

Combat Stress 100

NATIONAL
ARMY
MUSEUM

Cross curricular resource

Teacher Notes



A British medical orderly treats a wounded German soldier, 1916–1918 (c)

Purpose and Scope

The digital learning resource constitutes the source materials and creative outputs from the Combat Stress 100 learning project. The project used historic and contemporary interviews, images, film footage, articles and artefacts on the subject of soldiers' mental health and wellbeing. The source materials were used by pupils to explore mental health and the stigma that surrounds it. The pupils worked closely with affected veterans and were encouraged to develop their own creative responses to the issues they discussed.

This learning resource is provided as an example of how a mental health and wellbeing project might be developed for secondary school pupils. Teachers might also be interested in using some of the historic and contemporary sources in their own teaching in this area.

For mental wellbeing at secondary level, the government states that pupils should know:

- How to talk about their emotions accurately and sensitively, using appropriate language
- 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 full text is available here:

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education/physical-health-and-mental-wellbeing-primary-and-secondary>