



Living in Safety and Stability



Assessment Record

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This is the formal assessment record which should be completed for each participant undertaking the programme.



Module Title	Living in Safety & Stability
Age Band:	14-18 Years
Participant Name:	
Club/Centre:	
Tutor:	

Learning Outcomes	Achieved (tick) & Date	Evidence Generated	Further Comments and/or Action Required
1 Introduction to Living in Safety and Stability Understand the purpose and requirements of the programme Understand what is meant by Living in Safety & Stability			
2 Staying Safe Online Understand online risks relating to contact, contact, conduct and commercial Understand healthy and unhealthy behaviours within online and offline friendships/ relationships Understand the importance of permission and consent in relation to sharing content Understand the importance of seeking help from a trusted adult if needed			

<p>3 Risk taking behaviour Understand the meaning of risk and the difference between good and bad risk Recognise risky situations and the implications of these Understand practical strategies to employ to keep themselves and others safe</p>			
<p>4 Choices & Consequences Be more aware of personal values and morals which drive decision making Understand that all choices have consequences Gain the knowledge and skills to inform better decision making</p>			
<p>5 Coping with difficult situations Increase awareness of their own health and wellbeing Increase ability to identify and deal with emotions effectively Increase understanding on strategies to promote resilience and emotional wellbeing</p>			
<p>6 Confidence and motivation Increased participants awareness of their own sense of self, focusing on personal qualities and strengths Increase understanding of self-confidence and how we can help ourselves become more confident Understand factors which influence and drive motivation</p>			

<p>7 Body Confidence Participants explore what they love about their bodies and all the positive things their body does for them. Participants recognise the impact of social media on body image Participants learn tips on how to make themselves feel good about their bodies</p>			
<p>8 Strategies for coping – Tools and techniques Participants recognise bad times are normal and that everyone experiences them Participant learnt at least one effective technique to handle stressful or difficult situations Participant understands more about what makes them happy</p>			
<p>9 Money management for a better future Understand the difference between essential and non-essential Understand the importance of safe spending and saving Learn some tips on how to make/ save money</p>			
<p>10 Looking ahead to the future Clarify values, interests, strengths, and skills in relation to potential careers Increase awareness of steps required to achieve desired career, including opportunities, and ways of overcoming possible barriers to success Increase confidence and motivation in pursuing a meaningful career</p>			

Other comments:

Participant Signature:

I confirm all the programme learning outcomes have been satisfactorily achieved.

Tutor Signature:

Date:/...../.....

Verifier Signature:

Date:/...../.....

