****



|  |  |
| --- | --- |
| **C:\Users\chxwd\AppData\Local\Microsoft\Windows\INetCache\Content.Word\Indiana_Thinking2_grande.png** | **Thinking about your future - preparing for adulthood** |

**Introduction**

|  |  |  |
| --- | --- | --- |
| **C:\Users\chxwd\AppData\Local\Microsoft\Windows\INetCache\Content.Word\My home - friends.png** | If **you** are **14** or **15** years old | |
| **C:\Users\chxwd\AppData\Local\Microsoft\Windows\INetCache\Content.Word\My education - what happens if you have complex needs 4.png** | And **you** **have** an **education**, **health** and **care** **plan** (EHCP) | |
| C:\Users\chxwd\AppData\Local\Microsoft\Windows\INetCache\Content.Word\Transition-4_1024x1024.png | **What** do **you** **hope** your **life** will be **like** when **you** are an **adult**? | |
| C:\Users\chxwd\AppData\Local\Microsoft\Windows\INetCache\Content.Word\My job - why work.png | What would **you** **like** to be **doing**? | |
|  |  | |
| C:\Users\chxwd\AppData\Local\Microsoft\Windows\INetCache\Content.Word\NCCquestion.png | **We** would like to **ask** **you** about | |
|  | C:\Users\chxwd\AppData\Local\Microsoft\Windows\INetCache\Content.Word\Goals_1024x1024.png | * **your** **hopes** and **dreams** for your **future**, these are called your **goals** |
|  | C:\Users\chxwd\AppData\Local\Microsoft\Windows\INetCache\Content.Word\My education - school.png | * what **you** would **need** to **learn**, these are called **skills**, to help you achieve your goals |
| C:\Users\chxwd\AppData\Local\Microsoft\Windows\INetCache\Content.Word\My money - adult social care personal budget.png | **We** will **use** what **you** **tell** **us** to check if there are **chances** for **you** **learn** these skills in your **local** **area** | |
| C:\Users\chxwd\AppData\Local\Microsoft\Windows\INetCache\Content.Word\Clipboard green tick.png | If there are **no** **chances** in your local area to **learn** these skills, **we** will **try** to **create** **them** | |

**Thinking about what job you might like to do**

|  |  |  |
| --- | --- | --- |
| **C:\Users\chxwd\AppData\Local\Microsoft\Windows\INetCache\Content.Word\My job - types of jobs.png** | What **job** would **you** **like** to do? | |
|  | |
| C:\Users\chxwd\AppData\Local\Microsoft\Windows\INetCache\Content.Word\My education - school.png | What **skills** do **you** think you would **need** to **learn** to do this **job**? | |
| C:\Users\chxwd\AppData\Local\Microsoft\Windows\INetCache\Content.Word\Checklist_698f6084-c3b3-43b1-b111-b59671682e2a_1024x1024.png | **Tick** all of the **skills** **you** think you would **need** to **learn** | |
| C:\Users\chxwd\AppData\Local\Microsoft\Windows\INetCache\Content.Word\Calculator.png | **Numeracy**  **Tick** all of the **skills** **you** think you would **need** to **learn** | |
|  |  | Adding |
|  |  | Subtracting |
|  |  | Multiplying |
|  |  | Dividing |
| C:\Users\chxwd\AppData\Local\Microsoft\Windows\INetCache\Content.Word\Words_1024x1024.png | **Communication**  **Tick** all of the **skills** **you** think you would **need** to **learn** | |
|  |  | Reading |
|  |  | Writing |
|  |  | Speaking |
|  |  | Listening |
| **C:\Users\chxwd\AppData\Local\Microsoft\Windows\INetCache\Content.Word\Plan_route_large.png** | **Independent travel**  **Tick** all of the **skills** **you** think you would **need** to **learn** | |
|  |  | Planning how you would get to work |
|  |  | Understanding timetables |
|  |  | Using public transport |
|  |  | Knowing how to cross the road safely |
| **C:\Users\chxwd\AppData\Local\Microsoft\Windows\INetCache\Content.Word\My money - how can I get money.png** | **Money**  **Tick** all of the **skills** **you** think you would **need** to **learn** | |
|  |  | Recognising coins and notes |
|  |  | Using a debit or credit card |
|  |  | Paying for goods and services |
|  |  | Setting up a bank account |
| C:\Users\chxwd\AppData\Local\Microsoft\Windows\INetCache\Content.Word\Email Message.png | **Using technology**  **Tick** all of the **skills** **you** think you would **need** to **learn** | |
|  |  | Mobile phone |
|  |  | Computers / tablets / smart phones |
|  |  | Emails |
|  |  | Internet |
| **C:\Users\chxwd\AppData\Local\Microsoft\Windows\INetCache\Content.Word\Clock.png** | **Telling the time**  **Tick** all of the **skills** **you** think you would **need** to **learn** | |
|  |  | Using a clock face |
|  |  | Using a digital clock face |
|  |  | Understanding how long it takes to do different things and allowing enough time to do them |
|  |  | Getting to places on time |

