






Year 9: ASK Yourself!

Subject: Life Skills

Unit: Sex & Relationships

	Launching 1-2	Developing 3-4	Progressing 5-6	Mastering 7-9
 S skills				
Expression	I need to contribute in class.	With support I can express myself simply.	I can express my ideas logically and clearly.	I always express my ideas logically and clearly in different ways.
Solving Problems	I need to be able to offer solutions to problems.	With support I can evaluate problems and offer potential solutions.	I can evaluate problems, offer potential solutions and justify my responses.	I can successfully evaluate problems, think 'outside of the box' in order to offer potential solutions and justify my responses.
 K knowledge				
Sex & Relationships 	I need to consider how to manage emotions and maintain healthy relationships. I need to know how contraception works.	I understand how to deal with risky/negative relationships. I know what consent is and the importance of communication and negotiation. I know about contraception, STI's and how to protect myself.	I understand how to recognise negative behaviours and can deal with inappropriate persuasion/coercion and where to get help. I recognise the importance of contraception, methods, STI's and how to protect myself. I know where to obtain health information, advice and support.	I fully recognise the need for and can apply strategies to manage strong emotions to keep me safe and healthy. I competently recognise the importance of contraception, methods, STI's and how to protect myself. I know where and how to obtain health information, advice and support.