



It's All About Me!



Transition to Adulthood

As corporate parents Kent County Council will work with our young people in care to ensure you maximise your potential to be the best person that you can be.

In order to achieve this, our work with you is based on the following values as outlined in our care leavers' charter:

- We will keep you safe and well
- We will respect you and honour your identity as an individual
- We will believe in you
- We will make sure we ask you about important decisions that need to be made
- We will listen and work alongside you
- We will do our best to give the right advice if things aren't going well for you.
- We will point you in the right direction and help you move along at your own pace
- We want to help you to be where you want to be
- If we don't agree with you, we will fully explain why and we will be honest with you.
- We will value and support, where appropriate, relationships that are important to you
- We will make sure you keep in touch with family and friends as much as possible considering your safety and well being
- We will give you support throughout your education training and employment
- We will try and minimise any changes to placements for workers
- We will work with other services for any changes in the law that affect the lives of young people

The transition to adulthood and the development of life skills is a lifelong process, and at this stage of your life can raise a number of feelings, from feeling anxious and scared about living independently, to feelings of excitement about being in charge of your own life and being able to have more control over day to day decisions.

We need to ensure that we support you in the best way possible to increase your knowledge and your skills in being able to look after yourself, your home, and your money, engage in education, work, and training, to stay in touch with others and become the best person that they you can be.

This checklist is designed to help you look at different areas of your life and to identify what areas you feel confident in and what areas you are worried about it.

You can complete this either by yourself, or with the help of a trusted adult such as your carer / social worker.

Take the challenge! Would you survive if you moved out of home?

Learning how to look after yourself and solve life's little problems is part of growing up but are you ready to be independent, to live alone or share a house?

This checklist will help you work out what you can do already and what you should probably learn more about. You might think you know enough about things like money or how to look after your health but can you do everything in the checklist?

It doesn't matter if you can't, you have a lifetime to learn and you won't be a failure if you can never do it all.

How do I use the checklist?

It's easy – The checklist is broken down into 8 key areas:

1. Accommodation
2. Daily living skills
3. Identity
4. Family / friends
5. Feelings and behaviours
6. Education
7. Health
8. Finances

Don't feel under pressure to complete all eight areas in one go, take your time and start with the area you feel most comfortable with. You can come back to it as many times as you need.

Just work through the list either by yourself or better still with a Carer, social worker or someone else who knows you well. This is because you can never be sure about what you don't know. For example, when you talk to your carer about the cost of setting up a place to live you might find there are a lot of hidden costs you know nothing about.

For each question, decide how much you know and then discuss this with your carer. Do they agree? Do they have any extra information? How can you learn more? In most cases you will be able to learn more from your carer or social worker either by talking about their experiences or being given opportunities to practice skills like cooking, home maintenance or saving for a goal.

You should also talk to your social worker about what entitlements and services are available to you. If you need help your carer or social worker can put you in touch with others who can provide this.

As you work through the questions, mark off how much you know now. If you go through the checklist again in a year you will be able to see how much your skills have improved.

Remember, you should not expect to have all of the skills now – even some adults can't do all of them. Some skills may not be needed for years. For example, you might not need to worry about learning how to find a job until you finish your full time studies or training.

Don't stress about the checklist – just let it help you get thinking about what you need to know. It's a great conversation starter to help you and your carer or social worker talk about what will be useful for you to learn as you take on more responsibility for your own life.

1. Accommodation - Housing – finding somewhere to live.

You might want to return to live with your birth family. If you do, then talk to your social worker about whether you and your family are ready for this and whether you would feel safe and comfortable.

You may be able to stay with your foster carer after you turn 18 if that is what you both want, this is possible. If you do move, there are options to think about such as shared or single accommodation and social housing or private rental. There are also different types of accommodation such as studio apartments, flats, houses, halls of residence/university accommodation etc.

Moving into your own place is a big step and not always an easy one. Whether you're renting on your own or sharing a house - everyone needs somewhere affordable to live!

It's good to understand the hidden costs of living in your own place and how to be a good tenant (and following the rules in your tenancy agreement). Talk to your social worker about where you will be living when you leave care – they can talk you through the services and supports available and how to apply for them.

Don't worry if you don't understand all of the words regarding housing and tenancies at this stage, this will be something your social worker and foster carer will work through with you over the next one to two years.

