



How the BrainWaves KS3 lessons map onto the RSE-PSHE curriculum

Each lesson also comes with a set of teacher notes that include recommended timings for lesson delivery, suggested strategies to use in each lesson, and links to additional resources for further information.

Outcomes from the 'Relationships Education, Relationships and Sex Education (RSE & Health Education)' guidance		Relevant KS3 BrainWaves lessons (11-14 years)
Mental wellbeing Pupils should know...	How to talk about their emotions accurately and sensitively.	<ul style="list-style-type: none"> • Talking about mental health • Conflict and repair
	That happiness is linked to being connected to others.	<ul style="list-style-type: none"> • Helping others for better wellbeing • The science behind wellbeing
	How to recognise the early signs of mental wellbeing concerns.	<ul style="list-style-type: none"> • Challenging negative thoughts • Managing worry • Talking about mental health
	Common types of mental ill health (e.g. anxiety and depression).	Managing worry
	How to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others' mental health.	<ul style="list-style-type: none"> • The science behind wellbeing • Challenging negative thoughts • Sleep, screens and mood • Social media and the dangers of perfection • Making change happen
	The benefits and importance of ... community participation and voluntary and service-based activities on mental wellbeing and happiness.	<ul style="list-style-type: none"> • Helping others for better wellbeing • The science behind wellbeing
Internet safety & harms Pupils should know...	The impact of unhealthy or obsessive comparison with others online and how people may curate a specific image of their life online.	Social media and the dangers of perfection
Health and prevention Pupils should know...	The importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn.	Sleep, screens and mood
Changing adolescent body Pupils should know...	The main changes which take place in males and females, and the implications for emotional and physical health.	My changing brain
Respectful relationships, including friendships Pupils should know...	The characteristics of positive and healthy friendships including ... the management of conflict, reconciliation and ending relationships.	Conflict and repair