

Matrix of Home Expectations Senior Years – Positive Behaviour Support.

| At Home | Expectations | Ready for the Day | Eating | Hygiene | Bed | With Friends | The Phone/ Internet |
|----------------|-----------------------|------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|----------------------------------------------------------------|------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| Be Safe | <p>Be Safe</p> | I wear clean clothes every day. | I sit down to eat my meal with my family. | I wash my hair regularly to keep it shiny. | I need at least 8 hours sleep every night. | My parents / carers must always know where I am and I get home before its dark. | I would never message, speak to or send photos to a person I don't know on Facebook. |
| Be Respectful | <p>Be Respectful</p> | I help out at home. | I always use a knife, fork or spoon to eat and help clean up when I'm finished. | I have a shower or bath every day. I'm proud of how I look. | On school nights I go to bed at a set time. On the weekend I stay up later. | I will use respectful language and actions and treat my peers as I like to be treated. | My carers need to know what I look at on the internet. |
| Be Responsible | <p>Be Responsible</p> | I make sure I put clean clothes on each day. On school days I wear school uniform. | I say please and thankyou, using my manners. | I use deodorant after the shower or bath. | I do not use my phone in bed; it will stop me from sleeping. I leave it in a 'public' place at night | I look after my own things and care for them and share them with others. | I only text people I know. I only use polite words. |
| Be a Learner | <p>Be a Learner</p> | I get my breakfast and after, I clean my teeth, brush my hair to be ready to go. | I try different foods and enjoy my favourites. | I've learnt to shave under my arms (girls) and my face (boys). | Reading a book in bed will help me go off to sleep. | I help my friends when they have problems. I tell an adult if they are unsafe. | After an hour of screen time, we have a break. |