

# Stepping Up from Secondary to Post-16



Help for young people with additional needs moving on after secondary school.



**This guide helps young people with additional needs move on from secondary school to Post-16.**



Post-16 starts after you leave secondary school. It might be education, training or work.



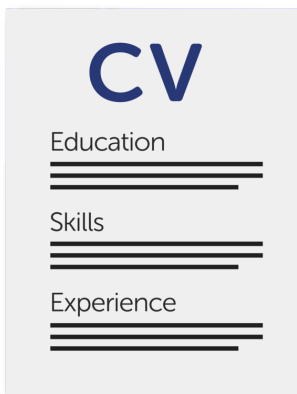
Moving from secondary school to Post-16 is a big step. It can be exciting and a bit scary too.



Preparation for Adulthood (PfA) is about getting ready for life after school.



Getting ready for adulthood focuses on four main areas: jobs and training, being part of the community, being independent, and good health.



**Employment and training** means getting ready for work or further learning.



**Community inclusion** is about being part of your community and making friends.



**Independence** means learning to do things on your own, like cooking or travelling.



**Good Health** is about staying healthy and knowing how to look after yourself.



When you move to Post-16, you might go to college, start an apprenticeship, or get a job.



It's important to talk about what you like and what you want to do in the future.



Your teachers, family/carers, and other helpers will support you in making these choices.



You might have meetings to talk about your plans and what help you need.



If you have an Education, Health and Care Plan (EHCP), it can help guide your transition.



You can visit different colleges or training places to see what you like.



Think about what subjects or activities you enjoy and what you're good at.



Ask questions about what support is available at the new place.



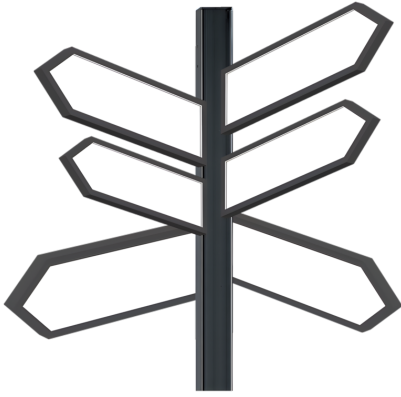
Remember, it's okay to feel nervous. Everyone is there to help you.



Your voice is important. Share your thoughts and ideas about your future.



Moving to Post-16 is a chance to learn new things and meet new people.



Take your time to explore all the options and find what suits you best.



With the right support, you can achieve your goals and enjoy your next steps.