**Thinking about your free time**

|  |  |  |
| --- | --- | --- |
| C:\Users\chxwd\AppData\Local\Microsoft\Windows\INetCache\Content.Word\Choose_Activities3_1024x1024.png | What **activities** do **you** **want** to **do** in your free time?  Some ideas might be   * **Arts** – theatre, cinema, music, galleries, comedy nights, concerts * **Sports** – football, tennis, athletics, swimming, cycling * **Social** – nightclubs, pubs, group activities * **Gaming** – online games, board games | |
|  | |
| C:\Users\chxwd\AppData\Local\Microsoft\Windows\INetCache\Content.Word\My education - school.png | What **skills** do **you** think you would **need** to **learn** to take part in these **activities**? | |
| C:\Users\chxwd\AppData\Local\Microsoft\Windows\INetCache\Content.Word\Checklist_698f6084-c3b3-43b1-b111-b59671682e2a_1024x1024.png | **Tick** all of the **skills** **you** think you would **need** to **learn** | |
|  |  | Independent travel |
|  |  | Money |
|  |  | Using technology |
|  |  | Time keeping |
|  |  | Keeping safe |
|  |  | Talking and listening to people |
|  |  | Making and keeping friendships and relationships |

**Thinking about your future home**

|  |  |  |
| --- | --- | --- |
| C:\Users\chxwd\AppData\Local\Microsoft\Windows\INetCache\Content.Word\Choose-Care-Home_grande.png | What type of **home** would **you** **like** to have? | |
|  | |
| C:\Users\chxwd\AppData\Local\Microsoft\Windows\INetCache\Content.Word\My education - school.png | What **skills** do **you** think you would **need** to **learn** to look after **yourself** **and** your **home**? | |
| C:\Users\chxwd\AppData\Local\Microsoft\Windows\INetCache\Content.Word\Checklist_698f6084-c3b3-43b1-b111-b59671682e2a_1024x1024.png | **Tick** all of the **skills** **you** think you would **need** to **learn** | |
|  |  | Ways to stay safe in your home |
|  |  | Cooking |
|  |  | Cleaning |
|  |  | Shopping |
|  |  | Laundry (washing clothes, bedlinen and towels) |
|  |  | Ironing |
|  |  | Hoovering |
|  |  | Dusting |
|  |  | Budgeting money (making sure you have enough money to pay for the things you need, like rent, food, electricity) |
|  | **Who** would **you** **like** to **live** **with**? | |
| C:\Users\chxwd\AppData\Local\Microsoft\Windows\INetCache\Content.Word\Alone.png |  | On your own |
| C:\Users\chxwd\AppData\Local\Microsoft\Windows\INetCache\Content.Word\Alone + 1.png |  | With a friend |
| C:\Users\chxwd\AppData\Local\Microsoft\Windows\INetCache\Content.Word\Alone + 2.png |  | With a group of friends |

