



# All-age guidance

# Preparing for

# Adulthood



## Assessment Book 2

Name: \_\_\_\_\_

Assessment Point (A.P.) 1 entry date: \_\_\_\_\_

Assessment Point (A.P.) 2 entry date: \_\_\_\_\_

Assessment Point (A.P.) 3 entry date: \_\_\_\_\_



# EDUCATION AND EMPLOYMENT

		A.P 1	A.P 2	A.P 3
E9	I can listen to and participate in discussions about different kinds of jobs and careers			
E10	I can talk about my interests and career ambitions			
E11	I can participate in discussions around secondary school options and transitions			
E12	I can list and explain which personal qualities and academic skills are required for jobs I am interested in			
E13	I understand the entry requirements for further education and vocational qualifications			
E14	I know which subject options are required for my desired career path			
E15	I understand what skills are needed to be successful at work			
E16	I can recognise my transferable skills and qualities for work			
E17	I can find examples of job opportunities and match them to my strengths and skills			
E18	I can explain future options for Higher Education, Training or Employment (including Apprenticeships & Supported Internships) in relation to my own aspirations			
E19	I can understand the entry requirements for higher education, apprenticeships and Supported Internships			
E20	I can identify any reasonable adjustments that may be needed for me to succeed in a job			

# **Evidence for assessment**

## SELF HELP AND INDEPENDENCE

		A.P 1	A.P 2	A.P 3
l9	I know my own body and understand changes that are beginning to happen			
l10	I can independently pay for an item in a shop and recognise whether or not I have been given the correct change			
l11	I can prepare a simple snack or meal with supervision			
l12	I can understand how to stay safe on busy roads and travel routes			
l13	I can manage my own personal hygiene, including changes linked to puberty			
l14	I can access and use personal hygiene products correctly and safely (e.g. menstrual products, shaving products)			
l15	I can travel short distances safely and independently (e.g. to school, local shops)			
l16	I can identify and express feelings about my body and emotions to a safe and trusted person			
l17	I can budget a small amount of money to pay for a range of purchases on a day out			



## SELF HELP AND INDEPENDENCE

		A.P 1	A.P 2	A.P 3
I18	I can make informed choices about options for the next stage of my education			
I19	I can take responsibility for keeping my personal space and belongings clean and tidy			
I20	I can independently make safe decisions when with friends, including in unexpected situations			
I21	I can plan and budget money, including prioritising purchases appropriately, for up to a week			
I22	I can safely and independently travel to school and social activities using a variety of methods			



# **Evidence for assessment**

# FRIENDS, RELATIONSHIPS AND COMMUNITY INVOLVEMENT

		A.P. 1	A.P 2	A.P 3
<b>C10</b>	<b>I can form and maintain friendships with a small group of peers</b>			
<b>C11</b>	<b>I can recognise the qualities of a 'good' friend</b>			
<b>C12</b>	<b>I can recognise bullying and know where and how to seek help</b>			
<b>C13</b>	<b>I know key locations in the local area (e.g. school, home, local shops)</b>			
<b>C14</b>	<b>I can understand ways to stay safe, on and offline</b>			
<b>C15</b>	<b>I can manage the change to a new educational setting, including new staff, peers and routines</b>			
<b>C16</b>	<b>I can understand reasons behind peer conflict and how to deal with uncomfortable situations</b>			
<b>C17</b>	<b>I understand different kinds of relationships</b>			
<b>C18</b>	<b>I know about and participate in different groups within the community</b>			
<b>C19</b>	<b>I can keep myself safe within the community</b>			
<b>C20</b>	<b>I know the risks of social media and ways in which to stay safe</b>			



## FRIENDS, RELATIONSHIPS AND COMMUNITY INVOLVEMENT

		A.P. 1	A.P 2	A.P 3
C21	I consistently use strategies to keep myself safe on social media and know how to deal with any issues I encounter			
C22	I can maintain relationships that are safe and healthy for myself and others			
C23	I can keep myself safe in the community and know where and how to seek help if needed			
C24	I can manage the change to a new educational setting, including new staff, peers and routines			
C25	I know which services are available to me in the community			



# **Evidence for assessment**

# HEALTH AND WELLBEING

		A.P. 1	A.P. 2	A.P. 3
H6	I can access the appropriate amount of physical activity for my age every day (according to NHS guidelines)			
H13	I can take responsibility for my personal health needs and/or equipment for short periods of time			
H14	I can recognise how long I have been using a screen and when it is time to take a break			
H15	I can understand and apply the NSPCC 'PANTS' rules			
H16	I can recognise and manage changes that are happening to my body (eg. using deodorant, showering more frequently)			
H17	I can locate, identify and communicate physical or mental health concerns to an appropriate adult			
H18	I can use taught strategies, with support, to regulate my own emotions			
H19	I can identify and approach safe people to talk to about things I am worried about			
H20	I can understand and engage with sex education and know where to find safe and reliable answers to my questions			
H21	I understand the effects of a range of substances, including vaping, tobacco, drugs and alcohol			
H22	I can recognise the effects of any physical, social or emotional conditions I may have			

# HEALTH AND WELLBEING

		A.P. 1	A.P. 2	A.P. 3
H23	I can engage with routine immunisations (HPV/tetanus, diphtheria and polio/meningitis)			
H24	I can use a range of strategies to independently regulate my emotions			
H25	I can identify different roles within healthcare and know which ones I need to access for different needs			
H26	I can communicate my own opinions and preferences for my physical and mental health needs and treatment			
H27	I can deal appropriately with an emergency medical situation			
H28	I can access and engage with my annual health check (if on learning disability register)			
H29	I can understand what my GP can help with and how to access this			
H30	I can identify the components of a healthy diet and which foods should be limited			
H31	I can manage my own health needs and equipment independently with appropriate oversight from a trusted adult			
H32	I can make safe and healthy choices around sexual relationships, including accessing advice, protection and treatment if needed			
H33	I understand my legal rights around privacy, choice and consent to medical input and make safe and appropriate decisions based on this			

# **Evidence for assessment**



This year, I am proud of...



My targets for next year are...



In order to achieve this, I need...