

Teaching about mental health and emotional well-being (PSHE, Key Stage 3 and 4)



In a small-scale survey, 91% of students said that young people should learn about mental health through the PSHE teaching programme.

Outline

Teaching about mental health and emotional well-being promotes pupils' well-being through the development of healthy coping strategies and an understanding of their own emotions as well as those of other people. It can also play a vital role in safeguarding pupils.

Description

This half-day workshop will support you in developing the skills, knowledge and understanding needed to teach this crucial but challenging aspect of the PSHE education curriculum safely and effectively. You will also be able to access the guidance and lesson plans for the teaching programme developed by the PSHE association, with funding from the Department of Education.

It is facilitated by Dr Bianca Finger-Berry, Educational Psychology and Specialist Support, and Rachel Welch, Charlie Waller Trust.

It is expected that staff will be implementing this teaching programme in their schools. A feedback tool for students, to consider the initial impact of the programme, is available.

Outcomes

Attending this workshop will enable you to:

Learn about a whole school approach to promoting mental and emotional wellbeing

Increase your confidence in teaching about mental health and emotional wellbeing

Develop skills and strategies for keeping vulnerable pupils safe

Explore a range of resources and activities you could use at school including DfE approved lesson plans

Booking Information

This course is funded as part of our suicide prevention activities for Norfolk & Waveney- we expect attending schools to make a commitment to deliver a mental health teaching programme. Max. 2 delegates per school.

Dates: 31st January 2019 (Norwich area), 13th March 2019 (Springwood High School) 2nd April 2019 (Horatio House, Lowestoft), 9.30 – 13.00

<http://s4s.norfolk.gov.uk/Search/mental%20health%20well-being#>

For further information including cancellation policy see individual course details.

Audience

Senior Leaders

PSHE/SMSC Co-ordinators

PSHE/SMSC teaching staff

Form tutors and other staff who are teaching PSHE/SMSC