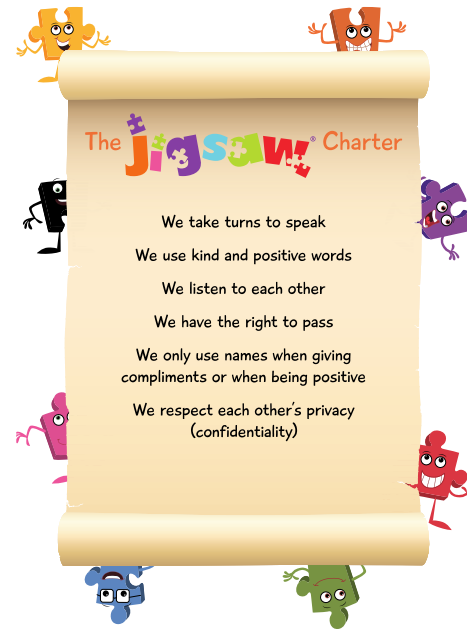




Key Vocabulary

Mental health	The condition, or degree of health, of one's mind and emotions.
Ashamed	Feeling shame or guilt for doing something wrong or foolish.
Stigma	A long-lasting mark or stain on one's character or reputation, esp. of disgrace or reproach.
Self-harm	Harming oneself.
Grief	Great sadness.
Guilt	The fact of having done something wrong or having broken a law.
Hopelessness	Having little or no hope; in despair.
Coping strategies	A way in which a person copes with something.
Bereavement	The condition or fact of being deprived of something or someone, especially by the death of a loved one.
Pressure	A strong influence on the mind or emotions.
Influences	Someone or something changing the way in which you do something.



Key knowledge

PSHE

I can identify when people may be experiencing feelings associated with loss and also recognise when people are trying to gain power or control.

I can explain the feelings I might experience if I lose somebody special and when I need to stand up for myself and my friends in real or online situations. I can offer strategies to help me manage these feelings and situations.

