

PSCD

YEAR 9	LEVEL 8
Subject Focus: Intrapersonal and Interpersonal awareness	
1	I can introduce myself to my co-students and teachers.
2	I can contribute to a set of ground rules for the group.
3	I can talk about the importance of ground rules for effective group functioning.
4	I can identify, describe and share different emotions.
5	I can explain or describe how I deal with different emotions.
6	I can recognize how emotions can effect my behaviour and how my behaviour effects others.
7	I can talk about anger and the fact that I cannot control everything that happens around me.
8	I am able to show that I understand what triggers my anger and the importance of expressing this emotion appropriately in the way I behave.
9	I am able to discuss and practice different strategies on how to deal with my anger and not behave in ways that would have negative consequences for me and for others.
10	I can recognise the initial signs and symptoms of stress.
11	I can compare different stressful situations and indicate the ones which myself and others might find most stressful.
12	I am able to discuss and practice different strategies on how to deal and reduce stress.
13	I can explain what is meant by a healthy relationship and discuss its importance with others.
14	I can identify different types of relationships and the skills needed to develop effective relationships.
15	I can distinguish the features of a caring, non-caring and harmful relationship.
16	I can talk about positive relationships, role models and personal support systems.
17	I am able to discuss different strategies on how to protect myself from non-caring and harmful relationships.
18	I can show that I have gained an understanding of stereotyping and how it impacts upon a variety of communities.
19	I can debate whether ideas and opinions about stereotyping are factual or not.

20	I can argue how the different types of media can influence my perception and those of others.
21	I can recognize the nature of conflict and its impact on interpersonal relationships.
22	I can demonstrate the importance of communication in generating productive conflict outcomes.
23	I can talk about the different conflict intervention strategies.
	Subject Focus: Career Exploration and Planning
1	I can list some characteristics and skills that describe me best.
2	I can talk about different skills needed for different jobs or careers.
3	I can identify jobs or careers that best match my interests or skills.
4	I can mention a number of reasons why people work.
5	I can identify and discuss worker's rights.
6	I can identify and discuss worker's duties.
	Subject Focus: Health, Safety and Well being
1	I can articulate and distinguish between healthy and unhealthy actions and habits.
2	I can talk about my responsibilities to lead a physically and psychologically active and healthy life. (e.g. self-regulation relative to practising daily health routines for cleanliness, rest, healthy eating, good posture, taking a hobby, time on digital games or computer and others).
3	I can recognize the difference between an energy drink and a sports drink.
4	I can analyse the contents of an energy drink and a sports drink and discuss the consequences (if any) of such drinks.
5	I can describe what is meant by digital footprint.
6	I can discuss how to manage my digital footprint.
7	I can explain how I can start developing a positive digital footprint for future life, study and work.
8	I can talk about the risks associated with giving out personal information.
9	I can identify inappropriate content, contact and conduct online.
10	I can explain how I can be positive in terms of content, contact and conduct online.

11	I can talk about the emotional, physical and psychological changes faced during puberty.
12	I can name the different body parts and their function.
14	I can list and describe the components of personal hygiene.
14	I can identify and discuss signs and symptoms of breast, pelvic and testicular cancer.
15	I can talk about the different medical support and help related to personal hygiene.
16	I can outline safer sex practices e.g. communicate with partner, abstaining from any type of sexual activities, limit to one partner, access/use condoms/contraceptive properly and others.
17	I can share and discuss my personal values related to sexual relationships and sexual health.
18	I can provide examples of ethical behaviour in relationships.
19	I can talk about the different medical support and help related to sexual health.
20	I can list and describe basic types of contraceptives.
21	I can outline the relationship between choices and resulting consequences.
22	I can talk about my responsibility towards the environment.
23	I can share my idea of a positive and healthy environment.
24	I can define and discuss the idea and practice of sustainability.
25	I can discuss current challenges related to sustainability issues.