

What is Mental Health?



Key Vocabulary:

sources of support, mental well-being, strategies, conflicting feelings, grief, personal responsibility, managing stress, identity, individuality, well-being.

I can...

- Discuss strategies and behaviours that support mental health
- Recognise that feelings can change over time and range in intensity
- Provide examples of problem-solving strategies for dealing with emotions, challenges, and change, including the transition to new schools
- Recognise that anyone can experience mental ill health; that most difficulties can be resolved with help and support
- Recognise warning signs about mental health and wellbeing and how to seek support for myself and others

Key questions:

- How does Mental Health link to triggers, feelings and bullying?
- How do I deal with emotions, challenges, and change?
- How do I relieve stress?
- How do I support somebody with Mental Health difficulties?
- How do I recognise warning signs?

Relationships and Health Education

Relationships Education will put in place the building blocks needed for positive and safe relationships, including with family, friends and online. Your child will be taught what a relationship is, what friendship is, what family means and who can support them. In an age-appropriate way, your child's school will cover how to treat each other with kindness, consideration and respect.

Health Education aims to give your child the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise.

Key Vocabulary: Breasts, nipples, anus, vagina, penis, testicles.

Scan the QR code to take you to the DfE guidance for parents:

