

PSHE

KS3: Lesson Resource 1: Explain to an alien

What is mental health?

Why might some people find it hard to talk about mental health concerns?



How can people look after their mental health?

What support could be given to someone with mental health concerns?

? How might these statements make someone feel?



? What could some more positive alternatives be?



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? How might these statements make someone feel?



Is she gonna freak out?

He was really upset yesterday. Best to avoid him for a while

I don't want to hang out with a weirdo

Go away!

Let's make them cry and see what happens

? What could some more positive alternatives be?



Pull yourself together

Stop being such a drama queen

You'll feel better if you just get on with things and ignore it

Man up!

I really think it's time you got over it now

? What could some more positive alternatives be?

