

# KS4 PSHE Resource 1

Task—Imagine that you are working for an online wellbeing forum, giving advice to young people on how to manage challenges. Write back to each character, giving them advice about what they could do to successfully manage their challenging circumstance.

Please help! I've just started my GCSE subjects and I'm getting really worried because I'm finding the subjects much harder than they were at key stage 3. I'm feeling lost in some lessons, and while everyone else seems to be getting it, most of what the teacher says is going right over my head. We've just tried our first practice assessments in Maths and History and I was disappointed with the grades I got. I'm not sure I'm really cut out for GCSEs and am starting to think I'll fail everything.

I feel very distant from my friends. We've all been mates since primary school and for the last three years in secondary school it's been great. But now that we're older and are in lots of different classes we don't see each other as much. I've noticed we don't have much in common anymore; we're into completely different music and films. I don't want to upset anyone but I just don't find it that fun to hang out with them anymore.

Social media is getting me down. Every time I look at my social media feeds I see people who are so much more beautiful than me and are having so much more fun than I am. I used to think social media was a great way to express myself and explore who I am, but the more negative comments I get, the less I feel I want to share about myself. My phone is always buzzing with notifications and I feel a constant need to keep checking and replying to what's going on. But the more I look, the more depressed I feel. Is it just me that feels this way?

I'm finding it tricky to manage my schedule. I'm involved in lots of activities that I really enjoy; I play sports on a Monday after school and I'm in the school's drama production. My school signed me up for extra French tuition and during the holidays I volunteer on a youth camping programme. I know all these activities are great for my CV and I enjoy them all so I don't want to give anything up. But now I'm in key stage 4 and there are loads of homework deadlines, I don't know if I can keep it all up. I recently got a part time job at the weekends which is helpful to earn a bit of spare cash, but it means I'm doing most of my homework late at night and constantly feel exhausted. What should I do?

I don't know what to do! I keep having huge arguments with my parents about dating. We've always got along well as a family but recently it feels like they're still treating me like a baby. I want more independence and to date the people I want to date, but they expect me to do family things at the weekend and tell me I'm too young to be alone in my room with a date. My curfew is really early and it seems like they supervise everything I do. How do I tell them I'm becoming an adult?!

# KS4 PSHE Resource 2: Celeb Lives

Everyone experiences challenges in their lives and that even as adults, times of change can be difficult to manage. This resource tells the stories of four celebrities who have experienced and overcome mental health concerns at various times in their lives.

*\*Remember, while sometimes mental health concerns can develop from specific life events (e.g. Prince Harry, Chrissy Teigan, Ariana Grande), issues like anxiety and depression can sometimes happen for no apparent reason (e.g. Zayn Malik). This can sometimes make it harder for people to seek help.*

Task—Summarise:

1. What mental health concern did the celebrity experience and how did it affect their lives?
2. What contributed to them developing a mental health concern?
3. What helped them to overcome or manage their mental health concern?
4. What can we learn from these celebrities' experiences?



## PRINCE HARRY

Prince Harry has opened up about his mental health issues, explaining that he found it very difficult to come

to terms with his mother's death when he was 12 years old. He has said that for twenty years he "shut down all emotions" and struggled with anxiety during royal public engagements.

He explained that his brother, Prince William, tried to persuade him to seek help for a long time before he went to counselling. He also took up boxing, which taught him how to help control his emotions. Prince Harry has now set up the 'Heads Together' charity to help support others with mental health concerns and encourage other people to talk.



## CHRISSY TEIGEN

Chrissy Teigan developed postpartum depression (PPD) after giving birth to her daughter, Luna, in 2016. Chrissy

has explained that it took her a long time to realise she had a mental health concern, because she had a wonderful husband of 10 years, a very supportive workplace and everything she wanted in life, but she still felt incredibly sad. She lost her appetite, felt tired all the time and quickly lost her temper with other people. She went to the doctor and was diagnosed with PPD.

Chrissy was prescribed medication and therapy, which have helped her recovery. She describes how much her family have helped her accept herself. She feels it's important to raise awareness about mental health concerns.



## ARIANA GRANDE

After the 2017 Manchester terrorist attack at Ariana's concert, she experienced PTSD – Post Traumatic Stress

Disorder. This is a mental health concern that affects people who have been through an extreme or traumatic event. Ariana has spoken out about the mental health concerns she has struggled with, and has performed concerts to raise support funds for the families of the victims.

She has said "Music is... comfort. It is fun. It is expression. It is happiness." To help her manage her mental health, Ariana has decided to take time away from the public eye so that she can work on her music without deadlines or expectations to perform. She has chosen to go home and spend time with her loved ones.



## ZAYN MALIK

In Zayn Malik's autobiography, he explains how he developed anxiety and an eating disorder. Malik had to cancel

several performances due to his anxiety and says that his eating disorder was a reaction to needing control in his life, after he struggled to cope with the pressures of being famous.

Zayn is determined to break the stigma around mental health, particularly for men, saying "anxiety is nothing to be ashamed of." He has found that being open with his friends and family, as well as fans, has helped him to manage anxiety and to avoid social situations which he finds difficult to manage. Zayn found that focusing on other aspects of his life, such as his career and music, helped him with his recovery.