

PSHE	Health Education	Year 5	Spring 1
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Key Knowledge

Mental health and wellbeing	<ul style="list-style-type: none"> We have a range of different emotions that we feel. This can change throughout a day or can vary from day to day. This is completely normal. Some emotions are more comfortable to use than others.
Mental ill-health	<ul style="list-style-type: none"> Just because we might be feeling an uncomfortable emotion, it doesn't mean we have a mental health issue or illness. However, it is important to recognise if these uncomfortable emotions are becoming overwhelming or if you are finding that you are unable to regulate these emotions by yourself. If this is the case, or if you recognise this in others, there are many different channels of support available such as mind, place2be, NHS and youngminds etc.
The media and body image	<ul style="list-style-type: none"> There are many different influences on our lives, especially from different forms of media. Some media images can give us unrealistic views of people and make us feel insecure based on the 'fake perfection' some people portray. It is important to recognise these are not always realistic, healthy images.
Managing challenges and change	<ul style="list-style-type: none"> Different life events can have an impact on the emotions a person is feeling and ultimately on their mental health. Change can be quite scary at first. It is important to keep recognising and talking about emotions, especially in challenging times to ensure they do not become overwhelming

Statutory requirements

- Mental wellbeing is a normal part of daily life, in the same way as physical health.
- How to judge whether what they are feeling and how they are behaving is appropriate and proportionate.
- It is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.
- Where and how to seek support.
- Why social media, some computer games and online gaming, for example, are age restricted
- There are benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing

Key vocabulary

Spelling	Definition
Mental Health	our emotional, psychological and social wellbeing
Mental ill-health	patterns in our mental health or behaviour that cause distress or prevent us from functioning in a healthy way
Media	any form of communication that delivers information
Body Image	the way you feel about your body
Challenges	something new and difficult which might require extra effort and determination
Insecure	lacking self-confidence
Overwhelmed	When something affects you very strongly, and you do not know how to deal with it

Books

Patrice Karst	The Invisible String
Smriti Halls	Rain Before Rainbows
Grace Byers	I Am Enough

