Stage 10

Use this stage where the pupil's assessed starting point matches the statements below.

Citizenship Stage 10				
Term	**Topic**	**Knowledge /skills**	**Link to curriculum intent** *(indicative not exclusive)*	**Link to evidence for learning/specification framework as applicable** *(indicative not exclusive)*
1	Self-Awareness	Making positive choices in school home and community. Listening respectfully.	Healthy Lifestyles Stage 10 Work with others to solve problems and make decisions.	Self-Awareness Stage 10 Apply self-awareness to make positive choices across school, home and community. Explain how respectful behaviour and active listening help build healthy relationships.
2	Self-care, Support and Safety	Assessing hazards. Emergency help and 999. Safe online and community decisions.	Healthy Lifestyles Stage 10 Work with others to solve problems and make decisions.	Self-care, Support and Safety Stage 10 Evaluate risks in everyday situations. Identify hazards and explain how to access emergency help including calling 999. Demonstrate safe decision making online and in the community.
3	Managing Feelings	Recognising emotional cues. Empathy. Adapting communication.	Healthy Lifestyles Stage 10 Work with others to solve problems and make decisions.	Managing Feelings Stage 10 Recognise emotional cues in others. Respond with empathy and adapt communication to different situations.
4	Changing and Growing	Changing relationships. Responsibilities of parents and carers. Family diversity.	Healthy Lifestyles Stage 10 Work with others to solve problems and make decisions.	Changing and Growing Stage 10 Explain how relationships can change over time. Recognise the roles and responsibilities of parents and carers. Understand that families can take many different forms.
5	Healthy Lifestyles	Medicines vaccinations and healthcare roles. Safe use of medicines and substances.	Healthy Lifestyles Stage 10 Apply movement skills in different activities and understand how exercise supports health. Work with others to solve problems and make decisions. Identify healthier food choices and understand basic food service practices.	Healthy Lifestyles Stage 10 Explain how medicines, vaccinations and healthcare professionals help to maintain health. Understand why medicines and substances should only be taken safely and appropriately.

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6	The World I Live in	Prejudice discrimination and unfairness. Safe reporting and challenge.	Healthy Lifestyles Stage 10 Work with others to solve problems and make decisions.	The World I Live in Stage 10 Explain how prejudice, discrimination and unfair treatment affect individuals and communities. Recognising appropriate ways to challenge or report them safely.