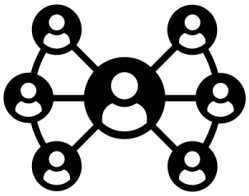
Trinity Academy Bradford

Curriculum for Life

'Preparing us for life beyond Trinity'

		
Healthy Relationships	Health and Wellbeing	Living in the Wider World

Term 1 – How can I look after my own mental health?

Name: _____

C4L Teacher(s): _____

Classroom: _____

Curriculum for Life: Year 10 - Big Picture

Trinity Academy Bradford

Term 1: How can I look after my mental health?	**Term 2:** How do I keep myself safe in an intimate relationship?	**Term 3:** How do I make sensible financial decisions?
We all need to look after our own mental health. This unit will support you to consider your own mental health and how to seek support if you are struggling. Re-framing negative thinking will be explored. We will consider common mental health conditions including stress, depression, and anxiety before assessing healthy vs unhealthy coping strategies. Finally, we will consider what positive emotional wellbeing entails and we can achieve this.	Intimate relationships are a big step in a person's life. We will explore the role of pleasure in a relationship, including how to keep yourself safe and the laws around consent. We will consider the impact of pornography and the negative implications this can have on perceptions of intimacy, self-confidence, and mental health. We will consider the legal and personal implications of sharing explicit images. Finally, we will discuss asexuality, abstinence, and celibacy.	This unit is about encouraging you to understand the purpose and positives of being able to budget from a young age. When you leave school, it is important you are financially literate and understand income, expenditure, savings, and pensions. There are hugely negative implications of financial mismanagement, and this unit will explore debt, loan sharks and gambling. Finally, fraud is on the increase globally, therefore we will consider what it is and how to protect yourself.
Term 4: How do I keep myself safe around external pressures?	**Term 5:** What are our roles as UK citizens and what is the UKs role globally?	**Term 6:** How diverse is the UK?
This unit is about creating an awareness of gang culture within our country. With the increase in issues surrounding knife crime, gang culture and county lines activity it is important that you are aware of what this type of pressure is and how to keep yourself safe. We will also investigate how vaping, drugs and alcohol affect individuals and the community.	Our British parliamentary system is ruled by democracy. This means that as citizens, you get to vote for those in power of this country. During this term we'll re-visit how this system works but also look at your roles as a citizen in your local areas and nationally. We'll also examine the UKs role globally.	This unit will investigate how the demographic of the UK has changed over time, leading to a multicultural society. The unit will examine the strengths of a diverse society, but also the challenges from prejudice and discrimination to radicalisation.

Term 1 - Knowledge Organiser

Mental health

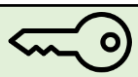
- We all face challenges at different points in our lives. These challenges can impact our mental health and emotional wellbeing.
- It is important to talk about our worries and concerns. There are lots of sources of support we can turn to.
- Negative thoughts can be triggered by a variety of different pressures/situations. We can train our minds to reframe those thoughts.
- Developing resilience is key adapting to difficult situations and helping us to develop coping strategies.
- There are a variety of mental health illnesses. The most common which impact young people are depression, anxiety and stress.
- It is sometimes challenging when to judge when to consider getting help for another person.
- There are a wide range of support services available for young people including friends, family, in school, doctors and through external charities.

Key words

Mental Health	Mental health is emotional, social and psychological well-being.
Resilience	Resilience is a skill that helps people to recover quickly from difficulties, change or misfortune; to adapt to and overcome risk and adversity through adopting effective coping strategies.
Reframing	A process of thinking about something differently, often in a more positive way.
Negative thinking patterns	Habitual thought processes which can affect our perceptions.
Help	Recognising when you need someone else to intervene.
Stress	Everyone experiences stress at some time in their life – this is completely normal. It is important to recognise when stress has been occurring for too long and to get appropriate help.

Title: How can we promote positive mental health?

Task: What does the term 'mental health' mean? Write a definition below.



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Task: Complete the mind map below.

What challenges may young people face?

Task: Complete the mind map below.

How can we cope with life's challenges?

