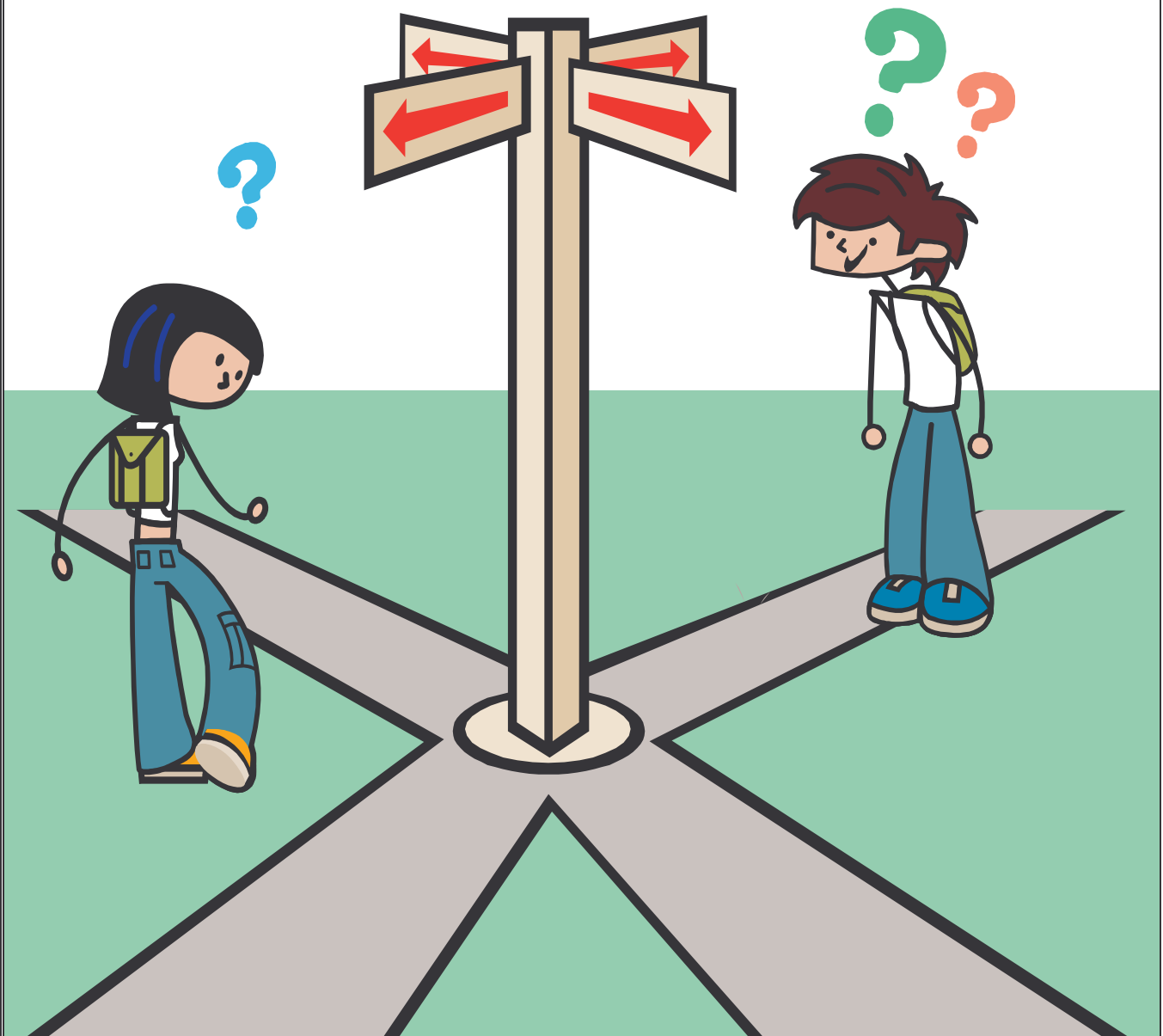


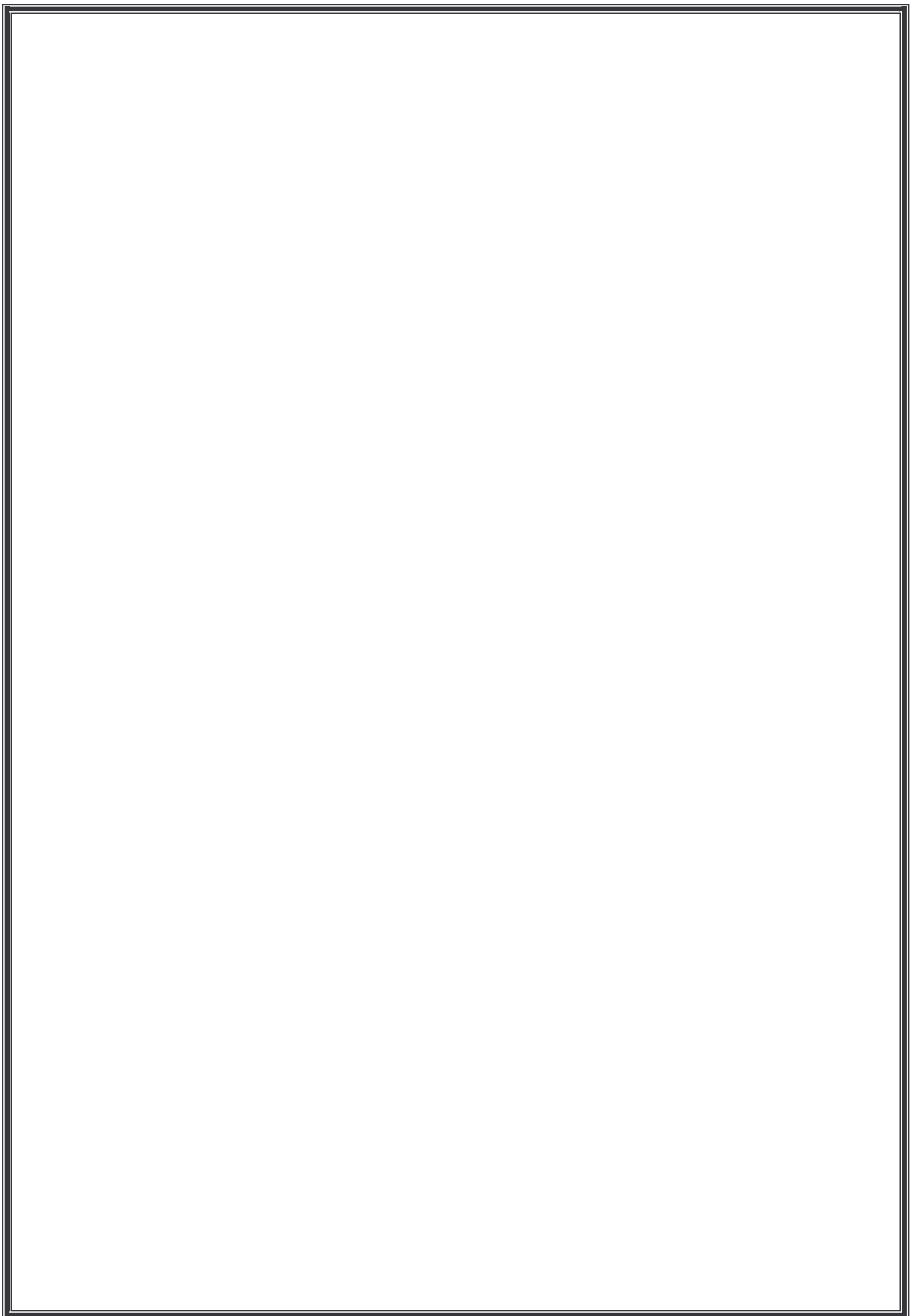
# It's MY Choice!

Information about support for young people  
leaving secondary school



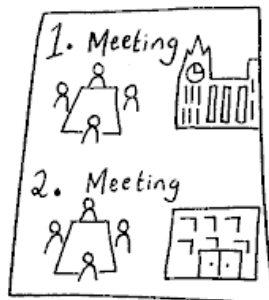
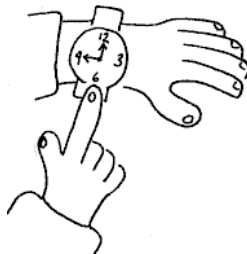
It may be helpful for this section to be read with a carer as part of the main directory. If you do not have the main directory or find any of the information inaccurate or misleading, please call CHIP+ on 01463 711189 and we will try to rectify the situation.

2007 update





# Education, Training and Jobs



When we are at school it is difficult to know how things will be when we leave.



It is difficult to know what things we might do.

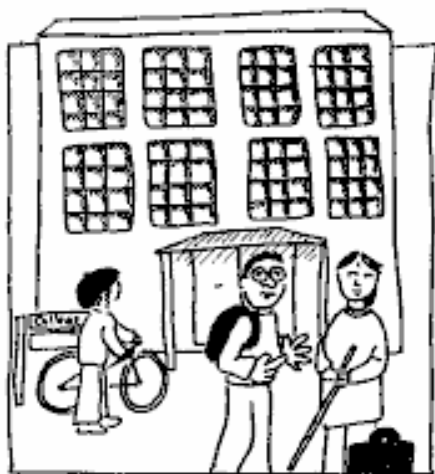
Other people get jobs or go to college – can I?



A teacher or careers advisor can speak to you about the choices you have.



