

Social Media - I can keep myself safe when using social media. I can show appropriate behaviour when using social media.

Friendships - I can continue to make and maintain meaningful friendships based on shared interests. I know how to treat my friends with respect.

Relationships - I can understand consent and boundaries and why this is important in a healthy relationship.

Social Interaction - I can communicate effectively with more unfamiliar people. I can understand how to behave appropriately when in the community.

Time and Money - I can use money confidently in a range of situations. I can tell the time to help me become more independent e.g. bus timetables

Self-Care - I can take care of my personal hygiene needs independently. I can set up my own routines to support this.

Travel - I can use public transport to access my local community and might begin to do this independently. I can start planning familiar routes with some adult support. I can cross a road safely, being aware of my surroundings.

Accessing around me - I can be more independent both in school and the local community. I can take part in community events that interest me.

Qualifications - I can achieve qualifications that are right for me and will help me on my future pathway. I can take part in the Options programme.

Careers - I can take part in a work experience placement. I can begin to make links between my strengths and future job choices.

Transitions - I can make an informed decision about my Post-16 pathway.

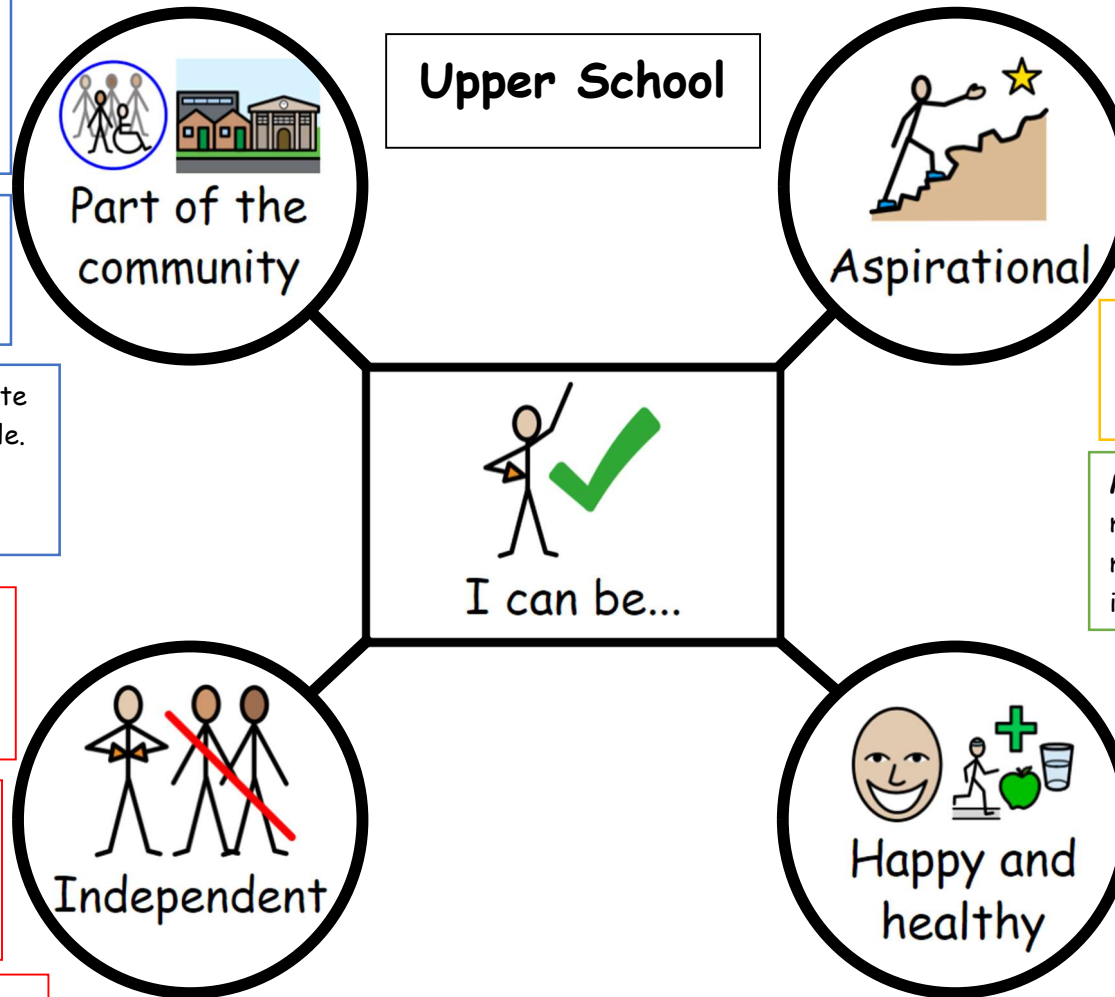
Role Model - I can display a positive attitude and be a role model to others. I can take part in Sports Leaders.

Medical - I can continue to meet my basic medical needs independently e.g. taking medicines and care plans. I can be more involved in my medical appointments.

Healthy Mind - I know the importance of good sleep routines in taking care of my wellbeing. I know where to find support with my wellbeing.

Puberty - I can begin to understand the changes that are taking place in my body and how to manage new feelings.

Exercise - I can choose exercises that I enjoy and will keep me healthy. I can use the school gym. I can take part in the Duke of Edinburgh scheme.



Living Skills - I can complete household chores - e.g. Hoovering, using the washing machine - and know the importance of budgeting when living independently.

Diet Choices - I can make myself and others a healthy meal. I know the importance of a healthy diet.