



Attainment Band :	<b><u>Mental Health and Wellbeing</u></b>	
	<b>Knowledge and Understanding</b>	<b>Skills</b>
Yellow Plus	<ul style="list-style-type: none"> <li>To learn what qualities make someone a positive or negative role model</li> <li>To learn about the impact of role models on people’s health-related behaviour</li> <li>To learn about the causes and effects of stigma in relation to mental ill-health</li> <li>To learn how to challenge mental health stigma</li> <li>To learn how to recognise signs of emotional or mental ill-health</li> <li>To learn about the nature of mental health issues that most commonly affect young people</li> <li>To learn how to access relevant support for emotional and mental health issues</li> </ul>	<ul style="list-style-type: none"> <li>Clarifying own values</li> <li>Identifying thinking traps</li> <li>Identify links between values and beliefs, decisions and actions</li> <li>Managing influence</li> </ul>
Yellow	<ul style="list-style-type: none"> <li>Evaluate whether social media causes the greatest harm to young people’s self esteem</li> <li>Explain the difference between self-harm and dermatillomania</li> <li>Evaluate whether placing tighter controls on the fashion industry would reduce the number of people suffering from eating disorders in the UK</li> </ul>	
Blue	<ul style="list-style-type: none"> <li>Reflect on my own level of self-esteem and know ways I can improve it</li> <li>Describe characteristics of the above and how we can help support the different conditions</li> <li>Explain how eating disorders damage the body</li> <li>Explain how I can help people close to me who have mental health problems</li> </ul>	
Green	<ul style="list-style-type: none"> <li>Describe what self-esteem is and why it is important</li> <li>Describe what eating disorders are and the different types</li> <li>Describe what is meant by stigma and understand how this affects people suffering from mental health conditions</li> </ul>	
White	<ul style="list-style-type: none"> <li>Understand how positive and negative role models can affect people</li> <li>Describe what is meant by mental health and can give examples of mental health conditions</li> </ul>	
	<ul style="list-style-type: none"> <li>Identify positive and negative role models</li> </ul>	