quality of being fair and impartial. And The value of the shares issued by a company.	
Disability	Disability is defined as: A physical or mental impairment which has a substantial and long-term adverse effect on a person's ability to carry out normal day-to-day activities	
Mental Health	Mental health encompasses your emotional, psychological, and social well-being, influencing how you think, feel, and act, and how you handle stress and interact with other	
Eating Disorder	An eating disorder is a mental disorder defined by abnormal eating behaviours that adversely affect a person's physical or mental health.	
LGBTQIA+	LGBTQIA+ stands for lesbian, gay, bisexual, transgender, queer (or sometimes questioning), intersex, asexual, and others. The "plus" represents other sexual identities, including pansexual and Two-Spirit	
Cis Gender	Cisgender describes a person whose gender identity matches the sex they were assigned at birth	Family Learning Opportunities
Body Image	Body image is the term for how you think, feel, and perceive your own physical appearance and body	<p>Here are some links to local/ charities in the west midlands.</p> <p>Home - Birmingham Mind Mental Health & Wellbeing – Birmingham Forward Steps</p> <p>YoungMinds Mental Health Charity For Children And Young People YoungMinds</p> <p>Home - Kooth</p>
Self-Expression	The expression of one's feelings, thoughts, or ideas, especially in writing, art, music, or dance.	
Consent	Permission for something to happen or agreement to do something.	
Peer Pressure	Influence from members of one's peer group.	
Herd mentality	The tendency for people's behaviour or beliefs to conform to those of the group to which they belong	