



GET READY

TRANSITIONING
TO INDEPENDENCE



**Family
Works**

PRESBYTERIAN SUPPORT
SOUTHLAND

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Transition to Independence, it's a journey and we're all on board.

We believe that if you're given the chance you can make a big difference to your community and your future.

Use this book to keep track of what you've done, who you've met, where you've been.

Where does real change start? It starts with a feeling. And then an action. It's about doing something, being something, meaning something.

Young people who have faced a more challenging start in life often continue to face the challenges of adulthood without much support.

Suddenly, a young person transitioning to independence is confronted with many decisions to make, from finding safe, affordable housing to setting up utilities and insurance.

Most young adults have parents to help with some of this support for as long as they need. But it's possible that you can't rely on that type of parental support, so it becomes critical that you develop a good plan and prepare for adulthood, including accessing as many resources as possible that can help you succeed.

That's why we've developed this workbook, to help you understand what's important to your success, and identify where you need support and where to get that support. Because after all, it's your life, so get ready and take charge of it.

What's a transition plan?

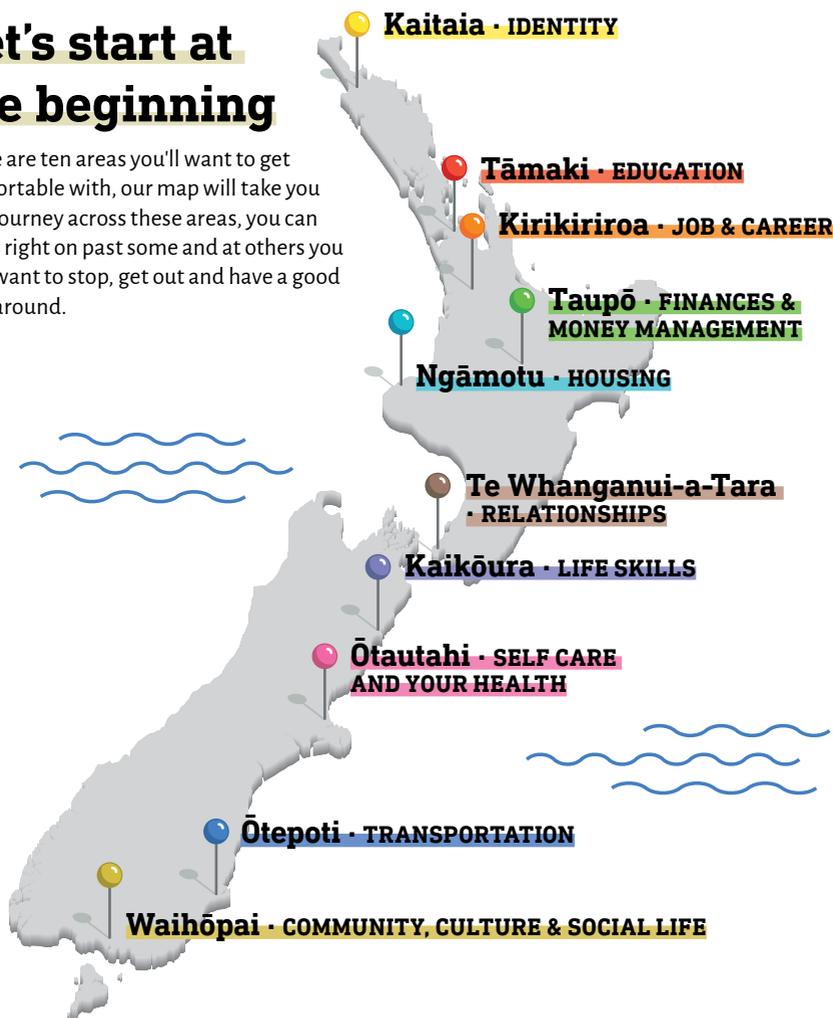
A transition plan is an investment in your future. It's your roadmap showing you where you started from and where you are going. It includes an overview of the skills knowledge and resources you'll need to prepare to get to a destination to start life on your own as a young adult.

This transition plan also provides a space to write down and keep track of all the resources that are available to you. And, the plan shows you how to set clear goals designed for your life, and step by step plans for achieving them.

We made sure we talked to heaps of people before we designed this toolkit, young people, teachers and young adults who have already transitioned to independence. So that means it's designed by people who know what it's like to be like you. You're in charge, this road map is your guide, let's go!

Let's start at the beginning

There are ten areas you'll want to get comfortable with, our map will take you on a journey across these areas, you can move right on past some and at others you may want to stop, get out and have a good look around.



On this roadmap

Follow the towns and cities, there's different information at each stop designed to help you decide what's an important achievement for you as you approach adulthood.

What's my part in this?

It's up to you, the older you get the more input you'll have with decisions that affect you.

The more you take part in this process, the more power you'll have, if you want to be heard and your opinions considered then your involvement in completing this workbook is super important.

If it seems like you aren't being listened to or you need more support, then speak up.

You may need a team and some help and the best thing about having your own transition team is that you get to choose it:

- Family · Friends · Foster parents / Guardians · Teachers · Mentors
- Church members or pastors · Employers · Relatives · Anyone else?

These people are all on your side, they want to see you succeed so make sure you ask for help when you want it.

Planning checklists

We've made up some checklists, this is the stuff you'll need to be prepared.

