

EEF: Healthy Minds**The project**

Healthy Minds is a personal, social, and health education curriculum for secondary school pupils (Years 7 to 10), which aims to improve pupils' wellbeing and health-related outcomes.

The programme, developed by Bounce Forward, comprises a set of 14 modules developed from elements of different evidence-based health-promoting programmes. The lessons, which should be taught directly by a trained teacher or a learning support assistant, take about one hour per week, and either replace schools' existing PSHE lessons, or can be built into the school week at other times. It is intended to be delivered to pupils over four years, from Years 7 to 10 (covering ages 11 to 15).

Main link:

<https://educationendowmentfoundation.org.uk/projects-and-evaluation/projects/developing-healthy-minds-in-teenagers>