Housing	Yes	Partly	No
I am good at DIY, like changing a light bulb, painting a wall, putting together flat-pack furniture.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can deal with practical problems e.g. shower leak, dripping tap, a power cut, gas leak, losing my keys?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know how to check a smoke alarm and the methods for putting out different kinds of fires.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I understand common causes of household fires (e.g. smoking in bed, frayed electrical cords, overloading power-boards, using candles, overheating cooking oil).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I understand common causes of electrocution (e.g. using electrical appliance near water, using a knife to get toast out of a toaster, not turning light off when changing a light bulb).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know to keep windows and doors locked especially at night.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know how to properly store hazardous household materials, petrol, gas bottles.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Housing Continued...	Yes	Partly	No
I am able to keep my own personal bedroom space clean and tidy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I would prefer to live alone. I have thought about how to deal with feeling lonely.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know how to find out if I am eligible and to apply for assistance from: Housing (including social housing or assistance with private rental) 18+ Service (establishment costs for accommodation).	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
I know how to look for housing (e.g. newspaper ads, estate agents, noticeboards, internet, word of mouth)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know how to choose where to live based on condition of the property, safety, and nearness to transport, family, friends, work or study.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I understand the different housing options available and know which ones are within my budget.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know how and when to bid through a housing association	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know how to prepare a reference pack for a landlord (this will need to be added to during your support)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I understand basic terms like lease, sublet, studio, tenant, tenancy agreement and management agent	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know who to call to find emergency housing assistance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can fill in a rental application form.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can fill in a tenancy agreement and understand the importance of properly completing a property inspection form.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I understand that to keep a tenancy and stay renting I need to: Budget well so I can pay the rent on time Keep the property and garden clean and tidy Follow any rules in the tenancy agreement about letting people stay with me Manage my visitors properly so I don't disturb neighbours e.g. by having frequent noisy parties Make sure my flatmates agree to these rules too	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Continued...	Yes	Partly	No
I understand what can happen if I break the tenancy agreement.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know where to get help if there is a problem with the landlord.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I understand the cost of setting up a tenancy (e.g. payment of deposit, advance rent, utilities connection).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know how to save energy in my home.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can list necessary household items (e.g. furniture, kitchen equipment, linen).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I understand and am able to get insurance for my belongings. (Contents insurance), and understand the importance of ensuring the property I live in has building insurance.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2. Daily Living Skills

Do you know how to use a washing machine or catch a train to somewhere you've never been before? Can you defrost a fridge or cook a meal for your friends? The skills listed here are things you might be doing from day to day as an adult. Many are simple and you will only need to be shown how to do them once. Others may take a bit of practice.

Daily Living Skills	Yes	Partly	No
I know how to shop for appropriate clothing taking into account seasonal weather	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know how to care for clothes including cleaning according to instructions on labels, using a washing machine, clothes dryer, launderette and iron.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can plan a weekly menu of nutritious meals and develop a weekly shopping list within a budget.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know how to tell if fruit and vegetables are fresh when shopping.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know how to read food labels for nutritional information and expiry date. I know which items need to be kept in the fridge or freezer and can recognise when food has gone off.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know how to use kitchen utensils and appliances.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can cook a meal including following a recipe and adjusting it to feed more or less people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I use good kitchen hygiene practices such as washing hands before preparing food and using safe ways to defrost and prepare food.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can clean a house including the toilet, bathroom, sink and stove and can keep a room tidy including making a bed and changing linen.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know what cleaning products and equipment to use for different jobs and how to use them including how to change a vacuum cleaner bag	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know what can cause infestations of bed bugs, fleas, lice, maggots, ants and mice and what products to use to get rid of them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know how to properly dispose of rubbish, including recycling.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know how often household chores need to be done to keep the home reasonably clean.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Continued...	Yes	Partly	No
I know how to safely look after things around the house such as defrost a fridge, stop a toilet from running, change a light bulb or reset a circuit breaker.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can read a bus, train or other transport timetable; plan a trip on public transport involving several transfers and travel independently.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know how to book a holiday and get insurance.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know how to shop for personal items both on the high street and safely on line	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know how to get the internet connected, buy stamps, redirect mail and pay bills at the post office.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know the difference between guarantees and warranties	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can return something that is faulty and ask for repairs under warranty.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I understand the consequences of not paying the fare, damaging public property and other anti-social behaviour.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know how to get a driver's licence and where to find mopeds / bikes / cars for sale.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I understand the consequences of not paying road tolls; parking fines etc. and that I could lose my licence.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I understand the consequences of speeding and drink driving or driving without a licence or insurance.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3. Identity - Personal and Social Development

Knowing who you are, and who you relate to and who you identify with are extremely important in you feeling that you belong.

You might have certain interests / beliefs that are important to you and might wish to meet with other people who hold similar views. If so then this is an opportunity to talk about those views.

You might want to know more about your past or the community you came from. If you do, your social worker may be able to help you make contact with family members or a community or cultural group.

