

# Preparing for Adulthood



Information about services  
for young people with special  
educational needs or a disability,  
and their families.

2016/2017

# What's in this guide?

This guide is to help you know what options are available for young people with special educational needs or a disability as they get older.

For most young people with special educational needs or a disability the support and services they use will be the same as for any other young person.

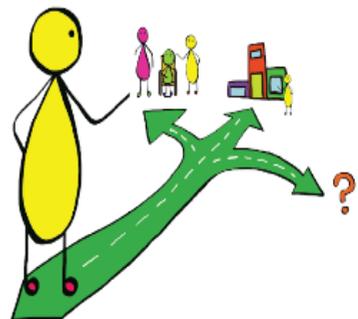
For some young people this might not be the right support and they may need more specialist support. This guide gives you information on the support that is available for all young people and information on any of the specialist support or services that are available.

Find out more about any of the information in this guide by going online to:

[www.findabilitybristol.org.uk](http://www.findabilitybristol.org.uk)

Findability has Bristol's Local Offer information. It is a website full of information children and young people with special educational needs or a disability and their families.

14 to 25 years old



Preparing for Adulthood

**Getting older...** can be exciting and challenging.

To make sure disabled young people get the best start in adulthood we want support young people and families in planning from a young age. Instead of waiting until a young person turns 18 to start talking to them about what job they might like or how they can live independently we are starting these conversations earlier, from the age of 14. We call these conversations and plans 'preparing for adulthood'.

To help us understand what 'preparing for adulthood' mean we use four outcomes that disabled young people said they want to achieve as adults.

### Getting into Employment

Getting a job and support to learn the skills need for work.

### Independent Living

Housing, independent travel and the skills a young person might need to live independently.

### Good Health

Health good enough to be able to live a fulfilling life.

### Community Inclusion

Family, friends and being part of a community is important for young people.

The Preparing for Adulthoods website has lots of information and research around the preparing for adulthood outcomes.

[www.preparingforadulthood.org.uk](http://www.preparingforadulthood.org.uk)

The information in this guide is split into the Preparing for Adulthood outcomes.

# Further Education and Employment

Some young people may go straight into employment when they finish school. Others may choose to continue in education, developing the skills to get the job they want.

'You can leave school on the last Friday in June if you'll be 16 by the end of the summer holidays. You must then do one of the following until you're 18: 1) stay in full-time education, for example at a college, 2) start an apprenticeship or traineeship, 3) spend 20 hours or more a week working or volunteering, while in part-time education or training.'  
([www.gov.uk/know-when-you-can-leave-school](http://www.gov.uk/know-when-you-can-leave-school))

## In this section:

Further Education

Higher Education

Work Experience and Volunteering

Apprenticeships and Traineeships

Internships

Education, Health and Care Plans

Personal Budgets

Finding Work and Careers Advice

# Education Courses....

There are different levels of courses available. The aim of every course, no matter what level, should be about making progress in developing new skills.

## Pre-entry courses

Students on these courses will often have high support needs. Most students on these courses will previously have been in special schools. The courses usually look at developing independence skills.

## Entry level courses - 1, 2 & 3

On these courses there is a high level of support and students are usually developing life skills and possibly with some vocational skills. Most students will have been working on P-levels (before National Curriculum levels).

## Level 1 courses

These courses are for young people who have developed functional skills and are looking to gain qualifications like GCSEs, Level 1 NVQs and Level 1 Diplomas.

## Level 2 courses

Young people on these courses will be ready to gain qualifications like BTEC Diplomas, more GCSEs, and Intermediate Level Apprenticeships.

## Level 3 courses

On these courses young people will be working towards qualifications like A-Levels and apprenticeships.

## Higher Education courses

These are University level courses.

*You can go into employment when ever you're ready.*

Your school will be able to help you think about what type of course might be right for you or your young person.

# Further Education

Further education courses can help you gain the skills you need to go on in to further education, get a job or become more independent.

Further education courses might be run by a college, a sixth form college or another type of provider. The courses often last for 1 to 3 years.

Disabled young people and those with special educational needs might need more support to complete a course and may have an Education, Health and Care Plan.

