

Getting ready to leave school



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All the advice "in quotes"
comes from young people.



Intro

When you are getting ready to leave school you have lots of choices about what to do next.

Deciding what to do can be hard. You will have a lot to think about.

You can use this guide to help you. It suggests things to think about and people you can talk to. It also explains how your school can help you get ready to leave.

It's a good idea to take lots of time to think about what you will do next. So why not start using this guide today?



“ Give yourself time to plan, and always have a back-up plan in case your first choice doesn't work out. ”

How are you feeling about leaving school?

Here are some things young people said to us about leaving school:

" I feel excited! "

" Worried - what's next?
Am I prepared? "

" No parents telling me what to do! "

" I don't want to leave school - I'm
pretending it's not going to happen. "

" It'll be good to feel in control of my life
- services will talk to me, not my mum! "

" Stressed out. "

" Bit overwhelmed about all
these changes in my life. "

" Looking forward to earning my own money. "

Who can help

Other people can help you think about what choices you have, what you are good at and what you enjoy doing. But remember that YOU know yourself best. You are making a choice for you and not for anyone else.

Here are some people you could talk to:

- ☀ family/carers
- ☀ friends
- ☀ teachers and other people at school
- ☀ social workers
- ☀ careers advisers
- ☀ people at your local youth centre
- ☀ staff at the Jobcentre.

“ It can help to talk to other young people who have already been through all this. ”

" If you're going to meetings and feel scared, take along an advocate or supporter who can help you get your points across. "

Here are some questions to think about:

- What are my options?
- How can I get advice about money and benefits?
- Where could I live?
- How can I make new friends?
- How will I get around the places I want to go?
- What kind of job could I do?
- What subjects, exam results or qualifications do I need?
- Could I go to college or university?



call 0845 123 2303

What your school should do

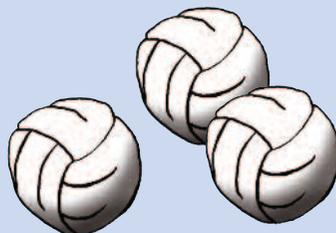
Your school must make sure you can get advice and information about what you can do when you leave school.

Usually your guidance teacher, the school librarian or a careers adviser can help you with this.



Here are some ways your school may help you get ready to leave:

- ☉ Help you learn to live independently.
- ☉ Arrange for you to visit a local college.
- ☉ Arrange for you to do work experience.
- ☉ Help you write a CV, with info on what you are good at and what you have done. You can use this CV to apply for jobs and courses.



Planning your support

If you get extra support now, your school should help you plan the support you will need after leaving school.

Planning should start at least 12 months before you leave.

The school should get in touch with people who could support you after you leave - like social workers or teachers at a college.

If you say it's OK, the school should tell them about you and the support you need.

The school should involve you in making these plans for what you will do after school.

One way you can be involved is by going to 'transition' meetings. At these meetings you can talk about your options with your teachers, parents/carers and other people who support you.

For more info look at the Enquire guide

Need extra help at school?

(It's on www.enquire.org.uk/yp or you can ask us for your free copy.)



Not happy?

If you are not happy with the planning that has been done for when you leave school, you or your parents/carers can appeal to a tribunal called the Additional Support Needs Tribunal.

A tribunal is made up of a group of people who know about getting extra help at school. They will listen to everyone's views and try to decide what is the best thing for you.

You can find out more about tribunals from Enquire and at www.asntscotland.gov.uk.

For more info look at these Enquire guides
What's the plan? Your education and support
Going to meetings

(They're on www.enquire.org.uk/yp or you can contact us for your free copies.)



Deciding when to leave school

The law says your parents/carers have to make sure you get an education until you are 16.

After you turn 16, you have a right to stay on at school if you want to.

If you decide to leave school at 16, talk to your teachers about when you could do this. It will depend on when your birthday is.

Remember that even if school isn't right for you, there are other places you can go to learn, like colleges.



Thinking about your choices

When you leave school, there will be different options for what you could do next. It can help to keep a record of these options. You can do this on your own or ask someone for help.

Here are some ideas for how to do it:

- keep a folder of all the info you get
- make a mind map with pictures of each option
- make a list of the good and bad points about each option, like this one below.

OPTION for example: stay at school, go to college, get a job...	Why it's good	Why it's bad

You can change your mind!

You may decide to do something after school but then find it doesn't work out or you don't enjoy it.

Don't worry! Lots of people end up doing something different from what they first planned.

Try to:

- ☀ stay positive
- ☀ find things to look forward to
- ☀ have a go at new things
- ☀ find people who can help you.

" Be prepared for
the unexpected. "

" Stay positive. "

“ If you don't get into your first choice of course, don't panic!
There's other stuff you can do. ”



“ Speak to friends; they'll probably have the same worries as you. ”

call 0845 123 2303

Where to get advice and info

getting extra help

Enquire - that's us! We can give you info and advice on how your school and other people can help you.

