

NAME \_\_\_\_\_

PSHE			
PERSONAL CARE		GGA Level 16	
Eating & Drinking	Personal Presentation	Personal Hygiene	Personal Safety
<ul style="list-style-type: none"> <li>• Uses skills in a less familiar setting, <i>e.g. pub, restaurant</i>, with minimal supervision .....</li> <li>• Follows a weekly plan to choose a range of healthy snacks &amp; meals across the week .....</li> </ul>	<ul style="list-style-type: none"> <li>• Anticipates when &amp; how to undress for medical appointments .....</li> <li>• Is able to choose clothes that are suitable for different occasions, <i>e.g. wearing smart clothes for a wedding or casual for a night out</i> .....</li> <li>• Visiting hair salon &amp; advocating for own style .....</li> <li>• Independently manages own : manicures/pedicures ..... skin care routines ..... makeup .....</li> </ul>	<ul style="list-style-type: none"> <li>• Anticipates &amp; follows complex self care routines independently with a limited range of familiar settings : hair washing ..... hair drying ..... showering ..... bathing ..... nail cleaning ..... care during menstruation .....</li> <li>• when requested actively follows sequence of higher level self care routines with verbal prompt : shaving (men) ..... hair removal (women) ..... fingernail cutting ..... toe nail cutting .....</li> </ul>	<ul style="list-style-type: none"> <li>• Is able to ask for help to manage unwanted attention from a familiar person/people appropriately in any setting .....</li> <li>• Is able to ask for help to manage unwanted attention from an unfamiliar person/people appropriately in any setting .....</li> <li>• Makes informed decisions about substance use and/or misuse in real life settings with support, <i>e.g. Millie's</i> .....</li> <li>• Is able to give the information required by the emergency service on the telephone .....</li> <li>• Is able to minimise risk through trouble shooting potential hazards in familiar places independently .....</li> <li>• Can place a person in the recovery position on request .....</li> </ul>

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