Almost all courses will have 'entry requirements' for students to meet to be able to get a place on a the course. The 'entry requirements' are the level of learning or skills and understanding you need to have to be on a course. Every course publishes their entry requirements with their course details.

Some courses will also have a cost or fee for you to be able to get a place. If there is a cost to a course this will be included in the course details.

[www.findabilitybristol.org.uk/pages/preparing-for-adulthood/further-education-and-employment/further-education](http://www.findabilitybristol.org.uk/pages/preparing-for-adulthood/further-education-and-employment/further-education)

# Higher Education

Higher education courses can help you gain qualifications like a degree, which can help you gain the skills you need to get a job or become more independent.

University courses usually last between 3 to 4 years, but it depends on what you choose to study. To go to University a young person usually needs to have completed their GCSEs and A-Levels.

Normally you must choose a subject you want to study, (for example English Literature, Art History or Engineering) and meet the course 'entry requirements'. These are qualifications and grades they expect young person to have to go on to the course. A young person will need to meet the entry requirements to get a place on the course. The entry requirements for University courses are published with their course details.

There is support available for disabled students who choose to go to University. Every University should have information on what 'adjustments' they make for disabled students and most also have Disabled Students Services. Disabled students can access Disabled Students Allowance when they start at University.

[www.findabilitybristol.org.uk/pages/preparing-for-adulthood/further-education-and-employment/higher-education](http://www.findabilitybristol.org.uk/pages/preparing-for-adulthood/further-education-and-employment/higher-education)

# Work Experience and Volunteering

Getting experience in different workplaces to see whether the job is right for you and to gain experience.

Both work experience and volunteering can be a great opportunities to find out if that dream job is the right job for you. Every school student should get the opportunity to have a work experience placement. You can decide to volunteer at any time. Usually there is no wage with either, but sometimes you might get your travel or lunch expenses covered.

All students aged between 16 and 19 should be offered the opportunity to undertake high quality and meaningful work experience as part of their post-16 education. This should be one of the ways a school or educational setting offers careers advice.

You can volunteer anytime you like and with any organisation you would like to. You don't need to go your school or educational setting to support you in volunteering. Volunteering is a great way of being a part of your local community, meeting new people and helping others.

[www.findabilitybristol.org.uk/pages/preparing-for-adulthood/further-education-and-employment/work-experience-and-volunteering](http://www.findabilitybristol.org.uk/pages/preparing-for-adulthood/further-education-and-employment/work-experience-and-volunteering)

# Apprenticeships and Traineeships

Apprenticeships and traineeships give you the opportunity to train and get qualifications while working. They offer on the job training and can be a great way of getting into employment.

From the age of 16 young people can choose to take up an apprenticeship or traineeship.

Apprenticeships are an opportunity to work and gain a qualification at the same time. Usually an apprenticeship will last 1 to 4 years. While you are on an apprenticeship you will earn the minimum wage for apprentices or more (depending on the apprenticeship). To become an apprentice you need to have passed some GCSEs and pass an interview. You will then work most of the time but attend a college or other provider to get your qualification. There are 4 levels of apprenticeship.

For some young people going straight into an apprenticeship might be too challenging. Traineeships are courses with some work experience that can help you prepare for an apprenticeship. Usually they last for 6 months and give you an opportunity to develop the skills you need to go on to become an apprentice or go into employment. Most traineeships are unpaid and will offer you help with your Math and English skills if you need it.

[www.findabilitybristol.org.uk/pages/preparing-for-adulthood/further-education-and-employment/apprenticeships-and-traineeships](http://www.findabilitybristol.org.uk/pages/preparing-for-adulthood/further-education-and-employment/apprenticeships-and-traineeships)

# Internships

Internships can offer a great way of getting real-life experience in a workplace.

An internshipship is great for young people who would find going into a traineeship or an apprenticeship too much or might want to get some meaningful experience to help them apply for a job.

As an intern a young person will work for an employer for a fixed time, usually for 1 week to 1 year. Usually you do not get paid for your work but some employers may cover your travel and lunch expenses. As an intern you won't gain any qualifications but you will get the opportunity to experience what working is like and gain the skills towards getting a job.

Supported internships are for young people with significant special educational needs. To get a place on a supported internship you will need an Education, Health and Care plan. As a supported intern you will have a Job Coach who will support you throughout your placement. The support will be based on what you need help with to be able to access the work place.

