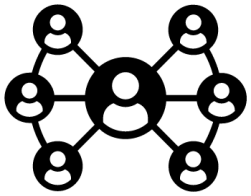
Trinity Academy Bradford

Curriculum for Life

'Preparing us for life beyond Trinity'

		
Healthy Relationships	**Health and Wellbeing**	Living in the Wider World

Term 1 – How do I look after my mental wellbeing?

Name: _____

C4L Teacher(s): _____

Classroom: _____

Curriculum for Life: Year 8 - Big Picture

Term 1: Health and Wellbeing *How do I look after my mental wellbeing?*	Term 2: Health and Well Being *How can my lifestyle choices impact my health?*	Term 3: Living in the Wider World *What opportunities are out there?*
This unit is about ensuring you understand what mental health is and the key signs to look for when recognising poor mental health. The unit will look at common mental health problems young people may face, healthy & unhealthy strategies of coping with poor mental health & where to seek support for these health issues.	This unit is about making good choices when it comes to your health. It will focus on the negative choices such as drugs, smoking & alcohol and how these choices can be detrimental to your future and your health. It will also look at the laws surrounding these intoxicants.	This unit is about developing an understanding of what working life is about. It will give you an insight into the career opportunities out there & support you in setting aspirational goals for your future. This will support you in making choices later, such as your GCSE option choices.
Term 4: Healthy Relationships *How do I maintain a healthy and safe relationship?*	**Term 5: Healthy Relationships** *What is discrimination?*	**Term 6: Living the Wider World** *How do I keep myself safe online?*
This unit will explore the concept of identity. It will examine some of the risks that come with an intimate relationship and the consequences and laws surrounding these risks. You will look as child on child abuse, the risks of sexting and what a healthy relationship looks like.	This unit will examine the types of discrimination that exist in society. We will look at racism, sexism, homophobia, transphobia, and religious discrimination. This unit is about identifying unacceptable behaviour and the language we should and should not be using in society today. We will also look at how we can tackle discrimination, including the laws around discrimination.	This unit is about ensuring you understand how to stay safe online. It will examine a range of issues such as private and public sharing, age restrictions, grooming and the world of online advertisements. You will also look at the use of AI and how deep fakes are made.

Knowledge Organiser

How do I look after my mental well-being?

- 1 in 5 young people suffer from mental illness.
- Not looking after your mental well-being can lead to poor concentration, worrying and anxiety, consistent low moods and feeling overwhelmed by daily activities.
- People with mental health problems say that the social stigma attached to mental ill health and the discrimination they experience can make their difficulties worse and make it harder to recover.
- Instagram is found to be the form of social media that has the biggest negative impact on a person's mental well-being.

Key Terms

Wellbeing	The state of being comfortable, healthy, or happy.
Physical wellbeing	A lifestyle that promotes a health and balance.
Mental wellbeing	A lifestyle that promotes supporting the mind and understanding emotions and feelings.
Body Image	A person's perception of the attractiveness of their own body. It involves how a person sees themselves, compared to the standards that have been set by society.

Access to support

- NSPCC – www.nspcc.org.uk (0808 800 5000)
- Mind – www.mind.org.uk
- NHS Mental Health – https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/

Title: What is my mental health?

Key Term: What do you think the term 'mental health' means?

_____

_____

_____

Task: Complete the table below with the signs of positive and negative signs of mental health.

Positive Mental Health	Negative Mental Health
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Task: Answer the questions below in your booklet.

1. What is anxiety?	_____ _____
2. What might be the benefits of anxiety?	_____ _____ _____ _____
3. What might be the negatives of anxiety?	_____ _____ _____ _____

Title: How can social media / internet impact my mental health?

Task: Complete your knowledge recall in the box below.

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

Task: Complete the mind map below.

What example of social media are there?

Task: Complete the table below with the pros and cons of using social media

Pros	Cons
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Task: What are some of the issues with using social media such as Instagram?

- _____
  _____
  _____
- _____

Title: Who are online influencers?

Task: Complete your knowledge recall in the box below.

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

Task: Write a definition for the term, 'Influencer'.

_____

_____

_____

Influencer	What are they trying to influence?
Fitness creator	
Gamer	
Beauty creator	
Charity campaigner	
Revision creator	

Reminder- Use **critical thinking** to justify your decision when deciding whether an influencer is positive or negative to your wellbeing**.** Put the nine examples below, in order of importance.

Task: Diamond 9 Discussion
Which Impacts Are Most Significant?
Rank from most important to least important:

- Inspires healthy lifestyles
- Encourages creativity
- Raises awareness of issues
- Promotes products
- Creates unrealistic expectations
- Encourages spending money
- Provides entertainment
- Shares useful information
- Influences behaviour

Title: What is body image and body positivity?

Task: Complete your knowledge recall in the box below.

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

Key Term: What do you think the term 'body image' means?

_____

_____

_____

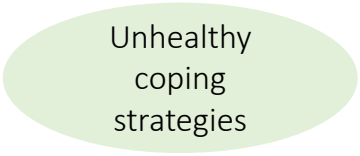
Task: Complete the mind map below.

What influences body image?

Video Question:	Answers
1. Why would you not criticise others like you would yourself?	_____ _____ _____
2. What do people criticise about themselves?	_____ _____ _____
3. What do the individuals realise at the end of the video?	_____ _____ _____

Title: What are unhealthy coping strategies?

Task: Complete the mind map below.



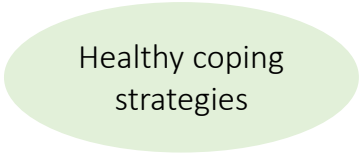
Person	What unhealthy coping strategy are they using?	What are long-term problems?
Noelle	_____ _____ _____ __	_____ _____ _____
Justine	_____ _____ _____ __	_____ _____ _____
Abdul	_____ _____ _____ __	_____ _____ _____
Jamile	_____ _____ _____ __	_____ _____ _____

Title: What are healthy coping strategies and where can I access support?

Task: Complete your knowledge recall in the box below.

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

Task: Complete the mind map below.



The Issue	How can we reduce the stress this causes?
Homework gets on top of me and makes me anxious when I have too much to do in one go.	_____ _____ _____
I have a fear that I'm not going to do well in school	_____ _____
I have fallen out with my friends and now I feel so lonely and have no-one to talk to	_____ _____ _____
I have a lot of extracurricular activities such as playing an instrument, sports, drama and I'm finding it all a little bit much.	_____ _____ _____

Where can I seek support for my mental health?

Task: Complete the table below by watching the videos.		
Organisation	Who are they?	How do they support people with their mental health?
Mind		
Kooth		
CAHMS		