They will tell you about college, and arrange a visit.



You can find out about what happens there.



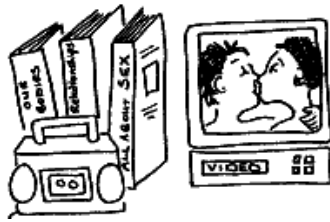
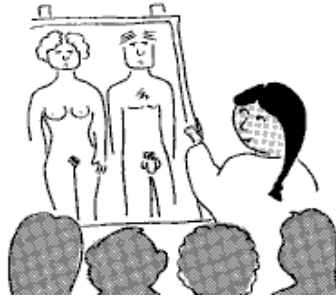
They can tell you  
about what types of  
jobs there are,



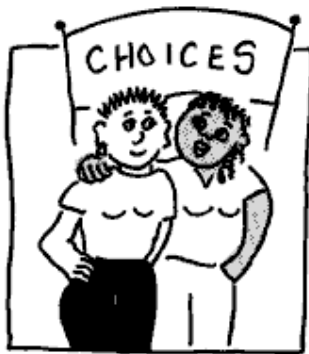
and how you might  
go about getting  
one.

They can tell you what  
help you can get so that  
you can work. For  
example, supported  
employment.





# Relationships



As we grow up and get older our bodies change. This can mean we start to **look** different.



Our bodies change because we are going through puberty.

We can **feel** differently about ourselves...



...and others too.



Our bodies become able to have sex and babies too!



There are many things we might want to find out.

Things about -

- The changes to our bodies
- Having safe sex
- What our feelings mean
- Having babies
- Relationships and sexual relationships



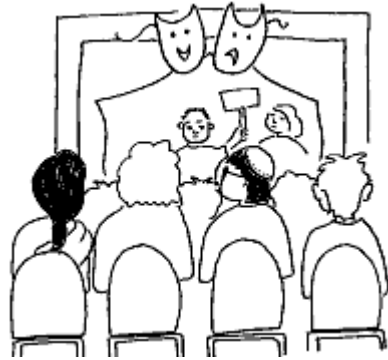
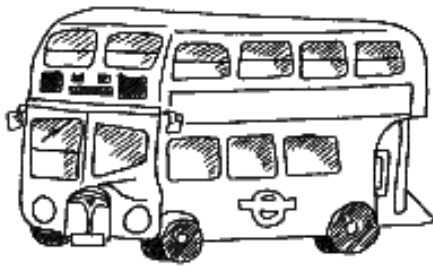
It is very important that we find the right person to talk to, someone who we feel comfortable to talk with.



Someone who can explain things clearly

This may be a parent, or a teacher, or a nurse, it's your choice.





# It's MY Life!



We all like to have interesting things to do – whatever age we are.



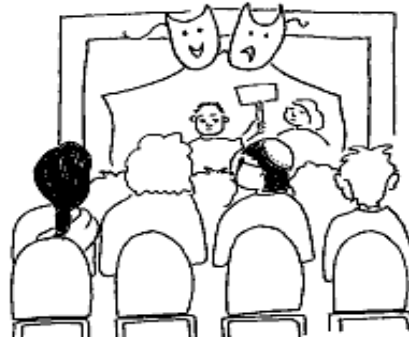
As we grow up we need to be active to stay healthy and happy.

Lots of young people like music, dancing...

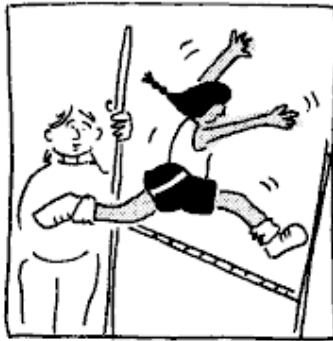
...and going out.



Young people can get involved in art, drama...



And playing sport...



...or even learning to drive.



In fact everybody seems to have something different that they enjoy!

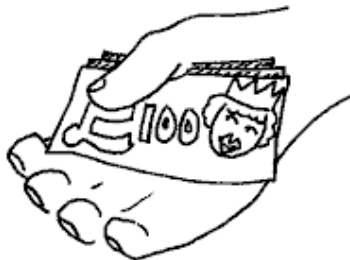


Sometimes young people need personal help to do the things they enjoy.

You may be able to get that help through Social Services.....



...or a Direct Payment may give you more independence and choice to get help.



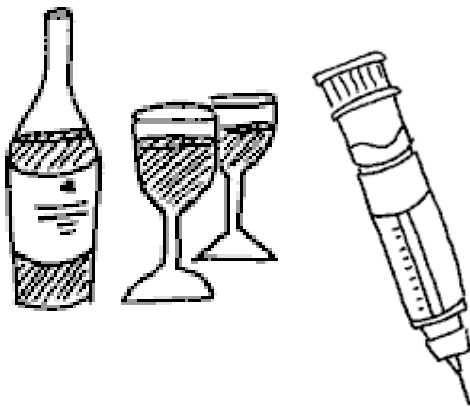




# Health and Support



Now and again young people get into difficulties with the things they do.