[www.findabilitybristol.org.uk/pages/preparing-for-adulthood/further-education-and-employment/internships](http://www.findabilitybristol.org.uk/pages/preparing-for-adulthood/further-education-and-employment/internships)

# EDUCATION, HEALTH AND CARE PLANS

Plans for children and young people who are in education, up to age 25 years old and have significant special educational needs that affects their learning.

From 1 September 2014, Education, Health and Care Plans were introduced across England as part of the SEND Reforms. They are statutory documents and are starting to replace Statements of Special Educational Needs. All young people who have a statement of special educational needs will be transferred to an Education, Health and Care plan by April 2018.

Some educational courses require a young person to have an Education, Health and Care plan. The plan helps map out the special educational provision a

young person will need to succeed.

Every Education, Health and Care plan should look at outcomes, the end goals that a young person wants to achieve over the next few years.

Find out about Education, Health and Care plans, and support available without an Education, Health and Care plan on Findability.

[findabilitybristol.org.uk/  
pages/primary-school-  
age/education/the-  
bristol-toolkit-send-in-  
education](http://findabilitybristol.org.uk/pages/primary-school-age/education/the-bristol-toolkit-send-in-education)

The

# *Bristol Toolkit*

## Special Educational Needs and Disability (SEND) In Education

**For professionals, parents, carers and young people**

Information on:

*Special Educational Needs Support*

*Education, Health and Care plan*

*After an Education, Health and Care plan*

Available from:

**[www.findabilitybristol.org.uk](http://www.findabilitybristol.org.uk)**

**Full link:** [www.findabilitybristol.org.uk/pages/primary-school-age/education/the-bristol-toolkit-send-in-education](http://www.findabilitybristol.org.uk/pages/primary-school-age/education/the-bristol-toolkit-send-in-education)

**Findability** is Bristol's Local Offer website. It is full of information for children and young people with special educational needs and/or a disability (up to 25), and their families.

# What's important to you?

My powered  
wheelchair.

I can't get around  
without it.

I get angry when I  
don't have it.

I like my chair.

Having  
friends  
Being able to  
communicate

**Living  
away from  
home.**

Going  
to  
the  
pub

Having  
my nails  
done

My  
family

Having  
fun

# Personal Budgets

Personal Budgets is an amount of resource, money, or services that can be allocated to you or a carer to help meet assessed needs and agreed outcomes. This page has information that will help children, young people and their families make best use of Personal Budgets.

A personal budget is an amount of resource, money, or services that will be allocated to a young person, parents or carers to meet assessed needs and agreed outcomes. They are for young people under 18 and were introduced with the SEND Reforms.

Personal Budgets don't give you more money to spend on meeting your outcomes, but it does give you more control on how the money is spent to meet his/ her outcome. Personal Budgets amounts are calculated from the amount of services provided to you or your child/young person (for example any short breaks services you use or any direct payment you might have). A Direct Payment is a form of Personal Budget.

Find out more on [findabilitybristol.org.uk/pages/primary-school-age/social-care/personal-budgets](https://findabilitybristol.org.uk/pages/primary-school-age/social-care/personal-budgets)

Part 3 of the [Children and Families Act 2014](#) sets out duties on local authorities to disabled children and young people and those with SEN.

The [Care Act 2014](#) sets out Local Authority duties around Social Care for people over 18.

# Finding Work and Careers Advice

## Finding work and careers advice for disabled young people and those with special educational needs.

Many disabled young people are able to work and good information about how to find employment and good careers advice can help towards that goal of getting a job.

All young people in education must be given access to good quality, independent careers advice that is impartial and wide ranging. This means people in your school or educational setting should be able to tell you where you can get careers advice that will give you the best information about how to reach your employment goal.

## Finding Work

Find out organisations that can help you find a job.

[findabilitybristol.org.uk/pages/preparing-for-adulthood/further-education-and-employment/careers-advice](http://findabilitybristol.org.uk/pages/preparing-for-adulthood/further-education-and-employment/careers-advice)

## Support in Work

Find out what benefits you can claim while working.

