

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)		✓														

