



Attainment Band :	<u>Mental Health and Wellbeing</u>	
	Knowledge and Understanding	Skills
Yellow Plus	<ul style="list-style-type: none"> To learn about safe and risky or unsafe social groups To improve risk identification, assessment and management skills To learn about assertiveness and how and when it is appropriate to behave assertively To learn about the identification of gangs and the risks in belonging to a gang To learn about the legal and physical risks of carrying a knife 	
Yellow	<ul style="list-style-type: none"> Explain the difference between the terms risky, dangerous and challenging Describe the risks involved in joining a gang and explain the social. Legal and physical consequences of being a member of a gang 	<ul style="list-style-type: none"> Self-regulation Clarifying own values Identify links between values and beliefs, decisions and actions Managing peer influence Negotiation Active listening skills Leadership Building and maintaining healthy relationships Self-improvement Managing peer influence Managing risk Recalling and applying knowledge creatively in new situations Self-regulation Managing peer influence Identifying thinking traps Formulating questions
Blue	<ul style="list-style-type: none"> Describe the nature of positive and negative risk and identify physical and emotional risk Explain the manipulation techniques used by gangs to gain new members and why some young people may want to join a gang 	
Green	<ul style="list-style-type: none"> Suggest ways of dealing with negative peer pressure Identify situations where the potential gain is worth the risk and situations where it is not, and explain how to make this judgement 	
White	<ul style="list-style-type: none"> Describe the differences between positive and negative peer pressure Identify what makes a group of friends different from a gang 	
	<ul style="list-style-type: none"> Understand peer pressure 	