

Changing Me

Year 9 Term 6

The Big Question

How can change affect mental health?

The 'Changing Me' theme covers the following topics;

Mental health and addiction

Change and emotions

Better sleep

Resilience

Changing and growing

Piece 1 - Mental health and addiction

This topic discusses how mental health can be affected by different situations and experiences, common mental health issues, stigma attached to mental health issues as well as where to access support relating to mental health issues.

Piece 2 - Change and our emotions

This topic discusses how change can trigger a range of emotional responses, that some changes can be more difficult to manage than other and how going through change can develop resilience.

Piece 3 - Better Sleep

This topic discusses how sleep is important for psychological and physical reasons, learning and mental health.

Piece 4 - Resilience

This topic discusses resilience, what it means and how it can be developed.

Piece 5 - Changing and growing

This topic discusses different ways someone might choose to express themselves and influences that can affect a person's body image and self expression.

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