

Y10 learning intentions: Pentecost (20 minute lessons in form time, 1 per week)

Our unit: *Life beyond school*

Our theme: Looking after Me!

What should students know / understand by the end of each lesson?

	Lesson
Week 1	<ul style="list-style-type: none"> Social Media Validation Vs Reality
Week 2	<ul style="list-style-type: none"> Social Media Validation Vs Reality
Week 3	<ul style="list-style-type: none"> Mental health - self love – To explore what self esteem/self love is and understand ways to improve it
Week 4	<ul style="list-style-type: none"> Mental health - self love – To explore what self esteem/self love is and understand ways to improve it
Week 5	<ul style="list-style-type: none"> Mind matters; mental and physical wellbeing – To explore the link between physical and mental wellbeing and finding strategies to support those who need help.
Week 6	<ul style="list-style-type: none"> Mind matters; mental and physical wellbeing – To explore the link between physical and mental wellbeing and finding strategies to support those who need help.
Week 7	<ul style="list-style-type: none"> PSHE association Mind lessons KS4 1 - Recognising mental ill-health and when to get help - To know how to recognise signs that someone might need support for mental health concerns. To learn about mental health issues that most commonly affect young people.

What is needed to master the knowledge?

Lesson 1/2 - I am aware that what I see on social media is not reflective of real life. I can explain the positive and negative impact following social media influencers has on me. I can identify the four main ways social media stresses people.

Lesson 3/4 - I know the importance of self-love and how to boost self-esteem when needed.

Lesson 5/6 - I know the correlation between physical and mental health.

Lesson 7/8 – To recognise signs that someone might have mental health issues such as a mood disorder, stress or anxiety. To be able to explain when and whom to tell if concerned for theirs or someone else’s mental wellbeing. To describe the range of support available for those with emotional or mental health problems, including how best to access local services.