Telephone: 0845 123 2303

Email: info@enquire.org.uk

Web: www.enquire.org.uk/yp

Additional Support Needs Tribunal - If you are finding it hard to get the extra help you need at school or are unhappy about the plans for when you leave, you or your parents can appeal to a tribunal. Contact the Tribunals helpline or call Enquire to find out more.

Telephone: 0845 120 2906

Email: ASNTSInquiries@scotland.gsi.gov.uk

Web: www.asntscotland.gov.uk

your choices

Young Scot Info Line can give you info about training, work, money, housing, getting involved in the arts and more.

Telephone: 0808 801 0338

Email: info@youngscot.org

Web: www.youngscot.org



Skills Development Scotland can give you advice on skills, learning and funding that can help you get into work, college, university or training. Your school can arrange for you to talk to them - ask your guidance teacher about this. You can also visit them at your ***Skills Development Scotland*** careers centre before and after you leave school.

Telephone: 08458 502 502

Textphone: 0141 889 8581

Typetalk: 18001 0845 8502 502

Web: www.myworldofwork.co.uk

The careers library in your school will have info about jobs, courses and training. You can ask the librarian to help you.

Moving on up is a website to guide you through the changes in your life when you become an adult. It has info on work, money, housing, and more. Visit www.movingonup.info

Lead Scotland gives info to disabled young people and carers about education, training and employment.

Telephone: 0800 999 2568

Email: info@lead.org.uk

Web: www.lead.org.uk

doing a course or training

Colleges and universities can give you info about the courses they have. There will be someone in charge of student support who can tell you what help you can get. For contact info for colleges and universities, Call **Lead Scotland** (contact details on page 17).

volunteering

Project Scotland can help you get into full-time volunteering if you're 16-25 years old.

Telephone: 0845 841 6225

Email: info@projectscotland.co.uk

Web: www.projectscotland.co.uk

Volunteer Scotland - find out more about volunteering and look for something to suit you at www.volunteerscotland.org.uk



jobs, housing and money

Direct Gov - find out about jobs, benefits, studying, money and more on the Direct Gov website. You can also find where your local Job Centre is. www.direct.gov.uk/en/YoungPeople

Citizens Advice Scotland can give you info about your rights. You can find your local Citizens Advice Bureau at www.cas.org.uk. You can also get advice online at www.adviceguide.org.uk/scotland

National Centre for Independent Living - if you're disabled, NCIL can give you support and info about independent living. Visit www.ncil.org.uk to find your local support centre.

Shelter Scotland can give you info and advice about leaving home, leaving care, having your own place and the support you can get if you're disabled.

Telephone: 0808 800 4444 (free from main UK mobile networks)

Web: www.shelter.org.uk

social work and care

Social worker - you might have a social worker if you have a disability or if you and your family need support to be safe or get on with each other. If you need a social worker, you can find the phone number on your local council website or in the phone book.

Who Cares? Scotland can give you support and advice if you are or have been looked after by your local council (often called 'being in care').

