

Personalised Learning Checklist

Look at each of the knowledge statements

If you are confident that you know what it means, tick the green box.

If you're not sure what it means, tick the yellow box.

If you definitely don't know what it means, tick the red box.

By the end of the term we want to see the boxes turned to green ticks. We are learning this because just because you believe they're thinking something about you, that doesn't necessarily make it true our minds are continually trying to make sense of our world, but our minds do not always get it right.

	Knowledge Statement	Not a clue	Not sure	Confident
1	I am able to recognise the warning signs of an abusive relationship			
2	I understand the difference between loving and controlling behaviour.			
3	I know areas for support and help when dealing with domestic abuse.			
4	I know the differences between arranged and forced marriages			
5	I can explain why certain people are forced into marriage.			
6	I know where victims of forced and arranged marriages can find help.			
7	I can identify the differences between forced and arranged marriages in detail and how a person can access help at different stages in the proceedings using new key terms.			
8	I understand the differences between assertiveness and aggression behaviour.			
9	I understand why and when I need to be assertive.			
10	I understand the differences situations where I need to be able to stand up for our own or other people's rights in a calm and positive way, without being either aggressive, or passively accepting 'wrong'.			
11	I understand how immunity to disease and infection can be acquired.			
12	I know the difference between communicable and non-communicable diseases.			
13	I am able to explain and evaluate the impact on society when there is a pandemic virus with no vaccination available.			
14	I understand that just because I believe someone is thinking something about me, that doesn't necessarily make it true.			