

# Building Self-Esteem & Promoting Positive Mental Health

Personal, Social, Health, Citizenship Education

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- Once a fortnight from specialist teachers
- Bespoke workbooks with discussion tasks and case studies to develop the Abingdon boy
- Thought-provoking talks from outside speakers

## For young people under 25



The Mix is here to take on the embarrassing problems, weird questions, and please-don't-make-me-say-it-out-loud thoughts that people under 25 have in order to give them the best support through our digital and phone services in the following ways:

- A free and confidential helpline – 0808 808 4994. Available 365 days via phone, email or webchat with a free app for instant access to help
- The Mix website – offering essential support and advice on everything from sex and relationships to mental health and well being
- Discussion boards – an online community for young people where they can talk anonymously about anything on their mind
- Live Chat – online chat rooms allow young people to have a safe space to share what's on their mind

# #itsoktosay

Everyone has a mental health, just like everyone has a physical health. It's not a sign of weakness to ask for help with yours - in fact, it's a sign of strength.

## Don't suffer in silence.

- Tutor
- Housemaster
- Deputy Head Pastoral Mr Hindley
- Middle Master Rev Gooding
- Chaplain Rev Steer
- School Counselling Service

- **What Do I Value and Why?**
- **Diverse and Conflicting Values**
- **Shared Identity and Experience**
- **Challenging Discrimination**
- **Minority Visibility**



Health experts say teenagers are less fit than they used to be.

The main factors they have cited for this are:

- A change in eating habits
- A change in exercise habits

What common changes do you think there have been to teenagers habits in these two areas of life?

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- **Recognising and Balancing Emotions**
- **Healthy Minds**
- **“All Man” 1: Hard Man**
- **“All Man” 2: Rational Man**

Do you think dating apps make it easier for people to find love?

What advantages do you think dating apps could have?

What potential issues / dangers can you think of?

# Adopting a “Growth Mindset”

- How to “fail forwards”
- The power of perseverance
- Reframing problems to look at positive solutions
- Assemblies around exams tailored to dealing with failure and keeping things in perspective
  - Headmaster/Middle and Upper Master encourage breaks, exercise and fun etc. during revision.



