

NAME _____

PSHE			
PERSONAL CARE		GGA Level 17	
Eating & Drinking	Personal Presentation	Personal Hygiene	Personal Safety
<ul style="list-style-type: none"> • Uses skills in a less familiar setting independently, <i>e.g. pub</i> • Actively chooses to have a range of healthy snacks & meals across the week 	<ul style="list-style-type: none"> • Chooses & buys own clothes for formal & informal occasions • Has the confidence to experiment & find own personal style of clothes • Has the confidence to experiment & find own personal style of hairstyle & accessories • Has the confidence to experiment & find own style with makeup & nail varnish decorations for different occasions 	<ul style="list-style-type: none"> • Initiates & follows a complex range of self care routines independently within a range of settings both familiar & unfamiliar :- <ul style="list-style-type: none"> hair washing hair drying showering bathing nail cleaning care during menstruation • Initiates & actively follows sequence of higher level self care routines independently :- <ul style="list-style-type: none"> shaving (men) hair removal (women) finger nail cutting toe nail cutting 	<ul style="list-style-type: none"> • Manages unwanted attention from a familiar person/people appropriately in any setting • Makes informed decisions about substance use and/or misuse in real life settings, <i>e.g. Millie's</i> independently • Has the skills & initiative to make an informed decision to contact the appropriate emergency service for the situation • Identifies potential hazards during work placements & seeks help to minimise the risks • Has the knowledge & skills to know if a person has stopped breathing, place in the recovery position & call an ambulance

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

