

The Mental Health Project - KS3 Curriculum Map

The below are from the PSHE Association Programme of Study and their Teacher guidance: teaching about mental health and emotional wellbeing		Year 7					Year 8					Year 9				
Students learn:		L1	L2	L3	L4	L5	L1	L2	L3	L4	L5	L1	L2	L3	L4	L5
Health and Wellbeing	how we are all unique; that recognising and demonstrating personal strengths build self-confidence, self-esteem and good health and wellbeing (H1)								✓							
	to understand what can affect wellbeing and resilience (e.g., life changes, relationships, achievements and employment) (H2)									✓						
	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 (H3)													✓		
	simple strategies to help build resilience to negative opinions, judgements and comments (H4)									✓						
	to recognise and manage internal and external influences on decisions which affect health and wellbeing (H5)				✓											
	how to identify and articulate a range of emotions accurately and sensitively, using appropriate vocabulary (H6)				✓											
	the characteristics of mental and emotional health and strategies for managing these (H7)	✓					✓	✓				✓	✓			
	the link between language and mental health stigma and develop strategies to challenge stigma, myths and misconceptions associated with help-seeking and mental health concerns (H8)	✓														
	strategies to understand and build resilience, as well as how to respond to disappointments and setbacks (H9)									✓						
	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 (H10)			✓				✓					✓			
	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 (H11)										✓					
	how to recognise when they or others need help with their mental health and wellbeing; sources of help and support and strategies for accessing what they need (H12)										✓					
	the benefits of physical activity and exercise for physical and mental health and wellbeing (H14)		✓					✓					✓			
strategies to manage the physical and mental changes that are a typical part of growing up, including puberty and menstrual wellbeing* (H34)		✓														

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Relationships	how the media portrays relationships and the potential impact of this on people's expectations of relationships (R7)																	✓		
	to manage the strong feelings that relationships can cause (including sexual attraction) (R18)																		✓	
	how to manage the breakdown of a relationship (including its digital legacy), loss and change in relationships (R21)																			✓
	the effects of change, including loss, separation, divorce and bereavement; strategies for managing these and accessing support (R22)																			✓
	the services available to support healthy relationships and manage unhealthy relationships, and how to access them (R23)																			✓
	to recognise bullying, and its impact, in all its forms; the skills and strategies to manage being targeted or witnessing others being bullied (R38)																		✓	
	the impact of stereotyping, prejudice and discrimination on individuals and relationships (R39)																		✓	
Living in the wider world	to review their strengths, interests, skills, qualities and values and how to develop them (L2)																		✓	
	to set realistic yet ambitious targets and goals to manage emotions in relation to money (L17)																		✓	
	to understand how the way people present themselves online can have positive and negative impacts on them (L24)																		✓	
The below are taken from the Relationships Education, Relationships and Sex Education and Health Education guidance (publishing.service.gov.uk) (see Mental wellbeing section on page 36) Pupils should know:		Year 7					Year 8					Year 9								
		L1	L2	L3	L4	L5	L1	L2	L3	L4	L5	L1	L2	L3	L4	L5				
how to talk about their emotions accurately and sensitively, using appropriate vocabulary		✓			✓		✓					✓								
that happiness is linked to being connected to others			✓					✓					✓							
how to recognise the early signs of mental wellbeing concerns		✓					✓				✓	✓								
common types of mental ill health (e.g., anxiety and depression)											✓									
how to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others' mental health				✓				✓					✓							
the benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness			✓					✓	✓				✓							

Many of the above are covered more than once and throughout the lessons but we have referenced where they are explicitly covered in the lesson objectives.

*Although we have covered this topic it is not meant to replace your normal provision on puberty and menstrual health