

PERSONAL LIFE SKILLS

10275 Level 1 Award

10276 Level 1 Certificate

Unit 11: Forming personal relationships and understanding diversity

CANDIDATE EVIDENCE CHECKLIST

This form should only be used for candidates not using the Candidate Evidence Booklet or if supplementary tasks are to be inserted in to the Evidence Booklet.

CANDIDATE'S NAME

<p>The work you submit for assessment must be your own. You must not copy from someone else or allow someone else to copy from you.</p> <p>I confirm that this is all my own work.</p> <p>Candidate's signature Date</p>

Assessment criteria	Document/Page number	Attached (insert ✓)
1.1 Outline the importance of different relationships to people's lives 1.2 Identify the positive and negative ways that relationships can affect people's lives		
2.1 Identify ways in which relationships can change in (a) positive ways (b) negative ways 2.2 Describe changes within relationships		
3.1 Identify social skills needed to help form relationships 3.2 Describe how social skills can be used in different situations 3.3 Outline how relationships can improve by using social skills		
4.1 Identify strong feelings and emotions caused by relationships 4.2 Outline causes of strong feelings and emotions within relationships 4.3 Describe how strong feelings and emotions within relationships can affect personal wellbeing in positive and negative ways		
5.1 Give examples of diversity within society 5.2 Outline benefits of diversity 5.3 Identify examples of stereotyping, prejudice and discrimination 5.4 Outline potential reasons for prejudice and discrimination 5.5 Outline ways to question discrimination safely and assertively		