They sometimes have problems with alcoholic drinks or illegal drugs.

Or meet up with people who do bad things to them, which makes them feel unhappy.



Some people may make you feel bad about yourself – these people are called bullies



It is important to get the advice and support to keep safe and healthy.

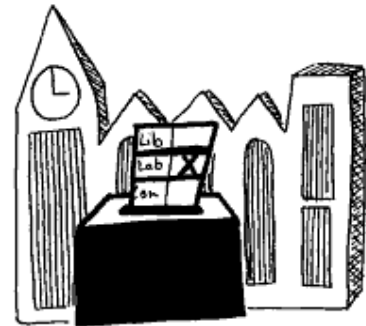
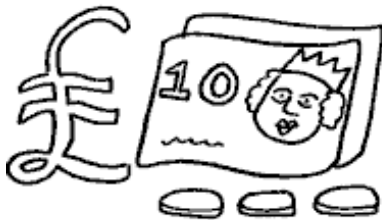
There are lots of people who can help you make the right decisions in life...

People can give you advice on –

- Illegal drugs
- Alcoholic drinks
- Depression
  - Bullying
- Eating problems
  - Loneliness
- Health Problems
- Personal Safety



# MY RIGHTS



At certain birthdays (16 and 18) we are given adult rights



This means we are allowed to do adult things...

...like getting married (at 16),



... voting (at 18), ...

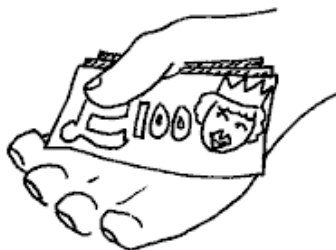
...or drinking alcohol (at 18).



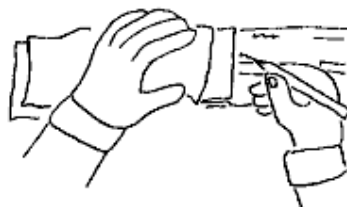
Everyone has these rights, but some people need help to make decisions in their life.



As we get older we also have a right to get some money from the government.



This money is called benefits.



People often need help getting benefits (help to fill out forms etc.)

You simply need to know where to ask for that help!

Many Disabled People think they are not treated equally.



The Government says this should not happen...

...but know that it does.



You can join groups of disabled people who work for equality.



# A Home of MY Own



Some young people want to leave home. Others don't.



Some parents want them to leave. Others don't.

Often they want to “live their own life” (be more independent)...



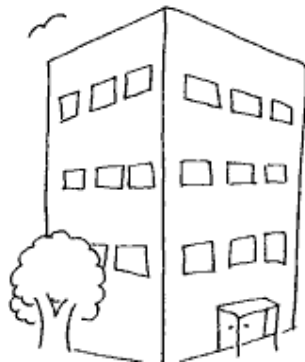
...and stay with people their own age

If you are thinking about leaving home you can get advice and practical help from a Social Worker.



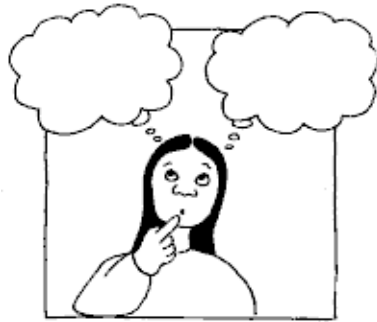
A Social Worker will help if you do not have a home.

They can tell people that you want a home of your own, help to make a housing application...



...and sometimes they can arrange the help you might need to live there.

There are lots of things to think about after all...



- like paying the rent and bills...



- and buying food at the shops.



There are people who help you live in your own home.



**IT'S MY CHOICE!**  
**BOOKLET QUESTIONNAIRE**  
**YOUNG PEOPLE**

We would really like to hear your views about what you think about It's MY Choice!  
On completion, please send to **CHIP+, Birnie Child Development Centre, Raigmore Hospital, Inverness, IV2 3UJ** or email to: **imc@chipplus.org.uk**

- 1) Did you think the booklet was helpful to explain about leaving school? Please circle the happy face if it was helpful or the fed-up face if it was not helpful.



- 2) Circle the section you liked the most.

Education, Training and Jobs

Relationships



It's MY Life!!!

Health and Support



MY Rights

A Home of MY own



3) Circle the section you liked the least.

Education, Training and Jobs



It's MY Life!

Relationships



Health and Support



MY Rights



A Home of MY own



4) Is there anything that you would like to change about It's MY Choice!?

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