

Life Education End Points

Health and Wellbeing

Year 7	I can explain how to respond in emergency situations, including how to perform first aid techniques.
Year 8	I can identify choices for health and wellbeing that are safe or unsafe/risky, and explain why.
	I can explain and demonstrate ways to support others to make healthy choices and promote their wellbeing.
Year 9	I can explain how different contraceptives work, factors that can affect their efficacy and how to negotiate use of contraceptives with a partner.
	I can explain ways to maintain a healthy self-concept, and where relevant, promote self-confidence and self-esteem.
	I can explain the personal and social risks associated with substance misuse.
Year 10	I can explain the role of the media and social media in influencing lifestyle choices, the impact of other influences, and strategies to manage these.
	I can describe ways to promote physical, sexual, mental and emotional health.
	I can describe complex emotions, the features of positive mental health, warning signs of mental ill-health and identify signs that help is needed.
Year 11	I can manage transitions between important stages in life, including physical, emotional and practical changes.
	I can explain a range of support and health services, can assess when to get help in different situations and describe how to access relevant services.

Relationships

Year 7	I can explain how to respond to unhealthy/negative relationship behaviours, including bullying, discrimination, abuse and online encounters.
	I can describe different types of relationship and explain how to develop and maintain healthy, positive relationships.
Year 8	I can demonstrate how to show respect to others and promote equality and inclusion.
	I can describe ways to manage changing relationships, loss and bereavement, when and how to seek support and suggest ways to support others.
Year 9	I can explain and manage influences on relationship expectations.
	I can explain strategies to manage peer influence and pressure.
	I can recognise and explain how to challenge unhealthy/negative relationship behaviours.
Year 10	I can explain the concept of consent in a variety of contexts; the legal and moral responsibility on the seeker of consent to ensure consent has been given; and the importance of respecting others' feelings about readiness for intimacy. I can describe how to recognise, ask for, give, not give and withdraw consent.
	I can explain common causes of conflict and conflict resolution strategies.
Year 11	I can describe appropriate sources of advice and support for relationships, sexual health, and pregnancy and explain why, when and how to access them.
	I can justify my views and values on moral issues and effectively assess others' arguments, including critique of online content.
	I can describe features of parenthood and explain the options available if someone becomes pregnant.

Living in the Wider World

Year 7	I can explain rights and responsibilities that promote inclusion for all, and the benefits of living in a diverse community.
Year 8	I can explain how to be ambitious and enterprising and challenge career stereotypes.
	I can explain how to effectively budget and suitable sources of support and information around financial opportunities and risks.
Year 9	I can explain how online interactions are impacted by data, targeted advertising and personalisation
	I can reflect effectively on personal strengths and areas for development, and take account of feedback, in order to improve.
Year 10	I can explain ways to benefit from positive online behaviours, assess and manage online risks and evaluate digital media sources
	I can describe a range of employment rights and responsibilities
	I can demonstrate a range of skills and attributes for employability.
Year 11	I can explain how to make informed decisions about next steps and career choices.
	I can explain the potential consequences of personal finance choices and suggest ways to manage influences on financial decisions.
	I can demonstrate a range of skills and attributes for employability.