1. Focus on the Bigger Picture
   Your teen may find it a challenge to think about life after school. Getting them involved in planning and giving them real life experiences will help with this.

2. Encourage them to Dream Big
   If your team believe your teen will do well, they are more likely to! It might seem scary to encourage teens to dream big. But if you encourage them to aim high, even if they miss the mark, they will still end up in a good position.

3. Help your teen Get Involved
   This will help them to develop their self-esteem and resilience. Teens involved in planning are more likely to succeed after school. This can be tricky for teens with autism, so they might need encouragement!
Tips for along the way

About Me
Identifying your teen's strengths and interests.

Help Them Out
Help them complete this section. They might find some parts tricky.

Focus on Strengths
Teens are happier to get involved when we focus on the positives!

Break It Up
This is the longest section, so you can take breaks, or do it over a few days.

Booking the Meeting
This is the MOST important part!

Book the Meeting
Email or call the team to book the meeting. Provide options for the meeting time and place.

Follow-up
You may have to contact your team a few times to book a meeting. They will appreciate the reminder.

At the Meeting
Keep the momentum going!

Focus
The team may get sidetracked. Make sure the focus is on gaining skills to succeed after school.

Book in Advance
At all meetings, book the next meeting BEFORE you leave. This is much easier!

Goal Setting
To help your teen get the skills to succeed after school!

Hands-on Experience
Real life experiences are the key to helping your teen succeed when they leave school.

Work
Part-time work & work experience may seem like too much for them, but it will teach invaluable job skills.