

# RAS: Year 10 Spring Learning Journey 2: Mental Health and Supporting Others

## What are we learning about?

We are learning about mental health and warning signs we may see in other people. This term will consider what emotional resilience is, warning signs of depression and unhealthy coping strategies such as self-harm.



## Why are we learning about it?

It is incredibly important that we are aware of the warning signs of someone using an unhealthy coping strategy when they are struggling with mental health. We need to know what to do and how to best support someone in this situation.



## What new KNOWLEDGE will I gain?

- Self-examinations;
- What mental health is;
- Self-harm;
- Eating disorders;
- Depression and anxiety;
- Emotional resilience



Citizenship

Keeping Safe

Core RS

Careers



## How does this build on the SKILLS I already have?

You have worked on your ability to express your opinions across many subjects and in the Autumn Term.

We will build on your awareness of what Resilience, Aspiration and Success mean by considering the traits with specific case studies.



## What new SKILLS will I develop?

We will have a focus on seeing how Resilience traits (including Respect Help from Others) can be incredibly important in helping someone to overcome barriers.

We will also continue our application of RAS traits to case studies, e.g Kayla's story in Lesson 4 of the unit.



## How does this build on the KNOWLEDGE I already have?

This builds on your study of what positive mental health is, during form time Success Sessions.

Many of you will have an understanding of some of these topics already. This unit is about challenging misconceptions and signposting support.