

MENTAL HEALTH AND EMOTIONAL WELLBEING KEY STAGES 3 AND 4

PROGRESSION

Strands	KS3 Questions 1	Content 1	KS3 Questions 2	Content 2	KS4 Questions 3	Content 3
Understanding and expressing emotions	<p>How do I recognise and express different emotions in myself and others?</p> <p>How have my emotions changed and developed?</p> <p>Why is it important to be able to express and manage my emotions?</p> <p>What might help me to express my emotions if my language is limited?</p> <p>How do I manage strong emotions?</p>	<p>Naming & scaling emotions</p> <p>Empathy</p> <p>Recognising & managing stress</p>		Self harm	<p>How can I manage my emotions in the context of my life now?</p> <p>Why do people self harm?</p> <p>What strategies do I have for managing my mental health and emotional wellbeing?</p>	Mindfulness
Understanding mental health – mine and other people's			<p>What do we mean by mental health and wellbeing?</p> <p>How might we recognise mental health conditions or symptoms of poor mental health?</p>	<p>Mental health</p> <p>Depression</p> <p>Stigma & discrimination</p>	<p>How do I relate to someone with mental health concerns?</p> <p>What is the difference between mental health conditions and learning difficulties?</p> <p>What are the different parts of the brain and what helps to strengthen them?</p>	<p>Stigma</p> <p>Discrimination</p> <p>Mindfulness</p>
Identity, Self image and influences	<p>How do I see myself, and how do I think others see me?</p> <p>What are my personal strengths?</p>	<p>Self image</p> <p>Confidence</p>	<p>Do my friends, family and the media make me feel positive about my body?</p> <p>What is an eating disorder and how can it be identified?</p>	<p>Body image</p> <p>Gender identity</p> <p>Peer influence</p>	<p>How do friends affect my mental health?</p> <p>How does the media influence our views of our own and other people's mental health?</p>	<p>Peer influence</p> <p>Social networking</p> <p>Technology habits</p>

	What circumstances might affect my self esteem and in what ways?		How do I recognise, and if necessary challenge, my core values and how do they influence my choices? How has my own identity changed? How can I ensure I maintain or regain a positive sense of self and what influences my self-image? How do people understand gender as part of their identity?	Media influence	What are my habits regarding use of technology and how do these positively and negatively affect my mental health?	Eating disorders
Resilience	What can I do to build my own resilience? How can I respond positively to challenges and disappointment? How do I learn to accept helpful feedback and to reject unhelpful criticism?	Growth mindset Protective factors Risk factors Assertiveness Responsibility	What are the protective and risk factors for mental health? How does my brain work and how does this link to my mental health and emotions?	Criticism	How can I reduce risk factors and increase protective factors for myself?	Confidence Resilience Criticism
Support networks	Who is in my network of support and how has it changed and developed? What stops me seeking support and what would help me to ask? How do I know that other people care about me?	Trust Listening skills Communication skills	What support is available for different mental health issues? What are the qualities of someone I can trust? What people and services can I access to support my mental health and how can I identify the most appropriate for me?	School-based support Online support Local, voluntary organisations GP & other health services	What barriers prevent me from talking to people and asking for help with my mental health? How can I support and help others with their mental health?	

MAPPING PROVISION OF MENTAL HEALTH AND EMOTIONAL WELLBEING IN SCHOOL

KEY STAGE 3 STEP 1

Questions pupils will engage with	Part of PSHE Curriculum	PSHE lesson	Drop Down Day	PSHE Enrichment activity	Other curriculum area	RAG	Notes
How do I recognise and express different emotions in myself and others?							
How have my emotions changed and developed?							
Why is it important to be able to express and manage my emotions?							
What might help me to express my emotions if my language is limited?							
How do I manage strong emotions?							
How do I see myself, and how do I think others see me?							
What are my personal strengths?							
What circumstances might affect my self esteem and in what ways?							
What can I do to build my own resilience?							

How can I respond positively to challenges and disappointment?							
How do I learn to accept helpful feedback and to reject unhelpful criticism?							
Who is in my network of support and how has it changed and developed?							
What stops me seeking support and what would help me to ask?							
How do I know that other people care about me?							

KEY STAGE 3 STEP 2

Questions pupils will engage with	Part of PSHE Curriculum	PSHE lesson	Drop Down Day	PSHE Enrichment activity	Other curriculum area	RAG	Notes
What do we mean by mental health and wellbeing?							
How might we recognise mental health conditions or symptoms of poor mental health?							
Do my friends, family and the media make me feel positive about my body?							
What is an eating disorder and how can it be identified?							

How do I recognise, and if necessary challenge, my core values and how do they influence my choices?							
How has my own identity changed?							
How can I ensure I maintain or regain a positive sense of self and what influences my self-image?							
How do people understand gender as part of their identity?							
What are the protective and risk factors for mental health?							
How does my brain work and how does this link to my mental health and emotions?							
What support is available for different mental health issues?							
What are the qualities of someone I can trust?							
What people and services can I access to support my mental health and how can I identify the most appropriate for me?							

KEY STAGE 4 STEP 3

Questions pupils will engage with	Part of PSHE Curriculum	PSHE lesson	Drop Down Day	PSHE Enrichment activity	Other curriculum area	RAG	Notes
What strategies do I have for managing my mental health and emotional wellbeing?							
How do I relate to someone with mental health concerns?							
What is the difference between mental health conditions and learning difficulties?							
How do friends affect my mental health?							
How does the media influence our views of our own and other people's mental health?							
What are my habits regarding use of technology and how do these positively and negatively affect my mental health?							
Why do people self harm?							
How can I reduce risk factors and increase protective factors for myself?							
What barriers prevent me from talking to people and asking for help with my mental health?							

How can I support and help others with their mental health?							
What are the different parts of the brain and what helps to strengthen them?							
How can I manage my emotions in the context of my life now?							