



Attainment Band :	Mental Health and Wellbeing	
	Knowledge and Understanding	Skills
	<p>To learn what qualities make someone a positive or negative role model; To learn about the impact of role models on people’s health-related behaviour. To learn about the causes and effects of stigma in relation to mental ill-health; To learn how to challenge mental health stigma. To learn how to recognise signs of emotional or mental ill-health; To learn about the nature of mental health issues that most commonly affect young people; To learn how to access relevant support for emotional and mental health issues.</p>	
Yellow Plus	<p>Evaluate whether social media causes the greatest harm to young people’s self esteem Explain the difference between self-harm and dermatillomania Evaluate whether placing tighter controls on the fashion industry would reduce the number of people suffering from eating disorders in the UK</p>	<p>Clarifying own values Identifying thinking traps Identify links between values and beliefs, decisions and actions Managing influence</p>
Yellow	<p>Reflect on my own level of self-esteem and know ways I can improve it Describe characteristics of the above and how we can help support the different conditions Explain how eating disorders damage the body Explain how I can help people close to me who have mental health problems</p>	
Blue	<p>Describe what self-esteem is and why it is important Describe what eating disorders are and the different types Describe what is meant by stigma and understand how this affects people suffering from mental health conditions</p>	
Green	<p>Understand how positive and negative role models can affect people Describe what is meant by mental health and can give examples of mental health conditions</p>	
White	<p>Identify positive and negative roles-models</p>	