Everyone likes to have good friends, take part in activities and hobbies that make life fun. You might like sport, music, fashion or horse riding. Knowing how to behave and how others may behave will help you be confident about fitting in while still being yourself.

If you're not sure about how to get on with others or find activities that interest you, talk to your carer or other people you feel comfortable with and trust.

If something is bothering you, for example being separated from your family or feeling alone, ask your social worker about referral to a counselling service. You can get help with counselling now and after you have left care.

Identity & Personal and Social Development	Yes	Partly	No
I am clear on what is important to me in regards my gender, sexuality, race, religion, disability	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I understand that there are differences in cultures and religions and know how to find out more about my own.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I understand what discrimination means and I know who to complain to if I am discriminated against.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know how to find out about community resources, leisure and sporting activities or cultural associations using the internet and local community directories.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have interests or activities that I enjoy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know about my family, culture or religion.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know how to protect my identity, personal information and financial details on the Internet and phone.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Continued...	Yes	Partly	No
I know how to use the internet and my mobile phone safely. I am aware of the risks of sending / receiving messages / images that may be offensive such as "sexting".	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I understand that taking part in social activities can help me feel better about myself and improve my confidence.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know how to greet someone and introduce myself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can hold a conversation with others and maintain comfortable eye contact.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know how to convey respect, caring, honesty and trustworthiness (e.g. saying thank you, not being rude, tone of voice, valuing others opinions, not keeping people waiting, being inclusive, and accepting responsibility for a mistake).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know the difference between passive, aggressive and assertive communication.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I understand the difference between gossip and sharing information.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

4. Family / friends

Managing relationships on a daily basis can be a challenge for everyone. This section asks you to think about how you manage your relationships with your family, (both immediate family and your wider family such as aunts / uncles / cousins) as well as your friends who you may have within the community, within social groups, school / college.

Family / friends	Yes	Partly	No
I have good positive relationships with my immediate family and am able to manage any difficulties / disagreements we might have	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have good positive relationships with my extended family – Aunts / uncles / cousins etc and am able to manage any difficulties / disagreements we might have	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know how to get help in making contact with members of my birth family or other people I have been close to.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have a positive relationship with my current carers and am able to talk to them about my friendships and other relationships	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have positive friendships in school / college / work / local community	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I take part in activities with friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am able to manage relationships through social media	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am happy about the choices that I make about friendships and relationships	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Adults who care about me are happy about the choices I make about friendships and relationships	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I understand that there are social boundaries and these differ depending on the type of relationship (e.g. family, friends, boyfriends/girlfriends, professional).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know who I can turn to when things get difficult for me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

5. Feelings and behaviours

As children and adults we experience a whole range of feelings, this is perfectly natural. Feeling sad, low, angry, jealous, excited and happy are just some of those feelings that we all experience. How we respond to situations / people that cause us to have these feelings and how we manage these feelings are important for day to day life. This section asks you think about how you manage your feelings and to help you think about who helps you manage these feelings.

Feelings and behaviours	Yes	Partly	No
I am happy with how I manage my feelings and behaviour	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My current carers are happy with how I manage my feelings and behaviour	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know what activities make me feel good about myself and I can access these easily.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know who I can go to help me manage my difficult feelings (friends / relations)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have clear strategies in place to help me manage my feelings, (such as going for walk / going running)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know how to manage conflict and keep my cool and how to use questions to clarify or obtain information.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can identify and avoid relationships that may be dangerous or unhealthy and can say 'no' to my friends.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know where to access support in the community if I am struggling to manage my feelings and I am very overwhelmed (GP/ local counselling services)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I am feeling overwhelmed to a point that my mental health is suffering and I am thinking of self-harming then I know who and how to contact.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know where to get help if I am in a relationship that is abusive (physically, sexually, emotionally or financial).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

6. Education / Employment and Training

Education

Open some doors and think about studying or training - apart from helping you get by in life, your studies and training will increase your choices and opportunities for work. You can continue with full time education in sixth form or college, undertake Apprenticeship, join a work based learning programme or volunteer to gain some excellent skills.

Turning 18 doesn't mean you should stop learning or that you can't still get help with your studies. Your studies or training will usually be able to continue if you are part way through your course up until you are 21 and in some cases 25. Support is available if you want to enrol in something new.

This section is about where you can get training, find a course that suits you and get help with the costs.

You might be eligible for an allowance or other help with study and training either before or after you leave care. Ask your caseworker or foster care agency what is available and if you are eligible.

