



Be Well

- I know how to support my positive mental health
- I know how to support my physical health through an active lifestyle
- I know how to support my physical health through a healthy diet
- I understand the risks of substance misuse (drugs and alcohol)

Be Inclusive

- I know the protected characteristics
- I value equality and diversity
- I know the British Values
- I know the Tudor Values

Be Safe

- I understand the difference between healthy and unhealthy relationships
- I understand the importance of safe sexual relationships
- I know how to stay safe online and through social media
- I understand the risks of criminal and sexual exploitation
- I understand the risks of radicalisation and extremism
- I understand the law regarding female genital mutilation
- I know where and how to ask for support

Be Engaged

- I know what opportunities are available to me in school
- I know what opportunities are available to me outside of school
- I contribute to my tutor group, college and the Academy
- I am proactive and take part in P6 and enrichment

Be Ready

- I understand what it means to be a good citizen (responsible, respectful, active)
- I understand the importance of democracy, individual liberty, the rule of law and respect and tolerance
- I understand what next steps are available to me after I leave school
- I know how to get careers advice in school.