Stage 13

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

Citizenship Stage 13				
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 decisions about relationships and future goals. Responding to bullying and discrimination.	Healthy Lifestyles Stage 13 Make positive choices that support physical and mental wellbeing.	Self-Awareness Stage 13 Use self-awareness to make informed decisions about relationships, future aspirations and personal development. Respond appropriately to bullying, discrimination and unhealthy friendships.
2	Self-care, Support and Safety	Safety in unfamiliar settings. Recognising abuse coercion bullying and exploitation. Seeking support.	Healthy Lifestyles Stage 13 Make positive choices that support physical and mental wellbeing.	Self-care, Support and Safety Stage 13 Apply knowledge of safety, trust and personal responsibility to unfamiliar situations. Recognise and respond appropriately to abuse, coercion, bullying or exploitation.
3	Managing Feelings	Using regulation strategies across settings. Recognising when extra help is needed.	Healthy Lifestyles Stage 13 Make positive choices that support physical and mental wellbeing.	Managing Feelings Stage 13 Apply emotional regulation strategies independently across school, home and community settings, recognising when additional support is needed.
4	Changing and Growing	Healthy respectful relationships. Recognising unwanted behaviour. Accessing support.	Healthy Lifestyles Stage 13 Make positive choices that support physical and mental wellbeing.	Changing and Growing Stage 13 Demonstrate understanding of healthy, respectful relationships. Recognise inappropriate or unwanted behaviour. Know how to access appropriate support.

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5	Healthy Lifestyles	Responsible health decisions. Resisting unhealthy pressure. Encouraging positive choices.	Healthy Lifestyles Stage 13 Plan healthy food choices and maintain equipment safely and responsibly. Make positive choices that support physical and mental wellbeing. Show resilience and confidence when facing new or unfamiliar situations.	Healthy Lifestyles Stage 13 Apply knowledge of healthy lifestyles to make safe, responsible decisions. Resist pressure to engage in unhealthy behaviours. Support others in making positive choices.
6	The World I Live in	Equality employment participation and financial responsibility for adulthood.	Healthy Lifestyles Stage 13 Make positive choices that support physical and mental wellbeing.	The World I Live in Stage 13 Apply understanding of equality, employment, community participation and financial responsibility to prepare for adulthood and independent living.