**Thinking about your health and care needs**

|  |  |  |
| --- | --- | --- |
| C:\Users\chxwd\AppData\Local\Microsoft\Windows\INetCache\Content.Word\My health - What can I do to stay healthy.png | What will **you** **need** to **do** to **look** **after** **yourself** and stay **healthy**? | |
|  | |
| C:\Users\chxwd\AppData\Local\Microsoft\Windows\INetCache\Content.Word\My education - school.png | What **skills** do **you** think you would **need** to **learn** to look after **yourself** and your **home**? | |
| C:\Users\chxwd\AppData\Local\Microsoft\Windows\INetCache\Content.Word\Checklist_698f6084-c3b3-43b1-b111-b59671682e2a_1024x1024.png | **Tick** all of the **skills** **you** think you would **need** to **learn** | |
|  |  | Personal hygiene, keeping yourself clean |
|  |  | Keeping fit and active |
|  |  | Healthy foods |
|  |  | Healthy drinks |
|  |  | Medicine safety |
|  |  | Sexual health |
|  |  | Ways to manage stress, this is when too much is happening at the same time and anxiety, when you are feeling really worried |

**Where do you think you will learn the skills you need?**

|  |  |  |
| --- | --- | --- |
| **C:\Users\chxwd\AppData\Local\Microsoft\Windows\INetCache\Content.Word\my education - transition.png** | **Where** do **you** think you **will** **go** after you **leave** **school** at **16**? | |
| C:\Users\chxwd\AppData\Local\Microsoft\Windows\INetCache\Content.Word\Checklist_698f6084-c3b3-43b1-b111-b59671682e2a_1024x1024.png | Please **tick** **one** **box** | |
|  |  | College |
|  |  | School sixth form |
|  |  | Sixth form college |
|  |  | Apprenticeship |
|  |  | Traineeship |
|  |  | Job with training |
|  |  | I do not know |

Please continue onto next page.

|  |  |  |
| --- | --- | --- |
| **C:\Users\chxwd\AppData\Local\Microsoft\Windows\INetCache\Content.Word\my education - transition.png** | What do **you** think you will be **doing** when **you** are **18**/**19**? | |
| C:\Users\chxwd\AppData\Local\Microsoft\Windows\INetCache\Content.Word\Checklist_698f6084-c3b3-43b1-b111-b59671682e2a_1024x1024.png | **Tick** all of the **things** **you** think you **will** be **doing** | |
|  |  | College |
|  |  | Progressive learning, this is a place where you can learn skills that could lead to a job and live independently |
|  |  | Higher education/University |
|  |  | Apprenticeship |
|  |  | Traineeship |
|  |  | Job with training |
|  |  | Job without training |
|  |  | Supported internship, this is a short term placement in work with a job coach to support you and the employer |
|  |  | Internship in work, this is a short term placement in work without a job coach to support you or the employer |
|  |  | Voluntary work |
|  |  | Work experience |
|  |  | Travelling – either in this country or a different country |
|  |  | I do not know |

Please continue onto next page.

**About you**

|  |  |  |
| --- | --- | --- |
|  | Please tick which of these **you** **do** | |
|  |  | I am **educated** at **home** (home-educated) |
|  |  | I am **educated** at **school** |
|  |  | I am **not** getting an **education** at the moment |
|  | If you go to school, what type of school do you go to? | |
|  | Please tick which of these **you** **do** | |
|  |  | I **go** to a **mainstream** **high** **school** |
|  |  | I **go** to a **special** **school** |
|  |  | I **go** to a **specialist** **resource** **base** (SRB) |
|  |  | I **go** to an **independent** **school** |
| C:\Users\chxwd\AppData\Local\Microsoft\Windows\INetCache\Content.Word\Address-Post-Code_1024x1024 copy.png | The **postcode** of **your** **home** is, please only tell us the **first** **part** of the **postcode** | |
|  |  | |

Please return to : Sara-Jane Sturman, 8th Floor, County Hall, Martineau Lane, Norwich, NR1 2DL. [sara-jane.sturman@norfolk.gov.uk](mailto:sara-jane.sturman@norfolk.gov.uk)