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Who are we?

We are from North Somerset People First.

Our names are: Anna, Kath, Claire, Tim and Mark.

Jo helped us at the beginning of the project.

Sue is our supporter.
Beth from Norah Fry helped us with this project.

We did this project for SCIE. This stands for the Social Care Institute for Excellence.
How did we do the project?

We had training about research with Neil, Mouse, and Val. They are from the Bristol self advocacy research group.

We wanted to find out what information young people need to know as they grow up.

We thought that transition was becoming an adult.
We thought about transition and what it means to us.

We thought about the sorts of information young people need.

We tried an activity.

We talked to young people who had made a website.

We thought about questions to ask.

We went to two schools to test out our questions and activity.
We visited four groups of young people in different areas.

We went to two schools and two advocacy organisations.

We asked our questions.

We did the activity.

We told them we wouldn’t tell anyone their names.

We worked out how many young people said the same things.
We typed it up and put pictures in.

We wrote up how we did our project.

We used our pictures to remember.

We looked at easy info about transition.

We decided what we did and didn’t like about it.

We wrote up what we did like.
More about how we worked out how many people said the same thing

We wrote up what people had said in each circle.

We put a tick next to each thing, each time it was on the chart.

We looked to see how many things were mentioned in all the circles.

We looked at how many people had said each one.
We wrote out what was on each circle and how many people had said what.

We thought about what the themes were.

We typed it up.
Changes the young people wanted to make as they grew up

The young people wanted to get a job or go to college.

They wanted to go out with friends, sometimes going out drinking.

They wanted to make new friends.

Two girls wanted to get a boyfriend.

They wanted to change how they think and think in an adult way.

A few young people wanted to choose where they live.

One person wanted to stay living with their mum.
One person wanted to live independently in a flat and be able to visit their mum.

One person wanted to move to Australia to be with some of his family.

One person wanted to do their hobbies.

Three of the young people did not know what they wanted to do.
The information young people needed

There were 12 themes or the types of things which were mentioned a lot by the young people.

The themes were from across all the circles.

When we looked more closely, these important things were in all the inner circles.
Things said most on all three rings

- Work and work experience.
- Safety (general, fire and knowing about strangers).
- Friends and family.
- Decisions and being in charge, being in control, saying no, being independent, how to make a complaint.
Relationships, sex and love.

Shopping.

Money.

Drinking, going out, fun and partying.

College.
Things in the Inner circle which match the things that were most important overall

Work.

Keeping safe.

College.

Making decisions/being in charge of your life.

Friends.

Shopping.

Relationships.

Drink.
Money.

Family.
Things that were mentioned in 2 circles were:

Transport.

Music.

Sleep.

Hobbies.

Food/cooking.

Sport.

Where to live.

Knowing what things work/what I can do (what’s on tv).
Things mentioned in only one circle were:

- Knowing about disabilities.
- Health and hygiene.
- Paying bills.
- Own telephone.
- Helping people.
- Church.
- Internet.
- Drugs.
Time off/holiday.

Neighbourhood – knowing what it is like.

Knowing important times and dates.
How young people find out information

The young people said they found out information in lots of ways.

Telephone.

Internet only a few.

Video.


Visiting places.

Books/leaflets.
How a website should be

They said a website should be fun. It should have:

- Lots of pictures and symbols.
- Colours.
- Photos.
- Little films to watch.
- Easy to read/big writing.
- Listen to it.
- Guest book.
Friendly to people who are blind and can't read.

Use with a touch screen.

Music.

Pictures to click on very simple - not too much information at one time.
What should be on the website?

A Website should have a:

- Chat room.
- Guest room.
- Music.
- Guest book.
- Contacts.
- E.mail.
- Links.
Competitions.

Activities.

Information on issues.

It should be called “Teenage Life”.

There should be information on:

Health.

Education.

Entertainment.

Friends.
Being safe.

Sport.

Football.

Searches.

Songwords.

Information on disabilities.
How we looked at information about transition

We looked at some of the information that has been made for young people.

We looked at:

![Image of "Thinking about your future" booklet]

"Thinking about your future"
A booklet about transition for young disabled people

Swindon 2002

![Image of "The Big Picture" booklet]

"The Big Picture"
Your Guide to Transition
For young disabled people aged 13-25
All change

Transition into adult life - a resource for young people with learning difficulties, family carers and professionals
After 16 – what’s new?

Choices and challenges for young disabled people

This website is for:

Trans-active

Teenagers with and without learning disabilities working together.
Using multimedia to explore and communicate.
Using and giving support making future plans.
Making friends! Having fun!
We did an activity to help us think about what is good information about growing up for young people.
More about how we looked at information about transition

We looked at information and websites.

We filled in charts.

We gave each resource stars.

We thought about the best things about each of the bits of information.
What we thought about the information about transition

We thought that the Transactive website was good.

It had pictures to tell you about the future.

It did not put too many words on the screen at one time.

It had knobs to click on that look like refreshers (sweets).
We liked the fun bits and the games.

We liked the book - *Your book for the future.*

The next page shows what we liked about *Your book for the future.*

This book told us most about transition.
Pictures should be clear and simple.

We look at all the bits of the picture to try and understand it.

Some pictures are confusing and more like a puzzle.

We don’t like pictures or cartoons with words that you have to read to understand it.

We like it when pictures break down the words.

We won’t bother looking if it looks boring unless it has pictures and symbols.
We think that good information should be like the Transactive website (the teenager bit) or the Your book for your Future.

We think all written or computer material should have sound.

Lots of people cannot read.
What the resources told us

Most of the packs/books/websites covered most topics teenagers wanted to know about.

Sex was left out in some of them.

In others it was not explained clearly or called something else.

Is it too embarrassing to talk about sex?
The information needs to be in a book as well as a website because not everyone has a computer.

A tape or CD would also be useful.
What we think

Work was the most important thing that Mark remembers the young people talking about.

Mark’s own most important things were being independent, being in control of your own money and work and relationships.
Tim thought that behaving in an adult way – being in control was most important.

Tim’s most important things – any of the themes mentioned – girlfriends, work, getting married getting your own place.

Claire thought that work was the most important for the young people.

Claire - I think health and safety is most important.

Kath thought that living independently and going to college were most important.
Kath – I think the most important thing is living independently and working.

Anna – one of the most important things for the young people was being independent.

Anna – medication is most important for me. I can do it on my own but someone needs to help me. Knowing about benefits that is what money I will have.
The things we enjoyed most about the research

We enjoyed meeting new people and making new friends.

It was good to visit new places.

It was a good experience and it would be interesting to do more research.
It was good to visit new places.

It was a good experience and it would be interesting to do more research.
Things that we found difficult

At one of the schools most of the young people were hearing impaired it was hard work to communicate with them not knowing many signs.

It was difficult in the beginning to explain what we were doing.

Being an adult and getting the young people to do what we wanted them to do.
The most important things we found out

We have found out what young people want to do in the future.

We are sure that the way we did the report allowed young people to understand what we were doing.

We found that the most important things that people wanted to know were the same. These were work and independent living.
We were surprised because we thought money and relationships would be more important to young people.

A lot of young people wanted to know about sex and relationships but there was very little information about this.

It was good that the young people said all sorts of different things.
We found some good information on transition that we didn’t know was there.

This would have been helpful for us when we were going through transition.

This is the first time we have done research like this and it has been a good experience.