[findabilitybristol.org.uk/pages/preparing-for-adulthood/further-education-and-employment/support-in-work](http://findabilitybristol.org.uk/pages/preparing-for-adulthood/further-education-and-employment/support-in-work)

I want to be in public service,  
A care worker, a youth worker a nurse or a hospital porter  
I want to combine this with trading,  
buying and selling at markets or on line

I love being with people with family and friends  
Socialising, conversing  
Learning about people their lives, their stories  
At youth groups, café's and college  
Restaurants, pubs and of course my church

I love  
Listening to music, going to the gym,  
weight training, playing pool,  
I love going to work I love helping other people

I love volunteering  
With Time to share, Action for children  
Last but not least Trinity care  
I was nervous at first  
But it didn't change my mind  
I am a very sociable friendly person

So I told myself  
Go on  
Give it a try

Nathan, The Listening Partnership

# Living Independently

Sometimes disabled young people and those with special educational needs will need extra support to make sure they become as independent as they can.

There are lots of things to consider when thinking about living independently. The next few pages cover some of the important things to consider when you are thinking about living independently.

*In this section:*

*Housing*

*Travel and Transport*

*Managing Money*

*Adult Social Care*

*Care Act Assessment*

*Mental Capacity Assessment*

# Housing

Some young adults are happy to stay at home with their parents or carers. Some prefer to get a place to live on their own, or with their friends. If you decide to move out there are many options to choose from. This will depend on what you want and the support you require.

Below are the ways a young person might leave home and begin living independently.

**Private renting:** paying someone (a landlord) who owns the property to live there.

**Council or Local Housing Association Housing:** renting a property owned by Bristol City Council or a Local Housing Association.

**Supported Housing:** houses that are usually shared and have support teams working around the houses to help all residents live more independently.

**Shared Lives:** living with a family in their home.

**Care Home:** living in residential home can give you high levels of support.

**Buying a Home:** owning your own property.

**Staying Put - Children in Care:** the right to stay in your foster care home until you're ready to leave or you turn 21.

[www.findabilitybristol.org.uk/pages/preparing-for-adulthood/living-independently/housing/](http://www.findabilitybristol.org.uk/pages/preparing-for-adulthood/living-independently/housing/)

# Travel and Transport

Being able to move around Bristol independently is important to young adults being able to live independent lives. This could be using public transport, cycling or driving, depending on what a young person chooses.

There are lots of different ways to get around Bristol. Some ways include:

- Cycling
- Buses and Trains
- Driving
- Home to School Travel

Using the public transport system can be a great way of getting around Bristol independently. Bristol's Disabled Bus Pass (also known as Diamond and Platinum Travelcards) can get you free travel around Bristol. A companion card is also available.

National Rail's Disabled Persons Railcard can get you a discount on rail travel around Bristol and the UK. On Findability you can also find out about:

[www.findabilitybristol.org.uk/pages/preparing-for-adulthood/living-independently/travel-and-transport](http://www.findabilitybristol.org.uk/pages/preparing-for-adulthood/living-independently/travel-and-transport)

# Managing Money

Learning to manage money is an important part of being able to live independently.

We all have an income, an amount of money we get given to live off. For some people this will be from going to work and for others it might be from Personal Independence Payments or other benefits. Managing your money means thinking about how you spend your money. Some things you might like to think about are:

- Having and managing your own Bank Account
- Making sure you can pay any living expenses you have, for example rent, food, electricity or gas bills. To do this you might need to learn to 'budget'.
- Learning to compare prices so you pay the best price for something.
- Learning about what debt and loans are.
- Making sure you understand how much you spend and where to get help if you need it.

[www.findabilitybristol.org.uk/pages/preparing-for-adulthood/living-independently/managing-money](http://www.findabilitybristol.org.uk/pages/preparing-for-adulthood/living-independently/managing-money)

# Adult Social Care

At some point a young adult or their family might need some additional support. Social Care teams can offer support to those with physical or mental impairments or illness to live as independently as possible.

Adult care is based on maximising everyone's independence, so a request or referral for support from social care may result in information, advice and guidance being given. Sometimes it may be decided that a Care Act Assessment is needed to help identify what support needs an adult might have. The support available to a young adult (someone over 18) will depend on what needs are identified through a Care Act Assessment and how they may want their support. Care Act Assessments are done by social care practitioners and come from the Care Act 2014.

