

# PCSHE – Year 8 Topic 3 – Mental Health

## KPI 1 - Key terms:

- Body image: The perception that a person has of their physical self and the thoughts and feelings that result from that perception.
- Social Media: Websites and applications that enable users to create and share content or to participate in social networking.
- Mental wellbeing: Mental wellbeing describes your mental state - how you are feeling and how well you can cope with day-to-day life. Our mental wellbeing is dynamic. It can change from moment to moment, day to day, month to month or year to year.
- Emotional literacy: The ability to understand and express feelings. It involves having self-awareness and recognition of one's own feelings and knowing how to manage them.
- Digital resilience: Involves having the ability to understand when you are at risk online, knowing what to do if anything goes wrong, learning from your experiences of being online, and being able to recover from any difficulties or upsets.

## KPI 2- Things that can affect our mental wellbeing:

Everyone is different and what affects someone's mental wellbeing won't necessarily affect others in the same way. Everyone will have times when they have low mental wellbeing, where they feel stressed, upset or find it difficult to cope.

Common life events that can affect your mental wellbeing include:

- loss or bereavement
- loneliness
- relationship problems
- issues at work
- worry about money

However, there are times when there is no discernable reason for the way a person feels which can be extremely frustrating.

There are some factors that may make people more vulnerable to experiencing a period of poor mental wellbeing. These may have happened in the past or might still be happening now:

- Childhood abuse, trauma, violence or neglect
- Social isolation or discrimination
- Homelessness or poor housing
- A long-term physical health condition
- Social disadvantage, poverty or debt
- Unemployment
- Caring for a family member or friend
- Significant trauma as an adult, such as military combat, being involved in a serious accident or violent crime

## KPI 3 – Digital Resilience

*How does going online effect young people?*

Like all aspects of our lives, going online conjures up a huge range of emotions and responses that can impact our mood and well-being. Someone could be pleased to see photos of their friend having a great time on holiday but at the same time they may feel envious because they are not there or have never been to such a place.

*Why is digital resilience important?*

Digital resilience gives everyone the ability to recognise when going online is having a negative impact and the strategies to bounce back and recover. If a someone realises that the balance has shifted and going online is not making them feel supported, empowered and happy we want them to have a variety of people and techniques that they can turn to.

### Digital Resilience Tips

- Build a support network – reach out to someone and support others too. A problems shared is a problem halved.
- Find useful sites/organisations who can help give yourself a break.
- Give yourself a break – you are not perfect and will make mistakes. Be kind and fair to yourself. Take some time offline if you want to.
- Sort out disagreements quickly.
- Lifestyle changes – make time for things and people that make you happy.
- Look out for new challenges – life can be hectic. Find ways to help you relax
- Physical health – get some exercise, be active.
- Put your devices away at night to get a good night's sleep.
- Eat regularly and healthily.
- Protect your online reputation - Use the services provided to manage your digital footprints and 'think before you post.' Content posted online can last forever and could be shared publicly by anyone.
- Know where to find help - Understand how to report to service providers and use blocking and deleting tools. If something happens that upsets you online, it's never too late to tell someone.
- Don't give in to pressure - Keep calm and keep in control; once you've pressed send you can't take it back.

## For further support...

### Home/school support:

A friend; A teacher; Your tutor;  
Parents/carers; Mr Ogden Mrs Jones;  
Mrs Loveridge; Mr Hayward

### Self-help apps

- Calm Harm – Managing Self-Harm
- MindShift – to manage anxiety and urges to self-harm
- Cove – express your mood with music
- Stress and Anxiety Companion – helps you to manage stress and anxiety
- Chill Panda – relaxation and breathing exercises.

## Reputable organisations:

- - [Child Bereavement UK](#) – call [0800 028 8840](tel:08000288840) Monday to Friday, 9am to 5pm, or email [support@childbereavement.org](mailto:support@childbereavement.org)
- [Cruse Bereavement Care](#) – call [0808 808 1677](tel:08088081677) Monday and Friday, 9.30am to 5pm, and Tuesday, Wednesday and Thursday 9.30am to 8pm, or email [info@cruse.org.uk](mailto:info@cruse.org.uk)
- [Grief Encounter](#) – call [0808 802 0111](tel:08088020111) Monday to Friday, 9am to 9pm, or email [contact@griefencounter.org.uk](mailto:contact@griefencounter.org.uk)
- [Hope Again](#) – call [0808 808 1677](tel:08088081677) Monday to Friday, 9.30am to 5pm, or email [hopeagain@cruse.org.uk](mailto:hopeagain@cruse.org.uk)
- [Winston's Wish](#) – call [0808 802 0021](tel:08088020021) Monday to Friday, 9am to 5pm, or email [info@winstonswish.org](mailto:info@winstonswish.org)
- Young Minds – [www.youngminds.org.uk](http://www.youngminds.org.uk)
- Young Minds Crisis Messenger: Text YM to 85258
- Childline – [www.childline.org.uk](http://www.childline.org.uk) Phone: 0800 1111
- Samaritans – [www.Samaritans.org](http://www.Samaritans.org) Phone: 116 123
- Young Minds Matters – Text 07480635723
- Kooth – Kooth.com
- TIC+ - online text chat – 07977334433
- Self-harm Helpline Rethink Gloucestershire – webchat: [www.gloucestershireselfharm.org](http://www.gloucestershireselfharm.org) Text: 07537410022 Phone: 0808 801060