Stigma Example	How can we challenge this?
_____ _____ _____	_____ _____ _____
_____ _____ _____	_____ _____ _____

Title: How can we reframe negative thinking?

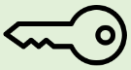
Task: Complete your knowledge recall in the box below.

1. _____
2. _____
3. _____
4. _____

Task: On a scale of 1-5, 1 being strongly disagree and 5 being strongly agree. Number each of the statements below.

Making mistakes is embarrassing so it's best to be sure of the answer before contributing.	
If someone must try very hard at something, it's because they don't have natural talent and they are wasting their time.	
Most successful people have created their own luck	
People can improve at anything if they work hard enough at it.	
If someone knows a project will be a challenge as it doesn't suit their style of working, it's best to find something else to work on.	

Task: What does the term 'resilience' mean? Write a definition below.



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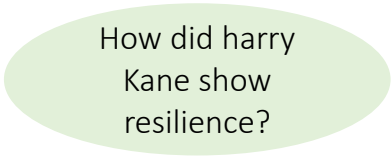
Task: Read the definition of a negative think pattern and then explain how it may affect people.

Of all the things going well, you pick one negative detail out and focus all your attention on it.	_____ _____
Jumping to conclusions and thinking the worst-case scenario without any evidence.	_____ _____
Minimising the situation and your positive qualities.	_____ _____
Catastrophising- always thinking the worst is going to happen.	_____ _____

Task: Complete the mind map below.



Task: Reframe the negative thinking patter to a positive thinking pattern.

Negative Thinking Pattern	Positive Thinking Pattern
I am rubbish at Maths! I only got 32% on my Maths quiz.	*I am really good at fractions in Maths. I need to focus on ratios for my next quiz.*
I have fallen out with Marie and now everyone hates me.	_____ _____ _____
I have been rejected from my dream gymnastics team- there is no point in going to training any more.	_____ _____ _____
I get upset at TV shows. I am just a cry-baby.	_____ _____ _____

Title: What are the mental health issues that commonly affect young people?

Task: Complete your knowledge recall in the box below.

1. _____
2. _____
3. _____
4. _____

Task: Complete the table below for arguments for and against the statement 'People only need help with their mental health when they tell people they need help.'

Agree	Disagree
_____	_____
_____	_____
_____	_____
_____	_____

	Signs	Strategies & Treatments	Ways others can help
Depression	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
Anxiety	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
Stress	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
	_____	_____	_____

Title: What support and treatment is available for mental ill health?

Task: Complete your knowledge recall in the box below.

1. _____
2. _____
3. _____
4. _____

Task: Complete the table below for where you can seek support for your mental health both inside and outside of school.

Inside school	Outside school
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Task: Watch the video and complete the table below for how each organisation helps people with their mental health.

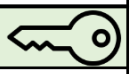
Andy's Man Club	_____ _____ _____ _____
Kooth	_____ _____ _____ _____
CAHMS CAMHS Child and Adolescent Mental Health Service	_____ _____ _____ _____

Title: What can the impacts of peer pressure be on individuals, personal safety and the community?

Task: Complete your knowledge recall in the box below.

1. _____
2. _____
3. _____
4. _____

Task: What does the term 'peer pressure' mean? Write a definition in the space below.



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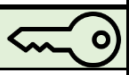
Task: What does the term 'gang' mean? Write a definition in the space below.



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_____

Task: Complete the table below during the Think, Pair, Share task.

Effect on individuals	Effect on community
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Title: What are the risks of isolation and loneliness?

Task: Complete your knowledge recall in the box below.

1. _____
2. _____
3. _____
4. _____

Task: What does the term 'isolation' mean? Write a definition in the space below.

_____

_____

_____

Task: What does the term 'loneliness' mean, and how is it different from being alone? Write a definition below.

_____

_____

Task: Watch the video and answer the questions below.

1. _____
2. _____
3. _____

Task: Think, Pair, Share: How can isolation and loneliness affect an individual's mental and physical health? Can you think of any risks or effects, and how to manage them?

Risks / effects	How to manage
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Extra Space