Education and training	Yes	Partly	No
I know what education or training is needed for the job I want.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am confident about using computers and the internet.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know where to find information about university courses, training and apprenticeships.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have a realistic view of my education and training options based on my current level of achievement.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have discussed my educational or training plans with career advisors at school/college/training provider or VSK.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I understand the requirements for the course of study or training I have chosen	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have been able to use my PEP meetings to help discuss my chosen career plans using the 14-19 transition section as a focus	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am clear on any financial implications of my chosen course once I reach 18/19yrs– what I may have to pay for and what help I may receive (e.g travel, course fees, child care, kit and equipment costs)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Continued...	Yes	Partly	No
I regularly attend my current course and complete my assessment tasks.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know how to ask for help from my social worker, my foster carer or 18+ Service if I find it hard or have a disability	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know how to find out if I'm eligible and to apply for assistance from the 18+ service with the cost of study or training including after I have left care.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am clear on what support would be available to me if I wanted to go to university from my local authority and from the government	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Employment

Having a job gives you a sense of purpose, provides you with an income and opens opportunities for learning new skills and meeting people.

Sometimes it can be hard for a young person to find work as a lot of people leave school at the same time and there may not be enough jobs for everyone.

You can improve your chances if you know where to look and what will be expected of you by the person doing the hiring. Once you have a job you need to understand how to hold onto it and have a good record so you can move on to better work.

There is a lot of help available for people looking for work – including apprenticeships and work experience opportunities. Find out from your social worker if you are eligible.

Employment	Yes	Partly	No
I know how to get help from government agencies to find a job or apply for an allowance while I'm looking for work.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know how to use newspaper ads, internet and employment agencies to find a job.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know how to compare an advertised job with the skills I have.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can put together a CV and covering letter and know how to complete a job application.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know how to prepare for a job interview including what to wear.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know that I should follow-up the interview with a phone call, letter or email.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Continued...	Yes	Partly	No
I know what the minimum wage is.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I understand about Income Tax and National Insurance.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know that my behaviour and attitude at work can affect whether I keep my job or get promotions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know to turn up to work on time, dress appropriately and call my manager if I can't go to work.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can handle criticism and understand the difference between bullying and being corrected when I have made a mistake.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know what to do if I have a grievance. For example, if I'm not being paid for my work or have been unfairly dismissed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know to give proper notice if I want to leave a job and that I could lose money or get a bad reference if I don't.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I understand the importance of having a good work history and using referees that will give me a good reference.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am aware of how an Apprenticeship works and how to search for vacancies. I am aware of how this will impact on me financially.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

7. Health and Wellbeing

You've got one body – so look after it. Eating healthy food, keeping your kitchen clean, travelling safely, locking your windows and doors at night are all ways to look after yourself.

Can you tell when you are getting sick or when it's time to visit a doctor and seek medical treatment? When was the last time you visited the dentist?

Do you know where to find the help you need - this could be as simple as buying over the counter medicine or might mean going to a doctor, dentist, family planning clinic or some other health service or even calling an ambulance.

This section is about personal health and safety and finding the right health services. Talk to your carer about anything you don't understand and where you can learn more.

Health and Wellbeing	Yes	Partly	No
I understand the difference between healthy and unhealthy food choices and habits and look after my diet.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know what the risks are of eating too much or too little.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I do enough regular exercise.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have been for an eye test. When?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know the importance of being registered with a local dentist and to attend regular dental check-ups.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know how important it is to be registered with a local doctors surgery at all times	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can tell if I have a fever and can recognise symptoms of cold flu and other health problems including stress depression or anxiety	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know what parts of my body I need to check regularly.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know how to treat minor injuries such as cuts, burns, insect bites and splinters. I can put a basic first aid kit together.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can select appropriate over the counter medications for pain, diarrhoea, cold and allergy symptoms and follow directions for using them without supervision.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know what 101 and 111 telephone numbers are for and when to use them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Continued...	Yes	Partly	No
I know to call 999 in an emergency for police, fire brigade or ambulance.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I understand the health risks of using drugs, alcohol and smoking.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I understand the importance of consent within a sexual relationship	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel confident talking to a partner about safer sex.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I understand the risks of sexually transmitted infections (STIs) and how to prevent them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know where to get advice and medical support if I or my partner has an STI.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know what to do if I feel discomfort or difficulties during sex.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know the birth control options, where to get contraception and options for pregnancy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know where to get advice about being a parent.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

8. Money

Knowing where your money is coming from and being able to manage it is very important, especially if you have to pay for your own food, rent and pay bills like gas, electricity, the phone and internet as well as the nicer things in life like clothes and music.

This section lists skills to do with banking, credit, budgets and taxes. Talk to your carer about how ready you are to manage your money and how you can learn more.

