Stage 14

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

Citizenship Stage 14				
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	Self advocacy. Respectful relationships. Teamwork. Setting realistic adult life goals.	Healthy Lifestyles Stage 14 Show increasing independence by leading simple tasks and engaging in work-related experiences.	Self-Awareness Stage 14 Independently advocate for themselves. Maintain respectful relationships. Contribute positively to teams and communities. Begin to set realistic aspirations and prepare confidently for adulthood.
2	Self-care, Support and Safety	Managing privacy and online behaviour. Independent safety choices. Accessing support.	Healthy Lifestyles Stage 14 Show increasing independence by leading simple tasks and engaging in work-related experiences.	Self-care, Support and Safety Stage 14 Independently manage personal safety, wellbeing, privacy and online behaviour. Confidently seek support when required. Act responsibly to help keep themselves and others safe.
3	Managing Feelings	Recognising expressing and regulating emotions. Empathy. Planning ongoing wellbeing.	Healthy Lifestyles Stage 14 Show increasing independence by leading simple tasks and engaging in work-related experiences.	Managing Feelings Stage 14 Independently recognise, express and regulate emotions. Demonstrate empathy towards others and use appropriate strategies to maintain lifelong emotional wellbeing.
4	Changing and Growing	Informed relationship decisions. Protecting boundaries. Preparing for adult relationships.	Healthy Lifestyles Stage 14 Show increasing independence by leading simple tasks and engaging in work-related experiences.	Changing and Growing Stage 14 Independently apply knowledge of growing, relationships and personal boundaries to make informed decisions. Demonstrate an understanding of how to protect themselves and others. Prepare confidently for healthy adult relationships and independent life.
5	Healthy Lifestyles	Independent nutrition activity	Healthy Lifestyles Stage 14 Independently plan, shop for and prepare a simple	Healthy Lifestyles Stage 14 Independently manage their health and wellbeing

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		rest and care choices. Accessing healthcare.	healthy meal. Participate confidently in physical activities and community opportunities. Show increasing independence by leading simple tasks and engaging in work-related experiences.	through informed decisions about nutrition, physical activity, rest, personal care. Access appropriate healthcare, preparing for lifelong healthy living.
6	The World I Live in	Active citizenship. Laws diversity environment and money. Education employment and community choices.	Healthy Lifestyles Stage 14 Show increasing independence by leading simple tasks and engaging in work-related experiences.	The World I Live in Stage 14 Independently contribute as an active citizen by respecting diversity, following laws, caring for the environment, managing money responsibly and making informed decisions about education, employment and community life.