

Year 8- Emotional Well-being



Mental health conditions

Obsessive compulsive disorder (OCD) is a type of anxiety disorder that includes 'obsessions' such as worries, doubts or unwelcome thoughts that constantly appear, and 'compulsions'

Anxiety-a natural response to stress or danger characterized by feelings of apprehension, worry, or fear. Physical symptoms- increased heart rate or sweating, and can range from mild to severe.

Depression or low mood- a mood disorder characterized by persistent feelings of sadness, hopelessness, and loss of interest or pleasure in activities. It can also involve physical symptoms such as changes in appetite or sleep patterns, fatigue, and difficulty concentrating."

Key themes

Resilience: the ability to adapt and bounce back from difficult experiences or setbacks. It can involve coping effectively with stress, adversity, trauma, or significant life changes.

Stigma: negative attitudes, stereotypes, and discrimination directed towards individuals or groups based on certain characteristics, such as mental illness. Stigma can create barriers to seeking help, accessing resources, and receiving adequate support and understanding because people are worried about being judged negatively by other people.

Empathy: the ability to understand and share the feelings, experiences, and perspectives of others. Empathy plays a crucial role in providing support and compassion to individuals facing mental health challenges, fostering understanding, and reducing stigma through connection and mutual understanding.

What is Mental health?

A person's psychological, emotional, and social well-being.

Mental and physical health are closely linked. For example, by promoting physical health through exercise, healthy food choices and quality sleep a person is also promoting their mental health.

We all have mental health!

Negatives of social media

- Peer pressure
- Cyber-bullying
- Expected to always be available
- Might feel excluded from certain groups (e.g. don't have the app)
- People behave differently online than they would face-to-face
- Can see upsetting content accidentally
- Fear of missing out (FOMO)
- Jealousy caused by looking at others' social media accounts pressure to look a certain way
- Sleep deprivation

Cross Curricular Links:
Pe and food technology

Social Media

Misinformation: Social media can also be a source of misinformation and harmful content related to mental health, making it important for users to critically evaluate the information they encounter. Who is the author? What are their qualifications? Is this true?

Privacy and boundaries: Maintaining privacy and setting boundaries around social media use is crucial for protecting one's mental health, as excessive exposure to certain content or interactions can be detrimental

In the UK, the minimum age requirement to use most social media platforms is 13 years old.

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Ways to promote resilience

- Make meaningful connections with people
- Develop a sense of purpose by supporting your community
 - Set yourself achievable goals
- Embrace change as a normal part of living
- Avoid seeing disappointments and setbacks as failures or problems which cannot be overcome- have a growth mindset and a can do attitude
- Develop a positive sense of self by focusing on strengths and achievements even when things go wrong
- Gain self-confidence by embracing new challenges
 - Keep things in perspective-how will this disappointment impact on life tomorrow, next week, next year?
 - Maintain a positive outlook
- Take care of yourself emotionally and physically
 - Write a journal
 - Meditate and take a deep breath

Positive coping strategies

- Look for a positive way out of a situation
- Acknowledge feeling's without judging people for what has happened
- Step away from the situation to have a break
- Manage unrealistic expectations without compromising on your dreams
- Adopt a positive mantra-"I can do this"
- Remember a time when you fixed a similar problem to give you confidence for coping in the future.
 - Try again with a different strategy
- Talk with people who caused an upset to understand why and see things from their point of view
- Get help or speak to a trusted adult who can advise you
 - Look to a positive role model
 - Smile and try to remain positive
- Reframe negatives and look for the positive in the situation
- Think about what can be learnt from the experience



How to help your friends in need

Sometimes it is hard to know what to say to someone who is struggling with their mental health. You could try saying:

- *"Is there anything I can do to help?"*
- *"Take your time"*
- *"I'm here for you"*

If you don't feel able to help the person **encourage them to speak to the pastoral team**, their form tutor or Head of Year and **offer to go with them for support.**

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." - Philippians 4:6-7

Year 8-Social Media



Body Image

Body image- a person's perception, thoughts, and feelings about their own physical appearance..

Body Positivity: A movement promoting acceptance and appreciation of all body types, challenging societal beauty standards and promoting self-love and body confidence.

Self-Esteem: A person's overall subjective evaluation of their worth and value as an individual. This can be influenced by factors including body image, social relationships, achievements, and personal attributes.

Beauty standards: are societal or cultural norms that define and dictate the characteristics, traits, and appearances considered attractive or desirable.

Body talk refers to the way individuals communicate about or discuss their own bodies or the bodies of others, including both verbal and non-verbal expression.

Digital detox: Recognizing the potential negative impact of excessive social media use on mental health, individuals may engage in practices such as digital detoxes or setting limits on screen time to prioritize their well-being.

Key terms in Media editing

Photoshop: The popular software used for digital image editing and manipulation, often employed to alter the appearance of individuals in photographs.

Airbrushing: The process of digitally or manually retouching photographs to remove imperfections or enhance certain features, creating an idealized or unrealistic representation of the subject.

Filters: Digital effects or enhancements applied to photographs through apps or software to modify colors, lighting, and textures, often used to enhance attractiveness or create a particular aesthetic.

Body Morphing: The digital manipulation of body proportions or features in photographs to conform to societal beauty standards or unrealistic ideals, such as slimming waistlines or enlarging muscles.

Unhealthy coping strategies are ways individuals try to manage or deal with stress, emotions, or difficult situations that may have negative consequences for their physical or mental well-being in the long term.

“Are not two sparrows sold for a penny? Yet not one of them will fall to the ground outside your Father’s care. And even the very hairs of your head are all numbered. So don’t be afraid; you are worth more than many sparrows.” - Matthew 10:29-31 (NIV)

Where to get support

- Speak to your form tutor, Head of Year, School nurse, pastoral team or other trusted adult.
- Use the Needtotalk@sta.cc email at school
 - Childline: 0800 1111 www.childline.org.uk
- NHS Live Well: www.nhs.uk/live-well