

	YEAR 8	LEVEL 7
	Subject Focus: Intrapersonal and Interpersonal awareness	
1	I can introduce myself to my peers and teacher and share some of my interests, likes and dislikes.	
2	I can appreciate the importance of ground rules for effective group functioning.	
3	I can share my ideas and opinions to establish ground rules for the group.	
4	I can recognize the importance of skills developed through PSCD lessons within different settings.	
5	I can talk about the way I behave in groups.	
6	I can describe the importance of working in a team and explain how people can have different roles within a group.	
7	I can recognize that differences and similarities between people, arise from a number of factors, including family, cultural, ethnic, racial and religious diversity, sexual orientation, disability and others.	
8	I recognise that my words and behaviour can affect other people's feelings.	
9	I can describe what prejudice and stereotypes mean.	
10	I can recognise the importance of challenging prejudice and stereotypes.	
	Subject Focus: Career Exploration and Planning	
1	I can assertively and persuasively talk about myself.	
2	I can recognize those qualities, skills and interests that make me a unique individual.	
3	I can recognize that the way I see and value myself affects my self-confidence, self-esteem and behaviour.	
4	I can recognize the importance of study time and time dedicated to leisure.	
5	I can recognize the importance of managing my time appropriately.	
6	I can talk or demonstrate the amount of time I spend on different tasks during the day.	
7	I can show that I am capable of selecting and describing learning strategies that take account my own learning preference.	
8	I can show that I am able to prepare a balanced programme of study.	
9	I can reflect and talk about the different skills required to take decisions.	
10	I can recognize the importance of reflecting about my skills, wants and capabilities before selecting a new subject.	

Subject Focus: Health, Safety and Well being	
1	I can articulate and talk about my values.
2	I can recognize that people around me have different values which might not be compatible with my own.
3	I can describe why values influence my feelings and decisions.
4	I can recognize that people can be bullied due to their cultural, ethnic, racial, religious, gender and sexual diversity.
5	I can articulate how people feel when they are bullied.
6	I can list different things I can do to help someone who is being bullied.
7	I can describe what type of communication is acceptable and unacceptable on social networking sites.
8	I can talk about the consequences of cyber bullying and online harassment.
9	I can list the trusted adults where I can seek help when I feel that I am being bullied or harassed.
10	I can list the agencies or helplines where I can seek assistance when I feel that I am being bullied or harassed.
11	I can distinguish between legal and illegal drugs.
12	I can contribute to the discussion about marijuana and inhalants.
13	I can recognize that the abuse and misuse of drugs affects one's physical, emotional, social and financial wellbeing.
14	I can recognize that the abuse or misuse of drugs affects the family and the community at large.
15	I can explain the value of making decisions that help me to be well and stay well.
16	I can list the agencies where people can seek help if they are addicted to legal or/and illegal drugs.
17	I can recognize that there is pressure on youths to make use of legal or illegal drugs.
18	I can demonstrate how to be assertive and take positive decisions to safe guard my own safety.
19	I can talk about the different types of family relationships.
20	I can recognize that different family members have different roles and responsibilities.

21	I can discuss why media has a great influence on the way young people look and behave.
22	I can explain some ways that media could affect ways in which boys/men and girls/women might be viewed and treated.
23	I can recognize that bulimia and anorexia affect one's physical, emotional and social wellbeing.
24	I can list the agencies where people can seek help if they suffer from any kind of eating disorder.
25	I can list the healthy choices I make in food and appearance.
26	I can talk about the positive aspects of sexuality.
27	I can explain the changes that occur during puberty.
28	I can discuss the different stages of conception and pregnancy.
29	I can discuss how puberty offers different challenges to different people.
30	I recognize that my feelings and reactions can change depending upon what is happening within and around me.
31	I can list the short term and long term consequences of teen pregnancy.
32	I can recognize the responsibilities associated with being pregnant and having a new born.
33	I can list the agencies where people can seek help if they are pregnancy when still in school.
34	I can demonstrate how my decisions and those of others can positively or negatively affect the environment.
35	I can give positive feedback to the students in my group.