

North Yorkshire Preparation for Adulthood Guide



A guide for children and young people aged 11 to 25 years in mainstream and special education who are Preparing for Adulthood.

Included outcomes consider:

- Employment / Education ■ Health
- Independent Living ■ Community Inclusion

First name:

_____→

Last name:

_____→

School / College:

_____→

Date started:

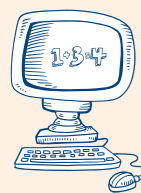
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Stage 1

How to:

1. Work through the outcomes in each section and tick the relevant box when the outcome has been achieved.
2. Provide photographic or written evidence to show how you completed the outcome.
3. Once completed, please ask a teacher and parent/carer to sign the stage.



Employment / Education

Completed ✓

- 1.01 I have thought about my subject option choices (thinking about future careers)
- 1.02 I have thought about what I want to do when I leave school.
- 1.03 I have had some form of careers advice in school.
- 1.04 I understand the entry requirements for further education.



Health

Completed ✓

- 1.05 I know to tell an adult if I am feeling poorly.
- 1.06 I know how to contact my GP.
- 1.07 I have attended my annual GP health check (if registered with a learning disability).
- 1.08 I know about being healthy and I know some information regarding sex education.



Independent Living

Completed ✓

- 1.09 I can cook a small meal and tidy up after myself.
- 1.10 I am able to spend money sensibly.
- 1.11 I know how to cross the road safely and understand stranger danger.
- 1.12 I have attended a session/been given advice at school on Travel Training.



Community Inclusion

Completed ✓

- 1.13 I can make sensible decisions around my spare time.
- 1.14 I know how to use social media safely and know not to give out personal information.
- 1.15 I can socialise with my friends in a safe way.
- 1.16 I belong to / know about different groups in my community.

Stage 1 Evidence

When I leave School I would like to:

My aspirations in life are:

Parent/Carer Comments:

Outcome evidence

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Additional evidence pages available at the back

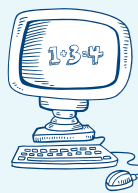
Parent/Carer Signature: Teacher Signature:

Stage Completion Date:

Stage 2

Employment / Education

Completed ✓



- 2.01 I am working towards my goals and I have thought about my options beyond school.
- 2.02 I understand my future employment options.
- 2.03 I have received careers advice and built a personal profile.
- 2.04 I know I can ask for help if I feel worried about transferring to a new place.

Health

Completed ✓



- 2.05 I know my immunisations are up to date and I eat a healthy balanced diet.
- 2.06 I know where to go if I need advice regarding sexual health and relationships.
- 2.07 I know to switch off all electronic devices to get a good night's sleep.
- 2.08 I know who to ask for support regarding mental health and wellbeing.

Independent Living

Completed ✓



- 2.09 I know how to plan an individual journey and I can travel independently.
- 2.10 I know how to look after myself and I am able to cook, clean and wash my own clothes (independent living skills).
- 2.11 I am able to budget my money and I know how to save.
- 2.12 I can socialise unsupervised in the local community.

Community Inclusion

Completed ✓



- 2.13 I understand the dangers of social media/internet/online gaming and use them appropriately.
- 2.14 I can manage my time and know how to act responsibly.
- 2.15 I actively engage myself in the community and belong to different groups.
- 2.16 I can develop and maintain healthy friendships and relationships.

Stage 2 Evidence

When I leave School I would like to:

My aspirations in life are:

Parent/Carer Comments:

Outcome evidence

Additional evidence pages available at the back

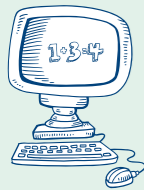
Parent/Carer Signature: Teacher Signature:

Stage Completion Date:

Stage 3

Employment / Education

Completed ✓



- 3.01 I have considered my future options for Higher Education, Training or Employment (including Traineeships, Apprenticeships & Supported Internships).
- 3.02 I have achieved some qualifications and I have thought about my further education options.
- 3.03 I understand how to write a CV and how to apply for work. I also understand the interview process.
- 3.04 I understand how to access support from Job Centre Plus and understand how to check if I am entitled to any benefits.