In Bristol we have the Preparing for Adulthood Team. The Preparing for Adulthood Team is a multi-agency statutory service made up of social care and education practitioners. They use to be known as the Transition Service. The team is part of the Birth to 25 Integrated Service. .

[www.findabilitybristol.org.uk/pages/preparing-for-adulthood/social-care](http://www.findabilitybristol.org.uk/pages/preparing-for-adulthood/social-care)

# FIRST RESPONSE

0117 903 6444

If you would like to request support from a social care team for a young person **under 18** contact First Response.

# CARE DIRECT

0117 922 2700

If you would like to request support from a social care team, including the Preparing for Adulthood team, for an adult **over 18** contact Care Direct.

# MENTAL CAPACITY ASSESSMENT

An assessment for anyone over 16 who may need someone to help them make decisions about their care and treatment.

The Mental Capacity Act 2005 details what a mental capacity assessment is and how local authorities should deliver them. The Act is designed to protect and empower individuals who may lack the mental capacity to make their own decisions about their treatment and care.

Everyone has the right to make his or her own decisions. Health and care professionals should always assume an individual is able to make a decision themselves, unless it is proved otherwise through a capacity assessment, even if the decision seems 'unwise'.

If it is felt that someone

may not be able to make certain decisions for themselves then a mental capacity assessment can be requested. The assessment decides whether someone is judged not to have the capacity to make a specific decision and if not then that decision can be taken for them, but it must be in their best interests.

The assessment also allows them to appoint a trusted person to make a decision on their behalf should they lack capacity in the future.

Find out more on [bristol.gov.uk/social-care-health/mental-capacity-act](http://bristol.gov.uk/social-care-health/mental-capacity-act)



# Good Health

At some point young people will move into adult services. This section will look at what happens to health services for disabled young people in Bristol.

When you are an adult (18+) there are new rules about who can make decisions about your care. Your lead professional can explain about Mental Capacity, Best Interest decisions, and your rights to consent to care.

The next few pages cover some of the important things to consider when you are thinking about keeping good health.

## In this section:

GP

Health Transition

Equipment and Adaptations

Continuing Health Care

Personal Health Budgets

Disability Liaison Nurses

Hospital Passports

# GP

**GPs can be an important part of the healthcare team of a child or young person with special educational needs or a disability.**

GPs deal with a whole range of health problems. They usually work in practices as part of a team.

GPs can be an important member of a disabled child or young person's healthcare team. They will usually deal with minor day to day health needs. If your GP cannot deal with a problem, then you'll usually be referred to a hospital or to see a consultant with specialist knowledge.

From the age of 14 young people who have been assessed as having moderate, severe or profound learning disabilities, or people with a mild learning disability who have other complex health needs, are entitled to a free annual health check.

Your GP should help co-ordinate your health care needs, and will be your lead health professional if you no longer have a specialist service.

[www.findabilitybristol.org.uk/pages/primary-school-age/health/gps](http://www.findabilitybristol.org.uk/pages/primary-school-age/health/gps)

# Health Transition

## From age 14 onwards

Your lead professional or team will develop a **Transition Plan** with you and your parents or carers.

Your Transition Plan will be shared with your GP.

Your GP should help coordinate your health care needs, and will be your lead professional if you no longer have a specialist service.

Some adult services have rules about who can access them based on your need. Your lead professional will help assess if you meet these criteria.

If you meet the criteria for a specialist adult service your lead professional will work with that service to manage the transfer of your care.

You may be able to get financial support. Your lead professional will refer you for an assessment for:

- Continuing Health Care
- A Personal Health Budget
- Social Care

See [Findabilitybristol.org.uk/pages/preparing-for-adulthood/health](http://Findabilitybristol.org.uk/pages/preparing-for-adulthood/health) for more information.

# Equipment and Adaptions

Lessening the barriers to inclusion

## Home Adaptations

If you are disabled, there may be physical barriers that make it difficult for you to carry out ordinary day to day activities. An adaptation to your home will enable you to move around your home and access and use its facilities more easily. An adaptation will also make it easier for your carers to look after you.

