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: _______________________

Stage 1 Evidence

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

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

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

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

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.

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 2 Evidence**

**Employment / Education**
- 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**
- 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**
- 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**
- 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. [ ]

When I leave School I would like to:

My aspirations in life are:

Parent/Carer Comments:

Outcome evidence

Parent/Carer Signature: ___________________________ Teacher Signature: ___________________________

Stage Completion Date: ___________________________
Stage 3 Evidence

**Employment / Education**

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**

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**

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**

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.

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When I leave School/College 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: ____________________
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.