|  |
| --- |
| **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.*** |