## Bristol Centre for Enablement

This centre provides service including:

- Prosthetics
- Orthotics
- Wheelchairs & Special Seating
- Electronic Assistive Technology Service
- Bristol Communication Aids Service

[www.findabilitybristol.org.uk/pages/early-years/equipment-and-adaptations](http://www.findabilitybristol.org.uk/pages/early-years/equipment-and-adaptations)

# Continuing Health Care

## Support to maintain good health

NHS continuing healthcare is the name given to a package of care that is arranged and funded solely by the NHS. It is for individuals who are not in hospital and have been assessed as having a “primary health need” by their NHS team, for example their GP.

An initial screening is done first, by a doctor, nurse or social worker, using a Checklist Tool. Once the Checklist Tool has been completed your local clinical commissioning group (CCG) will write to you to say whether you will be fully assessed or not. If you are to be fully assessed the health and care professionals working with you will use the Decision Support Tool to help decide what continuing healthcare will be needed.

You can receive NHS continuing health care in a variety of settings, for example your home or a care home. NHS continuing healthcare is free. This is different to social and community care services provided by local authorities.

If you have a disability or if you’ve been diagnosed with a long-term illness or condition, this doesn’t necessarily mean that you’ll be eligible for NHS continuing healthcare.

Find out more on [findabilitybristol.org.uk/pages/preparing-for-adulthood/health](https://findabilitybristol.org.uk/pages/preparing-for-adulthood/health)

# Personal Health Budgets

A personal health budget is an amount of money to support a person's identified health and wellbeing needs. The budget is planned and agreed between a person and their local NHS team.

The aim of a personal health budgets is to give people with long-term conditions and disabilities greater choice and control over the healthcare and support they receive.

A personal health budget is planned and decided through a care plan which your NHS team, for example your GP, will help you to develop. A personal health budget should look at how the money can be spent to reach the outcomes decided in your care plan. This could be by paying for therapies, personal care or equipment.

You can have a social care personal budget or an Education, Health and Care plan personal budget and still have an NHS personal health budget.

To access a personal health care budget you must be over 18 and eligible for NHS Continuing Health Care.

Find out more on [findabilitybristol.org.uk/pages/preparing-for-adulthood/health](https://findabilitybristol.org.uk/pages/preparing-for-adulthood/health)

# Disability Liaison Nurses

Disability liaison nurses is a specialist nurse who support people with a learning disability while they are in hospital. The professional who refers you to hospital should be able to check whether the hospital the y are sending you to has a disability liaison nurse.

The disability liaison nurse will meet with you as soon as possible after you arrive a hospitals. They will support you by trying to find out as much helpful information about your learning disability, any preferences you might have and understand the support you may need in hospital.

Find out who the disability liaison nurses are in Bristol on [findabilitybristol.org.uk/pages/primary-school-age/health/hospitals/going-into-hospital](http://findabilitybristol.org.uk/pages/primary-school-age/health/hospitals/going-into-hospital)

# Hospital Passports

Some hospitals operate Hospital Passports which can be filled in before you get to hospital. These help anyone supporting you in the hospital to know the things that are important to you, for example your likes and dislikes.

Find out more about Hospital passports on [findabilitybristol.org.uk/pages/primary-school-age/health/hospitals/going-into-hospital](http://findabilitybristol.org.uk/pages/primary-school-age/health/hospitals/going-into-hospital)

# Fun things To Do

Having friends, relationships and being a part of a community is important for every young person. This section will look at the different options and services available and how they work in Bristol.

There are lots of things to consider about being part of a community. From making friends to your right to access different facilities. The next few pages cover some of the important things to consider when you are out and about.

*In this section:*

*Safe Places Scheme*

*Advice and Support*

*Information on facilities*

*Fun things to do and having a break*

*Cyber Safety*

# Safe Places Scheme

## Being safe in the community.

Sometimes young people might need to make a phone call because they have a problem, need a place to calm down or go to if they have a problem. In Bristol we have a Safe Places scheme. This is a place that can offer people extra support when they are out in the community.

This symbol means the place you are in is part of the Safe Places scheme. You can find out where the Safe Places are on the Avon & Somerset Police Website.



If any young person is feeling unsafe, and they think it is an emergency, they should call 999.