You might be eligible for allowances or other help with money either before or after you leave care. Talk to your caseworker or foster carer about the services and supports available and if you should apply for any of them. For example, when you finish year 11 and go in to year 12 and 13, you may be entitled to a bursary if you are studying and will need a bank account for this to be paid into by the Training provider.

Money	Yes	Partly	No
I know how to open a bank account, pay in and take out money and check a bank statement.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I understand the fees for managing an account using ATMs and being overdrawn.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know how to use an ATM, Contactless, internet and phone banking.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I understand how credit cards work and the real cost of buying goods on credit.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know where to go for help if I run into trouble with debt or if I think I'm being ripped off by a credit provider.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I understand the importance of having a good credit history.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I understand there are immediate consequences of not paying bills such as electricity being cut off or interest being added.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know to contact a service provider to agree on a repayment plan if I can't pay a bill in full.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know the different ways to borrow money (e.g. friends, family, pawn shops, bank loans, payday loans student loans) and the advantages and disadvantages of each.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know how to get a tax number, fill in a tax return and the consequences of not filing a tax return or making false statements.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Continued...	Yes	Partly	No
I can read a pay slip and understand the difference between gross pay and net pay.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can budget for regular bills and unexpected emergencies and have a savings plan	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know where to shop for budget food, clothing and household furnishings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I understand the advantages of having a prepaid mobile phone rather than being on a monthly plan	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know how to set up a Direct Debit.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I understand the costs of owning and running a moped, motorbike, car including loan payments, petrol, tax, insurance and maintenance.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know how to find out if I'm eligible and to apply: Jobseeker's Allowance (JSA) Income Support Employment and Support Allowance (ESA) Universal Credit Tax Credits Working Tax Credits Child Tax Credits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Legal rights and responsibilities

Your rights and responsibilities change when you become an adult so it's important to know what you can and can't do legally.

While you will be able to do many things for the first time, such as vote, the penalties will also be much harsher if you break the law.

Your rights include the right to know about your time in care, to have a Pathway Plan and to know who is responsible for providing you with leaving care support.

Your social worker will tell you how you can see records about your time in care. Not everyone wants to do this and it can be upsetting but you will be provided with a support person who can help you.

Your Pathway Plan should include your goals and record who is doing what to help you achieve them. This might include agreements to help you buy furniture, pay for textbooks or see a counsellor. Ask your social worker what you might be entitled to and to explain who can help if things don't go according to the plan.

Legal Rights and Responsibilities	Yes	Partly	No
I know how to get help from my social worker or foster carer if I need certificates or other papers to prove who I am.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know how to get the return of original documents such as photographs and school reports when I leave care.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I understand what discrimination means and I know who to complain to if I am discriminated against.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know that when I turn 18 I gain the legal right to:			
Enter into enforceable contracts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Buy or sell property	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Marry without parent or guardian's consent	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sue or be sued	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Make a will	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Inherit property	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Join armed forces without parent or guardian's consent.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know the:			
Age of consent	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Age for an abortion without parent or guardian's consent	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know how to register to vote, where and at what age I can vote	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Continued...	Yes	Partly	No
I have a general idea of the penalties for: Buying, possessing, selling drugs Damaging property, stealing cars, burglary, shoplifting, physical assault, traffic offences, trespassing.	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
I know what my rights are if I'm arrested and who to call.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know where to get free legal services if I am a victim of crime or are charged with an offence.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know where I can find information about legal issues or get legal advice.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know who to ask after I leave care if I want to see records that were kept about my time in care.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know what people are doing to make sure I'm getting on okay.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know what the different people are responsible for.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have spoken to my social worker about my Pathway Plan and know who to contact and how to do it if I have problems after I have left care.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know how to meet with other Children In Care or Care Leavers through the Young Adult Council (YAC) if I want to.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I've finished the checklist, what next?

Well done - how did you go with the questions? Were there subjects you hadn't thought about before? Were you surprised at some of the help available to you? Were there things that you added?

If so there is a box below for you to right any notes / questions to talk through with your worker.

Talk to your carer or social worker about anything you don't understand or want to learn more about.

Developing living skills is part of growing up and getting ready for leaving home and leaving care – when the time is right.

Take whatever opportunities you can to build up your skills and take pride in the fact that each time you come back to the checklist you will be able to answer the questions with more confidence.

Your worker will talk to you about your answers and will help you to look at the areas that are important to you and need some further work. This will form what is called your Pathway Plan, and people will be identified to help support you over the coming months to increase your skills / knowledge and confidence in these areas.

Notes / Questions