Telephone: 0141 226 4441

Email: enquiries@whocaresscotland.org

Web: www.whocaresscotland.org

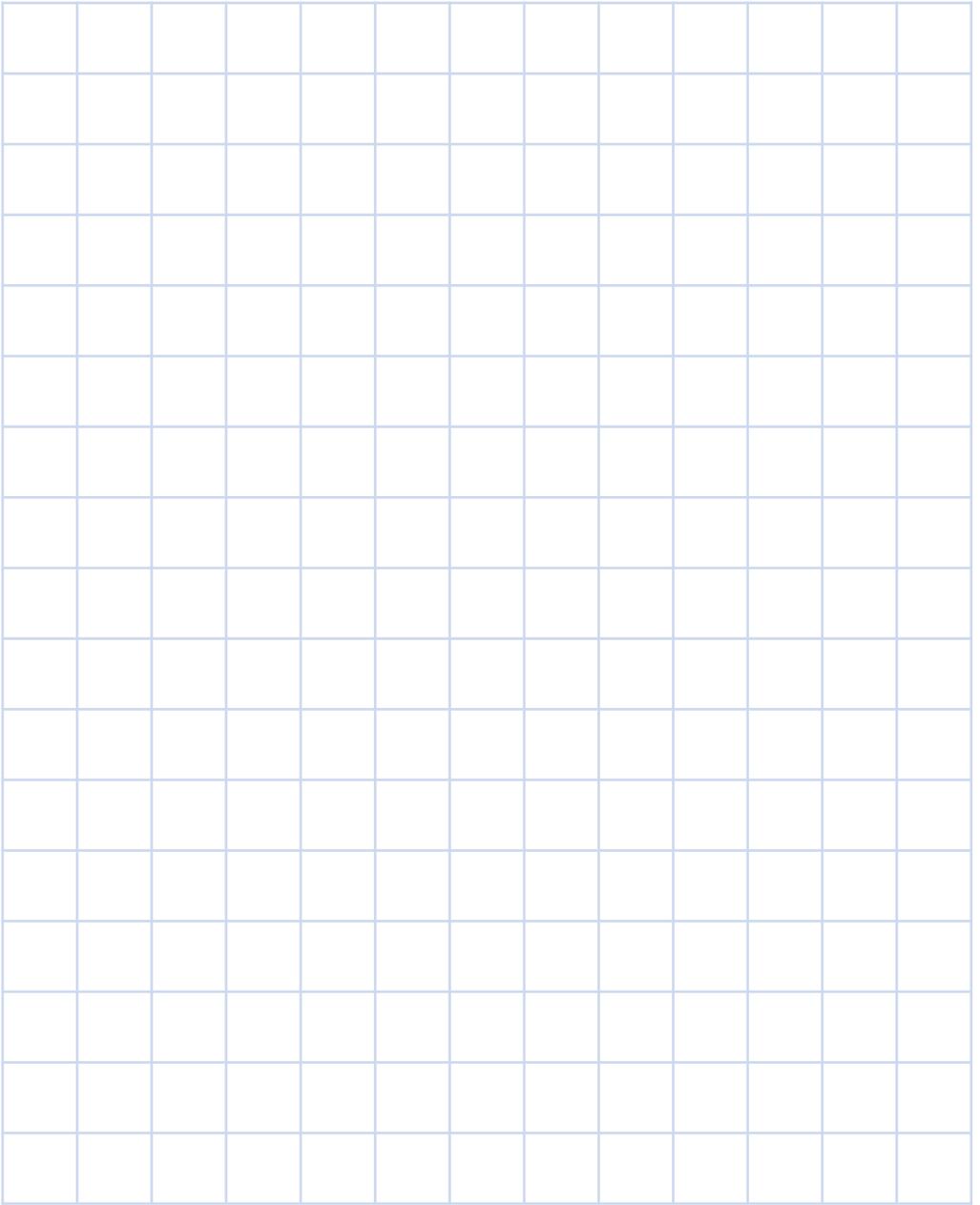
Young Carers Net - a young carer is a young person who looks after someone in their family who can't manage on their own. Young Carers Net has advice and discussion boards for young carers.

Telephone: 0141 221 5066

Email: youngcarers@carers.org

Web: www.youngcarers.net



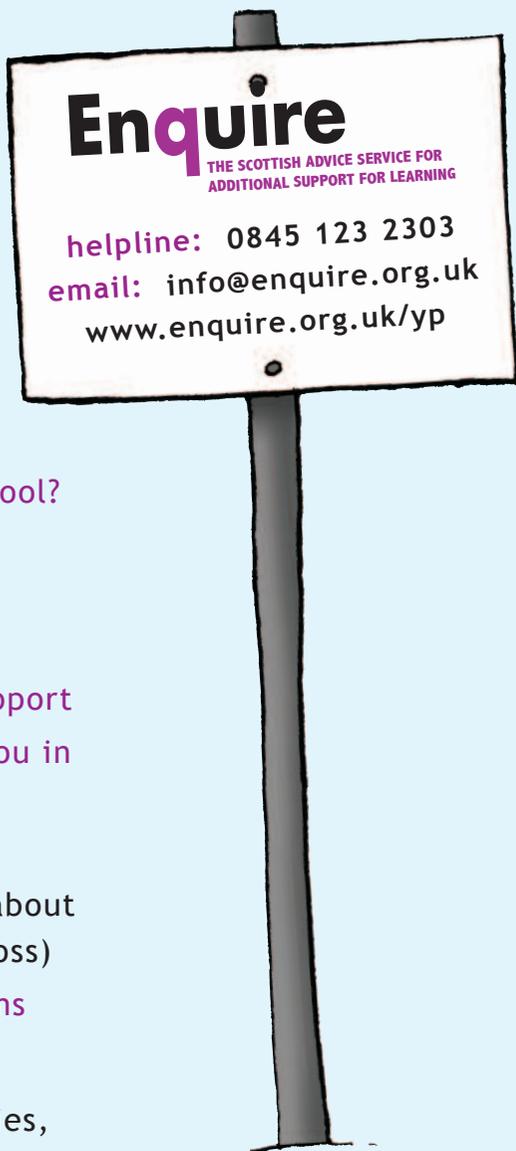


Children in Scotland - Working for children and their families
Registered charity in Scotland No. SC003527 Registered company No. 83383

call 0845 123 2303



Enquire can give you advice and info by phone, by email, online, and in guides.



Our guides for young people:

- ☉ Need extra help at school?
- ☉ Going to a new school
- ☉ Going to meetings
- ☉ What's the plan?
Your education and support
- ☉ People who can help you in
and out of school
- ☉ Nadia's story
- ☉ Have your say (a DVD about
getting your views across)
- ☉ Getting help with exams
(online factsheet)

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or download them from
www.enquire.org.uk/yp



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