

NAME _____

PSHE			
PERSONAL CARE		GGA Level 14	
Eating & Drinking	Personal Presentation	Personal Hygiene	Personal Safety
<ul style="list-style-type: none"> • Uses skills to have a snack/ meal in a cafeteria in the community with minimal supervision • When sharing a meal with friends, know & demonstrate the appropriate social behaviour needed for the occasion, <i>e.g. the appropriate noise level in McDonalds compared to Trattorio restaurant, & using fingers for poppods but not for curry</i> 	<ul style="list-style-type: none"> • Organises self to wear appropriate clothing for familiar activities & situations, <i>e.g. hot weather, work experience</i> • Know where to go to get personal presentation needs met, <i>e.g. hairdresser, nail salon, optician</i> • Manages own : manicures/pedicures skin care routines makeovers with support 	<ul style="list-style-type: none"> • When requested actively follows sequence of more complex self care routines independently : hair washing hair drying showering bathing nail cleaning care during menstruation 	<ul style="list-style-type: none"> • Tell familiar adults/ people whose job it is to keep us safe, of incidents which have occurred • Name a range of substances, <i>e.g. alcohol & drugs</i>, & know the harmful effects they have on the body • Be aware of potential hazards to self in unfamiliar settings, <i>e.g. work experience</i> • Has the skills & initiative to manage own minor injury, <i>e.g. cut to finger, graze, clean & dress</i>

	Date		Date		Date		Date		Date
20% Achieved		40% Achieved		60% Achieved		80% Achieved		Level Achieved	

