

The 4 C's

| | Confidence | | | | | Creativity | | | |
|---------------|-----------------------------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------|-----------------------------------------------------------------------------------------------------|---------------|--------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
| Social | Appropriate interaction with peers | Being happy in own skin (in society) | Initiate social interaction | Feel comfortable to socialise | Social | Ability to negotiate social challenges | Social imagination | Participation in social opportunities: interaction with unfamiliar others | Using a range of social skills & understanding 'what' fits 'where' |
| Communication | Greater understanding of social norms | Compromising skills | Communicating needs clearly | Being able to express needs & wants - even with strangers | Communication | Celebrating quirkiness in communication: understanding 'different' isn't wrong | Understanding the range of social 'tools' | Being able to communicate quirkiness to others | Using a range of communication tools |
| Personal | Overcoming gender dysphoria | Aspirations | Mental well-being & health | Comfortable in own self | Personal | Celebrating quirkiness to become own person | Express yourself | identify and follow your own interests and abilities in to adulthood through creative planning | Be creative in approaching the use of special talents and interests |
| Academic | Being willing to have a go | Engaging & perseverance | Braving assessments | Trying new things: effort not outcome | Academic | Being able to embrace learning outside of own interests as well as making learning possible by using own interests | Students develop flexibility in their working methods | Accessing a breadth of curriculum to meet assessment abilities | Be creative in your approach to areas of strength, but particularly when overcoming areas of challenge |
| Physical | Happy with own body & image | Pushing physical boundaries | understanding own physical health, strengths & limits | Trying new activities | Physical | Learning to understand & meet own sensory needs in adulthood | Thinking about what the next step is to keep moving forward | Understanding own environments & managing own needs in different settings | find the life long route to physical health that suits you, and that is sustainable. |
| | Competence | | | | | Character | | | |
| Social | Appropriate interaction with successful outcomes | Being able to negotiate own needs for win/ win outcomes | Understanding of - and use of - social forms & norms | Ability to adapt to different situations appropriately | Social | Basic manners | Developing ability to be sociable / socially acceptable | Understanding boundaries | Work hard to find your social communication style, enabling you to achieve for yourself in society |
| Communication | Being able to communicate clearly, meaningfully & appropriately | Wider audience = transferable communication | Modification of language | Develop a clear understanding of what communication systems work for you in a variety of situations | Communication | Communicating own needs & differences without dominating / disregarding needs of others | Communicating on a range of subjects | Listening as well as talking | Always being thoughtful about methods of communication to make your life easier in different settings. |
| Personal | Self-care & medication | Responsibility for self and health, including sexual health | Recognising external dangers | Understanding own needs & wants: 'reading' own body | Personal | You will be honest and work hard | Show integrity and courage | Have high aspirations, whilst remaining accountable | You will be Adaptable and resilient |
| Academic | Sitting exams & assessments: study skills | Monitor and process your own attainment & progress | Curriculum understanding | Direct your own learning | Academic | Committed | Accepting of challenges | Doing the do even when not interested | Persevere, even if it is not your favourite subject or activity |
| Physical | Knowing own limitations | Confident coordination | Mastering new skills | Awareness of surroundings | Physical | Being yourself | Exceeding limits: I will & I can | Bearing & presence | Learn the context in which you are presenting yourself |