

Mental Health within PSHE

In line with PSHE Association guidance this is delivered at Turves Green Boys' School under five broad themes: Relationships, Health (including Mental Health), Keeping Safe, Life Beyond School and British Values. All pupils in Year 7 to 10 have one timetabled lesson a week and benefit from external providers coming in to do mental health workshops such as SaltMine, MHST and Bloom.

Mental Health is a common thread that runs throughout the entire curriculum, but there are specific sessions scheduled for all year groups with a specific Mental Health focus:

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| Year 7 | <ul style="list-style-type: none">• Introduction to mental health: What is depression?• The importance of self esteem.• Anger Management• What is healthy living: The main food groups.• How do we maintain a healthy lifestyle: Diet and exercise.• The dangers of energy drinks and effects on the body and mind. |
| Year 8 | <ul style="list-style-type: none">• Mindfulness and emotional literacy.• Body image and the media.• Developing self-confidence. |
| Year 9 | <ul style="list-style-type: none">• Mental Health: Anxiety• Self-Harm• The stress of exams• Eating disorders.• Promoting a growth mind-set.• The Selfie Obsessed Culture. |
| Year 10 and Year 11 | <ul style="list-style-type: none">• Managing conflict.• What are the effects of sleep deprivation?• What are the dangers of excessive screen time?• Mental Health: How can we make others happy?• The seven stages of grief.• Managing exam stress |