**Preparing for Adulthood in North Tyneside**

**Your Preparing for Adulthood Workbook**

A guide for young people in Years 9,10,11 and 6th form

Transition means change...

Getting ready in

Years 8 and 9 (age 13-14)

Start to think about what you want to do when you leave school.

* What types of jobs would you like to find out about?
* Would you like to live in your own home, by yourself, or sharing with friends?
* What kind of things do you want to get involved with in your spare time?
* What things are very important to you in your life?
* What help do you need to keep healthy and safe?

Making a Plan School Year 9

(age 14)

If you have an Education, Health and Care Plan there is a review every year. In Year 9, this will include talking about Preparing for Adulthood.

This guide will help you think about this.

This is where you can tell everyone about what you want to do and your aspirations.

These people may come to your review:

There are lots of people who can help you with preparing for adulthood.

Talk to them about:

People who can help you

People who can help you

People who can help you

People who can help you

People who can help you

Other people who can help me are:

??????????????????????????????

What questions do I need to ask about my future options?

????????????????????????????????????

To prepare for adulthood you will decide what you want to do next...

**Stay at school**

If your school has a sixth form you may be able to stay on at school after Year 11.

These are some of the things you may do if you stay at school.

Communication

Information Technology (IT) – Digital Inclusion

Work with others

Problem solving

Number

Learn more

If you decide to stay on at school...

You may have friends there

You may do a college or training link course

You may learn more about the workplace

You may learn to look after yourself

You may know the staff who will help you

You may get more certificates

You may improve your Progress File

You may learn to travel on your own

You may have time to think about what to do next

You may think about a part-time job

**Go to college**

Things you might do if you go to a local college:

You might work with people of all ages

You may make new friends

You could try different courses

You may be able to use the college canteen

You may be able to use the college library and resources

You can join in sport and other activities

There are many different colleges. Each one is different. You can visit colleges to find out more. Choose a college and course that will help you towards your aims.

Your Connexions Adviser can tell you about college options.

If you go to a local college...

You may learn more

You may use computers

You may improve your communication

You may learn to look after yourself

You may do a Vocational Qualification, Apprenticeship or Internship

You may get more certificates

You may work on Functional Skills writing and number

You may learn to travel on your own

You may learn to solve problems and make decisions

You may think about a Part-time job

**Get a job**

|  |  |
| --- | --- |
| You can look for a job... | If you find a job... |
| With help from your Connexions Adviser | You can get more qualifications |
| In newspapers | You will earn money |
| At a Jobcentre | You may meet new people |
| Through agencies | You may learn new skills |
| By asking people you know | You may get support if you need it |
| Smart phone | Facebook |
| Twitter |  |

**Training and Internships**

If you decide to choose training...

You may have the chance to do work experience

You should learn new skills

You may do qualifications

You should get help with reading and writing

Your Connexions Adviser can tell you about training.

If you join training...

There are lots of jobs you can training for, such as:

Computing and Office Work

Gardening

Hospitality and Catering

Woodworking

Caring

Shop work

Call centre

Construction

**Daytime activities**

Daytime activities could be...

Leisure activities

Part-time work

Voluntary work

Therapies

Computing

Going out with support workers

Literacy and numeracy

Courses near your home

Life skills

For some of these things you will need a Social Worker.

**Things I need to do**

**before I leave school**

Meet with my Connexions Adviser

Talk to my family about the future

Think about what I like doing

Think about what I am good at

Think about where I need extra help at school

Think about where I need extra help at home

Think about possible college visits and link courses

Try to complete a work experience placement

Think about what I would like to do when I leave school:

* Go to college
* Training/Internships
* Get a job
* Daytime activities
* Learn how to live independently

Think about what I need to do first help me achieve this.