Youth Wellbeing Course

SchoolTV Academy

A curriculum-aligned interactive course that builds confidence, compassion and peer support skills in young people.

Why it matters

- **1 in 5 young people aged 8–16 in England had a probable mental disorder.**
- **Early peer support can lead to earlier help-seeking.**

This course gives students the knowledge, confidence, and language to recognise when a friend might be struggling — and the skills to respond in a safe and supportive way.

Course Overview

Three interactive modules:

1. Understanding Mental Health
2. Peer-to-Peer Communication Skills
3. Online Accreditation and Certification

The course comes with a step-by-step teaching guide inclusive of discussion prompts, interactive activities and student reflections.

Course Delivery

1. **Flexible delivery:** Teachers can run the course in short bursts over several weeks, or complete it in a single day — whatever best fits the school timetable.
2. **Engaging content:** A clear structure and ready-to-use resources make it simple for teachers to deliver, and meaningful for students to experience.
3. **Meaningful recognition:** On completion, students receive their Certificate of Accreditation in Youth Wellbeing.

Learning Outcomes

- Demonstrate increased confidence discussing mental health and wellbeing
- Identify behavioural and emotional warning signs in peers
- Apply structured peer-support communication strategies
- Initiate early disclosure to trusted adults when appropriate
- Challenge stigma and endorse responsible help-seeking behaviours

Key Features

- Aligned with the Health and PE Curriculum
- Designed with input from clinicians, educators, and young people
- Flexible delivery options
- Evidence-based, engaging, and age-appropriate
- Built for real classrooms, real conversations, and real change

Not just awareness. The course teaches real skills for real situations.

Contact **academy@schooltv.me** for more information.