Health

Completed ✓



- 3.05 I have taken responsibility for my GP, Dental and Optical appointments.
- 3.06 I am comfortable with the transition into adulthood/adult health services.
- 3.07 I understand how to stay physically fit and healthy.
- 3.08 I understand relationships, including sexual relationships - choices, safety and good health.

Independent Living

Completed ✓



- 3.09 I can take care of my own personal finances (budgeting, mobile phone bill).
- 3.10 I have the mental capacity to make my own decisions.
- 3.11 I am continuing to develop my independent living skills.
- 3.12 I have considered and understand different types of living arrangements for my future independence.

Community Inclusion

Completed ✓



- 3.13 I can develop and maintain new relationships/friendships outside of school/college.
- 3.14 I understand how and when to use the emergency services (police, ambulance, fire service and coastguard).
- 3.15 I can stay safe and understand the negative effects of drugs (legal and illegal) and alcohol.
- 3.16 I can manage my own time and attend appointments on time where needed.

Stage 3 Evidence

When I leave School/College I would like to:

My aspirations in life are:

Parent/Carer Comments:

Outcome evidence

Additional evidence pages available at the back

Parent/Carer Signature: Teacher Signature:

Stage Completion Date:

Additional Evidence

Additional evidence

Example: Stage 1 - 1.10 - Joe Bloggs - Has a good understanding of money and finance, etc.

Handwriting practice area with horizontal dotted lines.

Additional Evidence

Additional evidence

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Handwriting practice area with horizontal dotted lines.

Additional Evidence

Additional evidence

Example: Stage 1 - 1.10 - Joe Bloggs - Has a good understanding of money and finance, etc.

Lined writing area for page 10.

Additional Evidence

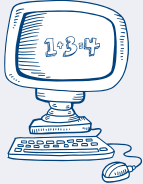
Additional evidence

Example: Stage 1 - 1.10 - Joe Bloggs - Has a good understanding of money and finance, etc.

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Useful links

Employment / Education



Jobs
Benefits advice
National Careers Service (CV builder)
Apprenticeships
Traineeships
Supported Internships
Access to Work

www.jobsearch.direct.gov.uk/
www.gov.uk/browse/benefits
www.nationalcareersservice.direct.gov.uk/
www.gov.uk/apprenticeships-guide
www.tinyurl.com/y9hyfmey
www.tinyurl.com/y9hyfmey
www.gov.uk/access-to-work

Health



Childline
Samaritans
Find GP
Find a Dentist
Mental Health
Sex Education
Good health
Anti-bullying

www.childline.org.uk Tel 0800 1111
www.samaritans.org Tel 116 123
www.tinyurl.com/bjdb87e
www.tinyurl.com/ktjxmu2
www.mind.org.uk
www.tinyurl.com/yd2u7ow3
www.healthychildren.org
www.bullying.co.uk

Independent Living



Travel planning
Independent travel training
Road safety
How to open a Bank Account
and budgeting

www.traveline.info
www.tinyurl.com/y9t6bqyt
www.tinyurl.com/q58md8k

www.moneyadvice.service.org.uk

Community Inclusion



E-safety
Stay Safe Online
Drug & Alcohol Info
PFA
NDTI

www.safetynetkids.org.uk
www.ceop.police.uk/safety-centre
www.kidshealth.org
www.preparingforadulthood.org.uk
www.ndti.org.uk

North Yorkshire Local Offer:

<https://www.northyorks.gov.uk/send-local-offer>

The local offer provides useful information for children and young people with SEND and their families. It is there to help families, individuals, groups and organisations find information so they have more choice and control over what support is right. For more information, please visit the Local Offer website.