

Health and Wellbeing

I can identify transitional stages in life and suggest ways of managing them.

I can name and describe emotions, the features of mental wellbeing, and who to ask for help.

I can list some support and health services and describe when and how to get help.

I can identify how the media, social media and other influences might affect health choices and suggest how to manage this.

I can suggest ways to help others to make healthy choices and support their wellbeing.

Living in the Wider World

I can reflect on personal strengths and identify areas to improve.

I can identify different next steps, pathways and careers.

I can explain what budgeting is, why it is important and where to get help with financial decision-making.

I can identify some skills and attributes that employers value.

I can suggest ways to benefit from positive online behaviours, manage online risks and critique digital media sources.

Relationships

I can identify different types of relationship and suggest ways to build and manage relationships.

I can describe what conflict means and simple ways to reduce conflict.

I can distinguish between healthy/positive and unhealthy/negative relationships.

I can describe the role of a parent.

I can identify bullying or hurtful behaviour and suggest some strategies for responding to it, both on and offline.



Health and Wellbeing	Living in the Wider World	Relationships
<p>I can identify some safe and unsafe choices for health and wellbeing.</p> <p>I can suggest some risks of substance misuse.</p> <p>I can explain a range of support and health services, can assess when to get help in different situations and describe how to access relevant services.</p> <p>I can suggest ways to maintain a healthy self-concept.</p> <p>I can explain and demonstrate ways to support others to make healthy choices and promote their wellbeing.</p>	<p>I can describe basic employment rights and responsibilities.</p> <p>I can show respect for others and identify basic rights and responsibilities that promote inclusion.</p> <p>I can identify unique features associated with communicating online.</p> <p>I can identify potential risks and benefits of financial decisions and can suggest influences on financial decision making.</p> <p>I can explain ways to benefit from positive online behaviours, assess and manage online risks and evaluate digital media sources.</p>	<p>I can describe my views and values on moral issues and listen to others' views respectfully.</p> <p>I can recognise and explain how to challenge unhealthy/negative relationship behaviours.</p> <p>I can describe how to show respect to others.</p> <p>I can state what is meant by consent in simple terms; I can identify how to recognise, ask for, give, not give and withdraw consent.</p> <p>I can identify influences on relationship expectations.</p>

