|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Preparing for Adulthood** | | | | | | |
| **Current strengths** in the area of **Preparing for adult hood** that have not already been captured in progress made below: | | | | | | |
|  | | **Desired long term outcomes to start considering Preparing for adult hood outcomes**   1. **Employment:**  By the end of Key Stage 4 I will have identified at least one area of vocational interest to explore and have experienced some form of work experience, volunteering or paid employment to help form a plan for Post 16. 2. **Independent Living:**  By the end of Key Stage 4 I will have increased my independence inside and outside the home, and have formed an aspiration about where and with whom I wish to live as an adult. 3. **Community Inclusion:** By the end of Key Stage 4 I will be able to maintain relationships to participate in a social group and access activities in the community. 4. **Health:**  By the end of Key Stage 4 I will have developed a daily self-care routine and identified key people to support me with my physical and mental health. | | | | |
|  | **Provision** | | **Impact/outcome narrative** |  | **Next steps** |
| 1 | * Work experience, enterprise and employer visits * Careers information, advice and guidance * Jobsearch techniques * Employability skills * Vocational days | | ***Eg I have written a CV and I attended my first careers interview.***  ***I have a Saturday job.*** |  | ***I will be attending my work experience placement***  ***I will prepare for my mock interviews***  ***I will need to consider college courses to support my career path.*** |
| 2 | * Daily/weekly tasks identified that increase independence * Aspirations documented * Signposting and referral for support if appropriate. * PHSE lessons (weekly) * Life Skills * Supported targets | | ***Eg. I have been a prefect and I learned about money and budgeting in PHSE.***  ***I pack my own bag every day.***  ***I stay at my grandma’s every weekend.*** |  | ***I am planning to be part of the Ten tors experience and stay away from home for the first time*** |
| 3 | * Activities/hobbies/clubs/groups both in and out of school explored and accessed * PSHE * Organisational skills to arrange * Communications skills to arrange * PHSE lessons (weekly) * Extracurricular activities * Supported targets * ICT lessons/digital safety | | ***Eg. I have two close friends that I see in and out of school.***  ***I play football every Saturday.*** |  | ***I will join the animation club.***  ***I will start to catch the bus to football practice every week.*** |
| 4 | * Registration with health professionals * Knowledge and understanding around key professionals roles and where to * go for support * Positive self-care routines and prompts * PHSE lessons (weekly) * Mindfulness * Growth Mindset support | | ***Eg. I have attended the mindfulness course.***  ***I brush my teeth and shower every day without prompting.*** |  | ***I am going to download a meditation app to help me relax before exams.*** |