

SNAP

cymru

# Transition Planning - A Guide for Young People

# 14+

## Transition What next?

## 1 What is Transition?

Transition means change. People will talk with you about transition when you are in Year 9 or aged 14. They will talk to you about the choices you have and about the changes that might take place.

## 2 Your Meeting

This is your meeting. Some of these people may be there to talk with you about making plans:

- You, if you want
- Your parents or carer
- Your teacher
- Careers Wales advisor
- Social Worker
- Advocate - if you want
- SNAP CYMRU - if you wish

## 3 Remember!

This is your transition, your opportunity to make decisions about your future. Your next step. Making decisions can be difficult for everyone, even adults. Sometimes even they need to ask for help.

## 4 Who can help you?

Making plans can be easier for you when you have people you trust around to help. You can also have support from a personal advisor who works for an organization called 'Careers Wales.' Or you could speak for yourself.

## 5 Choices after Year 11

You can choose to:

- Stay in school
- Go to college
- Get a job
- Think about becoming independent
- Do some training
- Do other things in the day

## 6 Self Advocacy

Self advocacy is learning how to speak up for yourself. Your family and friends can help you to do this. However you may feel happier speaking to someone else – this person is called an advocate. You could even join a self-advocacy group. Your local Family Information Service, social worker, school and SNAP Cymru can help you find out more about these services.

## Helpline

# 0845 120 3730

# [www.snapcymru.org](http://www.snapcymru.org)

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