

The Children & Young People's Views Toolkit - Preparing for Adulthood Aspect Cards

Why are these cards important?

All four aspects of Preparing for Adulthood (PfA) should be considered when talking to a CYP about their views, wishes and feelings. However, you may feel that the rich conversations you have with the young person lead more toward one aspect than another.

There are four **Preparing for Adulthood (PfA) Aspect Cards** in this toolkit. Use these cards to guide your conversations with a child or young person about their education & future employment, skills for independent living, their opportunities to build relationships in their community and the support they may need to stay healthy.

Why should I use the Questioning Prompts and Resources?

Question prompts and resources are provided on each aspect of the toolkit which should be used to support rich conversations that should take place regularly (not just at annual reviews). This will ensure that the needs of children and young people are responded to in a timely manner and with full consideration of young person's wishes, views and feelings.

How do I use these cards?

- You will find it useful to print and laminate these cards to use as a prompt for conversations with children and young people.
 - Find ways to hold these conversations in meaningful ways and familiar contexts. See the 'opportunities to support conversations' document to help with ideas about where and when to have these conversations.
 - See the "Resources" section at the bottom of each card which lists resources included in the pack that relate to each aspect of preparation for adulthood.
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Aspect Card 1 – Employment & Education

Why is this aspect important?

Having high aspirations about future education and/or employment for CYP with SEND is vital. For younger children, it is important to talk to them about what motivates and interests them. For older children, this includes exploring different employment options, such as support for becoming self-employed and help from supported employment agencies.

Prompts to gain the views of the young person:

Conversations Openers:

- What is your best and worst day of the week?
(What happens then? Who are you with?)
- What would your best day at school be, and your worst day at school?
- What is your best and worst time of the day?
(What happens then? Who are you with?)
- What do you usually do at the weekend?
- What are the three things that you own that make you happiest?

Developing the conversation:

- What is the thing that you are proudest of that you have done?
- What would your teachers say you are good at?
- What is your favourite book?
- What would you like to be when you grow up? (child)
- If you could have any career or do any job-what would you do?(young person)
- How do you feel about moving into Year X /school/college?
- Do you know the next steps and the pathway to the world of work?
(college/apprenticeship/university)

Resources

Picture Card 1 (A3)

Emoji Rating Line

Picture Card 2 (A3)

One page profile

Picture Card 3 (A3)

Record of Young Person's Views Template

PfA - Employment Webpage

PfA Outcomes Tool (2017)

Aspect Card 2 – Independent Living

Why is this aspect important?

Being confident to discuss and make decisions about where a young person lives and who they live with is important. Younger children need to be able to contribute to plans that ensure they have early skills such as making choices for themselves or telling the time. Older children will need to begin thinking about where they might like to live and who with. The views of CYP in this area will help to plan for successful transitions too.

Prompts to gain the views of the young person:

Conversations Openers:

- What is your best and worst day of the week? (What happens then? Who are you with?)
- What would your best day at school be, and your worst day at school?
- What is your best and worst time of the day? (What happens then? Who are you with?)
- What do you usually do at the weekend?
- What are the three things that you own that make you happiest?

Developing the conversation:

- What is something that you have never done but would like to try?
- How are you learning to care for yourself? (Developing life skills)
- Where would you love to visit?
- What do you spend your allowance/pocket money on? (Are you saving up for anything?)
- If you had to choose somewhere else to live where would you choose?
- If you had £100 to spend on yourself, what would you buy or do?
- How do you get to where you need or want to go?

Resources

Picture Card 4 (A3)

Emoji Rating Line

Picture Card 5 (A3)

One-page profile

PfA - Independent Living Webpage

Record of Young Person's Views Template

PfA Outcomes Tool (2017)

Aspect Card 3 – Relationships & Community

Why is this aspect important?

Young people often say that the most important thing to them is their social lives and having friends. It is important to gain the views and feelings of young people about how included they feel in activities within education and in their wider community.

Young people may find it difficult to explain their feelings and talk about friends and relationships. It is important, therefore, to spend time gaining their views about potential barriers to developing these skills. For older children, it is also important to understand their feelings about managing their own safety online and staying safe in public spaces.

Prompts to gain the views of the young person:

Conversations Openers:

- What is your best and worst day of the week? (What happens then? Who are you with?)
- What would your best day at school be, and your worst day at school?
- What is your best and worst time of the day? (What happens then? Who are you with?)
- What do you usually do at the weekend?
- What are the three things that you own that make you happiest?

Developing the conversation:

- What is your favourite way to spend your time?
- Who are the three most important people in your life?
- Is there something that you always or usually do after school?
- Are there any clubs you usually go to?
- What is your favourite computer game/app?
- What is your favourite TV programme or film?
- Who do you the most fun with?
- How do you make sure you stay safe?
- What would like to change about the world if you could?
- What would your friends say they like or admire about you?

Resources

Picture Card 4 (A3)

Emoji Rating Line

Picture Card 5 (A3)

One page profile

PfA - Friends, Relationships & Community Webpage

Record of Young Person's Views Template
PfA Outcomes Tool (2017)

Aspect Card 4 – Good Health

Why is this aspect important?

This aspect is particularly important for young people with complex health needs but it is also important to gain views of children about their understanding of making healthy choices and their mental health & wellbeing. Younger children may talk about making healthy food choices or brushing their teeth well. Older children and young people should be consulted on their views about managing their own health as they move into adulthood. Health professionals should use person-centred approaches and work in partnership with education and social care colleagues as part planning to meet the young person's needs.

Prompts to gain the views of the young person:

Conversations Openers:

- What is your best and worst day of the week? (What happens then? Who are you with?)
- What would your best day at school be, and your worst day at school?
- What is your best and worst time of the day? (What happens then? Who are you with?)
- What do you usually do at the weekend?
- What are the three things that you own that make you happiest?

Developing the conversation:

- What is your favourite food and drink?
- What makes you glad to be you?
- What do your family like and love most about you?
- What helps you to feel better when you are upset or sad?
- What is the best and worst thing about being your age?
- What activities do you do that help you keep healthy? Which do you like doing?
- How confident do you feel about managing your own health needs (e.g. inhaler/epi-pen/insulin/medication etc.)
- How do you ensure your physical and emotional wellbeing?

Resources

Picture Card 4 (A3)

Picture Card 5 (A3)

PfA - Good Health Webpage

Emoji Rating Line

One page profile

Record of Young Person's Views Template

PfA Outcomes Tool (2017)