

Key Content (New Learning)

Explore strategies of coping with mental health

Understand situations of power and control

Understand how to deal with love and loss

Know my responsibility online and how to stay safe

Lesson 1 To understand what mental health is

Lesson 2 To know how to take care of my mental health

Lesson 3 To explore love and loss

Lesson 4 To recognise power and control

Lesson 5 To discuss online safety

End point Quiz style questions

**Mental health**- how we think, feel and act

**Stress**- how we feel under pressure

**Grief**- sadness felt when someone passes away

**Self-control**- controlling our own emotions and impulses

**Cyberbullying**- online bullying

**Bullying**- physical or verbal attacks over a period of time making someone feel bad.