

HearmyVoice standards linked to DfE statutory guidance on relationships and sex education (RSE) and health education for primary and secondary students

Primary - HearmyVoice is designed to support students to understand the characteristics of good physical health and mental wellbeing. Through coaching and the unique empowerment survey it supports the ongoing development of positive mental wellbeing. Throughout the programme HmV enables students to explore their personal development to allow them to:

- understand the normal range of emotions that everyone experiences;
- articulate how they are feeling;
- develop the language to talk about their emotions and judge whether what they are feeling and how they are behaving is appropriate and proportionate for the situations that they experience.

As a result, HmV supports the development of firm foundations in the benefits and characteristics of good health and wellbeing to enable students to talk about isolation, loneliness, unhappiness, bullying and the negative impact of poor health and wellbeing.

The programme supports the following outcomes in primary age students:

- that mental wellbeing is a normal part of daily life, in the same way as physical health;
- that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations;
- how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings;
- how to judge whether what they are feeling and how they are behaving is appropriate and proportionate;
- the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness;
- simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests;
- isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support;
- that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing;
- where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online);
- it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.

(Department for Education, 2021)

Department for Education, 2021, Statutory guidance: Relationships and sex education (RSE) and health education, Physical health and mental wellbeing (Primary and secondary), [Relationships and sex education \(RSE\) and health education - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/statutory-guidance/relationships-and-sex-education-rse-and-health-education)

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Secondary - HearmyVoice is designed to support students to understand the characteristics of good physical health and mental wellbeing. Through coaching and the unique empowerment survey it supports the ongoing development of positive mental wellbeing. In secondary school, the HmV programme builds on the primary content supporting the relationship between good physical health and good mental wellbeing and that this can also influence their ability to learn; linked to information on the benefits of sufficient sleep, good nutrition and strategies for building resilience. Students will explore the contribution that hobbies, interests and participation in their own communities can make to overall wellbeing. They will understand that humans are social beings and that outward-facing activity is beneficial for wellbeing, contributing to the development of the attributes for a happy and successful adult life.

The programme addresses personal problems and challenges and explores resilience and self-regulation.

The programme supports the following outcomes in secondary age students:

- how to talk about their emotions accurately and sensitively, using appropriate vocabulary;
- that happiness is linked to being connected to others;
- how to recognise the early signs of mental wellbeing concerns;
- common types of mental ill health (e.g. anxiety and depression);
- 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;
- the benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness.

(Department for Education, 2021)

Department for Education, 2021, Statutory guidance: Relationships and sex education (RSE) and health education, Physical health and mental wellbeing (Primary and secondary), [Relationships and sex education \(RSE\) and health education - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/92222/relationships-sex-education-physical-health-and-mental-wellbeing-2020.pdf)