**PREPARING FOR ADULTHOOD YEAR Post 16**

**Prompt Sheet**



* **Complete this quick checklist with an adult.**
* **If you answer no or partially to any questions set yourself an outcome to work towards over the next year.**
* **This will help you to be ready to make the right choices to be able to follow your dreams.**

|  |  |
| --- | --- |
| **Employment** | **Yes/No/Partially** |
| **In the last year have you:** |  |
| * Received any careers advice and guidance? |  |
| * Written your CV? |  |
| * Attended a work placement and/or taster day? |  |
| * Been supported to complete a vocational profile? |  |
| * Thought about what you would like to do in the future? |  |
| * Decided on a college place or a work place that you would like to go to? |  |
| * Found out which grades and courses will help you get the job that you want in the future? |  |
| **Independent Living** | **Yes/No/Partially** |
| **In the last year have you:** |  |
| * Learned skills will help you to be independent in the future? (like cooking, budgeting or travelling on public transport) |  |
| * Been able to plan your time effectively? |  |
| * Been punctual to school? |  |
| * Been able to pack your own bag with the right equipment for lessons every day? |  |
| * Decided where and who you would like to live with in the future? |  |
| * Been supported to find out the information that you need to make decisions about where you live? |  |
| * Helped out with jobs around the house like hoovering, laundry or cleaning? |  |
| **Community Inclusion** | **Yes/No/Partially** |
| **In the last year have you:** |  |
| * Had one or two good friends in or out of school? |  |
| * Done any extracurricular activities in or out of school? |  |
| * Done any voluntary activities? eg sponsored silence |  |
| * Felt safe in your home and community? |  |
| * Felt safe in your online community? |  |
| * Been on a social trip in your community eg to the cinema or the shops without an adult? |  |
| **Health** | **Yes/No/Partially** |
| **In the last year have you:** |  |
| * Had an eye test? |  |
| * Been to the dentist? |  |
| * Had at least 7 hours sleep a night? |  |
| * Exercised for at least 20 minutes every day? |  |
| * Felt that you have supportive people to talk to if you feel worried, anxious or sad? |  |
| * Been supported to make informed choices around drugs and alcohol? |  |
| * Been supported to understand how to keep yourself safe when having sex? |  |
| * Been supported to understand what taking illegal drugs and drinking alcohol do to your body? |  |