Find out more on [bristol.gov.uk/social-care-health/safe-place-scheme-people-learning-difficulties](https://bristol.gov.uk/social-care-health/safe-place-scheme-people-learning-difficulties)

# Advice and Support

Find out what organisations can offer advice and support to young people, parents and carers.

[findabilitybristol.org.uk/pages/home/advice-and-support](https://findabilitybristol.org.uk/pages/home/advice-and-support)

# Information on facilities

Information on accessible facilities, like disabled toilets, in Bristol.

[findabilitybristol.org.uk/pages/preparing-for-adulthood/fun-things-to-do-and-having-a-break](https://findabilitybristol.org.uk/pages/preparing-for-adulthood/fun-things-to-do-and-having-a-break)

# Fun things to do and having a break

Information on finding fun things to do, including Bristol's short breaks

[findabilitybristol.org.uk/pages/primary-school-age/fun-things-to-do-and-having-a-break](https://findabilitybristol.org.uk/pages/primary-school-age/fun-things-to-do-and-having-a-break)

# Cyber safety

## Keeping safe on the internet.

Lots of young people use the internet, and in an increasing number of ways. It is important to think about how to keep safe on the internet, making sure you don't share too much personal information and know who to tell if you think you are being cyberbullied.

Cyberbullying is become more common on the internet. This could be through gaming websites, messaging apps and social network sites.

Cyberbullying can be:

- someone pretending to be you
- sending rude or offensive messages or purposefully humiliating someone.
- sharing someone's personal information without their permission
- excluding someone from a group on purpose.

Sometimes cyberbullying becomes a crime, depending on the situation. For example is someone is being harassed because of their disability this could be a crime.

Find out how to keep safe on the internet on [findabilitybristol.org.uk/pages/home/advice-and-support/advice-and-support-for-young-people/cyber-bullying](https://findabilitybristol.org.uk/pages/home/advice-and-support/advice-and-support-for-young-people/cyber-bullying)

# I AM NOT MY DISABILITY

Hi, I'm Ebony

I'm disabled

I have joint hypermobility syndrome

I have scoliosis

I have hip dysplasia

# I AM NOT MY DISABILITY

I can overcome

I can ride a bike

I can challenge myself

I can swim

I can make friends

# I AM NOT MY DISABILITY

My life

Doctors

Hospitals

Appointments

Challenges

These do not make me

YES I AM DISABLED

I AM NOT MY DISABILITY

Ebony, Bristol Youth Council

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# Useful Numbers

Care Direct 0117 922 2700

First Response 0117 903 6444

Disabled Children's Team

0117 903 8250

Preparing for Adulthood Team

0117 377 3686

SEN Team

0117 922 3700 / [sen@bristol.gov.uk](mailto:sen@bristol.gov.uk)

Sensory Support Service

0117 903 8442

Home to School Travel

0117 903 8442 / [home.school.travel@bristol.gov.uk](mailto:home.school.travel@bristol.gov.uk)

Designated Clinical Medical Officer

0117 984 1656

Bristol Autism Team (was ASDOT)

0117 903 1388

Bristol Autism Spectrum Service

0117 903 1388

Portage and Inclusion Team

0117 377 3235

Inclusion Service

0117 922 2444 / [tradingwithschools@bristol.gov.uk](mailto:tradingwithschools@bristol.gov.uk)

Child and Adolescence Mental Health Service (CAMHS)

0117 342 5055

Special Service for Children with Learning Disabilities

0117 4146979

Schools Admission Team

0117 903 7694 / [school.admissions@bristol.gov.uk](mailto:school.admissions@bristol.gov.uk)

This guide was produced by  
[www.findabilitybristol.org.uk](http://www.findabilitybristol.org.uk)

Findability has Bristol's Local Offer information. It is a website full of information children and young people with special educational needs or a disability and their families.

Findability is managed by the Bristol City Council's Birth to 25 Integrated Service.

Findability is supported by Bristol City Council and Bristol Clinical Commissioning Group through the Birth to 25 Collaboration.

If you have questions about the content of this guide or would like it translated you can contact us at  
[sendplus@bristol.gov.uk](mailto:sendplus@bristol.gov.uk)

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