

NAME _____

PSHE			
PERSONAL CARE		GGA Level 15	
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 independently • Actively chooses to have a healthy snack 	<ul style="list-style-type: none"> • Anticipates when to undress in unfamiliar places for unfamiliar events, <i>e.g. trying on clothes at Next</i> • Understands the need to wear appropriate clothing in less familiar situations, <i>e.g. interview</i> • Visiting hair salon for re-style with advice • Manages own : manicures/pedicures skin care routines makeovers with prompts 	<ul style="list-style-type: none"> • Anticipates & follows complex self care routines independently with a familiar setting : hair washing hair drying showering bathing nail cleaning care during menstruation • When requested actively follows sequence of higher level self care routines with support : shaving (men) hair removal (women) finger nail cutting toe nail cutting 	<ul style="list-style-type: none"> • Is able to ask for help to manage unwanted attention from a familiar person appropriately in familiar settings, <i>e.g. Bexhill College</i> • Is able to ask for help to manage unwanted attention from an unfamiliar person appropriately in familiar settings, <i>e.g. Bexhill College</i> • Know the safe limits of alcohol consumption • Is able to minimise risk through trouble shooting potential hazards in familiar places with prompts • Has the skills & initiative to manage an injury that requires hospital treatment, <i>e.g. fracture, deep cut needing stitches</i>

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