



The Association
for Child and Adolescent
Mental Health

**FREE mental health
webinar for teachers**

Anxiety

Pedagogy in Practice session 1

Tuesday 21 June, 15:45 - 17:00

REGISTER NOW [CLICK HERE](#)

About the event

The Association for Child and Adolescent Mental Health (ACAMH) are delighted to have teamed up with the **Chartered College of Teaching** to present a **FREE** online training series, '**Pedagogy in practice**', exclusively for teachers and school leaders, and Chartered College of Teaching Members. These two charities who are dedicated to supporting teachers to make a difference to the mental wellbeing of children and young people. Pedagogy is the method and practice of teaching, especially as an academic subject or theoretical concept. This series gives teachers an incredible opportunity to take part in interactive expert webinars looking at how to teach key topics in school. The first looks at Anxiety, something that pupils, and us, at some point, have all experienced.

About the session

Some anxiety is essential because it helps us to act to protect ourselves and ensure our safety. However, anxiety can become problematic when it is out of proportion to the threat in the environment, causing distress and interfering with everyday lives. When this occurs it is often considered to be an 'anxiety disorder'. These are extremely common and often start in childhood or adolescence. They can have a significant and ongoing impact on mental health and wellbeing. Anxiety disorders can affect family, school and social life, leisure activities, and educational achievement.

Teachers have a role to play in supporting children and adolescents to understand anxiety as part of the new Relationship, Sex and Health Education (RSHE) curriculum, as well as needing to feel confident that they can recognise the impact it may have on the



children they work with. This webinar brings together teachers from a range of settings to consider how they are supporting pupils in the school to understand anxiety. Event attendees will have access not just to the event itself but to supporting materials and resources to help them embed effective practice in their schools.

About the 'Pedagogy in practice' series

Building on ACAMH's 'Ask the Expert' webinars these **FREE** webinars are exclusively for teachers and school leaders, and offer insights into best practice in supporting children and adolescents building on the latest evidence base. They are designed to help close the knowledge gap in a range of topics that now form part of the statutory RSHE curriculum. We think it is important to help equip teachers with knowledge in areas that may be less familiar to them and to help them consider how they might most effectively deliver these topics to children and adolescents as part of the curriculum.

The Association for Child and Adolescent Mental Health (ACAMH)

By disseminating evidence-based research we aim to raise standards in the understanding and management of child mental health issues, as we work towards our vision of '*Sharing best evidence, improving practice*'.

The Chartered College of Teaching

The Chartered College of Teaching is the professional body for teachers. We are working to celebrate, support and connect teachers to take pride in their profession and provide the best possible education for children and young people.

REGISTER NOW [CLICK HERE](#)