






Year 11: ASK Yourself!

Subject: Life Skills
Unit: Relationships

	Launching 1-2	Developing 3-4	Progressing 5-6	Mastering 7-9
				
Expression	I need to contribute in class.	With support I can express myself simply.	I can express my ideas logically and clearly. I can advocate confidently and be flexible in negotiations.	I always express my ideas logically and clearly in different ways. I can confidently advocate, be flexible in negotiations and compromise when necessary.
Independence	I need to be able to work productively on my own.	With occasional help to focus I can work productively on my own.	I enjoy working independently, with good results.	I am successful when working independently and enjoy setting myself challenging targets.
				
Relationships 	I need to understand how to become more independent and to manage my emotions in a range of relationships and not give up. I need to know how to avoid risky situations I need to be able to recognise when manipulation, persuasion or coercion is being used and learn how to develop strategies. I need to be able to explore my values and my attitudes, to challenge others	I understand how to be independent and to manage my emotions in a range of relationships and not give up. I know how to avoid risky situations. I can recognise when manipulation, persuasion and coercion is being used and am learning to develop strategies. I can explore my values and my attitudes, to challenge others and make informed choices.	I can manage my emotions in a range of relationships and am becoming resilient. I am able to avoid risky situations. I can identify when manipulation, persuasion and coercion is being used and am aware of strategies to use. I have explored my values and my attitudes and am confident at challenging others.	I can effectively manage my emotions in a range of relationships and am more resilient. I can confidently avoid risky situations. I can confidently identify manipulation, persuasion and coercion and have successfully used strategies. I am confident in my values and my attitudes and am able to challenge others. I can make informed choices.

and make informed choices.

I can make informed choices.