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| **Increasing age** (early years to 25 yrs)skills development is not always a linear process  |
| **Social Interaction** | Social interaction | Team playingAfter school clubsDeveloping friendships / friendship groups | Youth and after-school clubsFriendshipsUnderstanding bullying | Belonging to different groups/clubs and activitiesFriendships and relationshipsUnderstanding the bigger picture and building resilience | Developing new friendshipsMaintaining friendships outside of an education settingAccessing ‘buddy schemes’ to access local leisure activitiesAccessing adult social care post 18 |
| **Managing Self** | Getting dressedBrushing teeth | Making friends | Learning to find way around the school site with increasing independenceManaging change | Making decisions about how to spend free time | Personal budgets – how could they be spent post 16 to further PfA aspirationsManaging your timeKnowing where to go for help and how to use the emergency services |
| **Out and about** | Visits / day trips | Weekend activities | Becoming familiar with the local area through community visits | Volunteering |  |
| **Understanding Risk** | Learning to keep safe online and offline | Learning to keep safe online and offline | Developing understanding of how to keep safe online and offline | Managing social media and other technologyOnline gaming and staying safe | Being safe on the streetsUnderstanding alcohol and drugs |
| **British Values – (rule of law, individual liberty, mutual respect and tolerance) Citizenship** | Having a sense of belonging to family / school groups etc | Introduction to British values  | Participating in school councilDeveloping understanding of British values | Participating in school councilUnderstanding of British values | Understanding the criminal justice systemUnderstanding of British values |

**Resources / Who can help**

Early Years and Primary: Key Stage 1 and Key Stage 2

* [West Sussex Local Offer](https://westsussex.local-offer.org/)
* [West Sussex Short Breaks](https://www.westsussex.gov.uk/education-children-and-families/special-educational-needs-and-disability-send/short-breaks-for-disabled-children/)
* [Promoting British values through SMSC in Schools, DfE, 2014](https://www.gov.uk/government/publications/promoting-fundamental-british-values-through-smsc)

Secondary: Key Stage 3 and Key Stage 4, Post 16 and Post 19

* [West Sussex Local Offer](https://westsussex.local-offer.org/)
* [West Sussex Short Breaks](https://www.westsussex.gov.uk/education-children-and-families/special-educational-needs-and-disability-send/short-breaks-for-disabled-children/)
* [Volunteering](https://volunteeringmatters.org.uk/)
* [Inclusion Web](https://www.ndti.org.uk/resources/useful-tools-top/the-inclusion-web/)
* [Promoting British values through SMSC in Schools, DfE, 2014](https://www.gov.uk/government/publications/promoting-fundamental-british-values-through-smsc)