



Worksheet 1

Make a list of your emergency contacts and how to get in touch.

Name	Telephone Number	Relationship to You

Independence

Safety



SCHOOL TRANSITIONS
TO ADULT RESPONSIBILITIES
AND SERVICES

Worksheet 2: Home Safety

Make a list of what you can do when you are in the house on your own:

1	
2	
3	
4	
5	
6	

Independence

Safety



SCHOOL TRANSITIONS
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Worksheet 3

What's safe to do at home when you are on your own and why?

Activity	Yes/No/ Maybe	Reasons Why
Watch TV		
Leave your keys in the door		
Leave the hob on		
Listen to music		

Independence

Safety



Worksheet 3

What's safe to do at home when you are on your own and why?

Run a bath		
Make a sandwich		
Change a lightbulb		
Let a repair man into the house		
Accept a delivery		
Online gaming		

Independence

Safety



Worksheet 4: Community Safety

You're planning a night out with your friends. Make a check list of what you need to plan and prepare before going out, for example; Remember to charge your phone

1	Remember to charge phone
2	Bring cash/ or cash card
3	Plan journey to and from activity eg taxi
4	Confirm your plans in advance – where are you meeting and when
5	Have some emergency cash available
6	Stay with your friends