Think about these:

1. What do I have already?

2. Where can I get help to get the skills I'm lacking?

3. How can I get these skills?

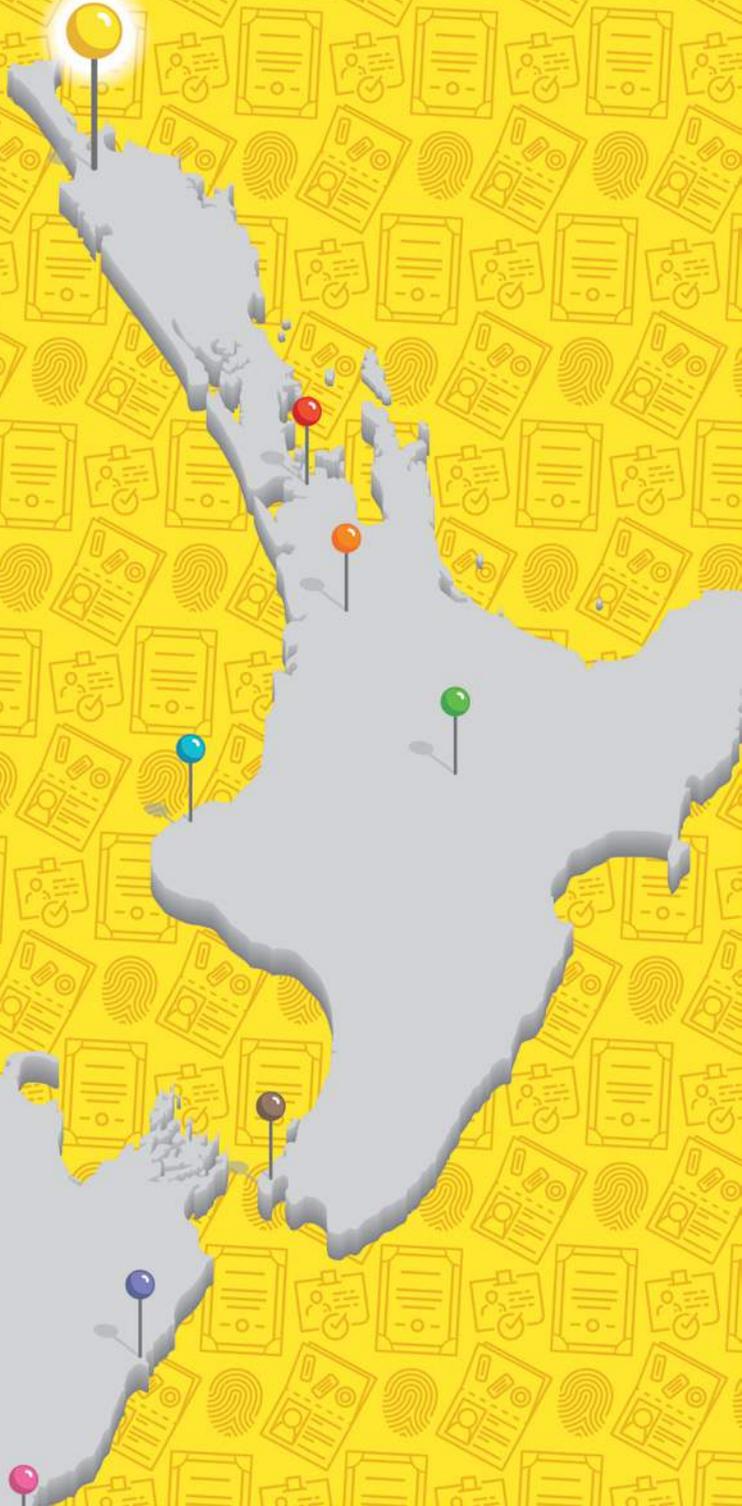
4. Am I ready?

Tips

1. Keep everything in a safe place
2. Ask for help
3. Revise and update your goals every three months

Identity

Kaitaia

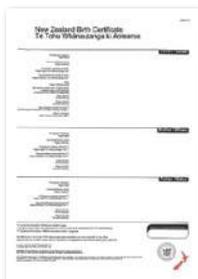


Your identity is made up of facts about yourself. This can include your name information, physical attributes (ie: height, eye colour), date of birth and unique information used by an authority (ie: passport number). Your identity information enables you do many important things, such as get a passport or travel, open a bank account or get a loan, or a drivers licence.

Birth Certificate

A birth certificate is the most basic and useful means of identification (ID). The chances are that you will need one of these before you can get any other form of ID, attend a course, get a driver's licence, open a bank account etc.

Your New Zealand birth certificate can be used as official ID for most things. It costs:



\$33 (approx.) to get a standard certificate sent to you



\$35 (approx.) for a decorative birth certificate



\$55 (approx.) for a pack with a standard and a decorative birth certificate

Order online: If you have a verified RealMe account, you can order birth certificates online:



www.bdmonline.dia.govt.nz/NonHistoricRecords

You can get a verified RealMe account by going to a PostShop and having your photo taken.

Order by phone: Most people can order their birth certificate by phone.

Freephone: 0800 225 252 (NZ only)

Phone: +64 4 463 9362 (outside NZ)

You can pay over the phone by credit or debit card.

Order by post: You'll need a referee to sign the form: they must be over 16, and have known you for at least 6 months or seen your official ID.

Download the form here:

 govt.nz/assets/Documents/BDM/Request-for-NZ-birth-certificate-or-printout-form-BDM93B-pdf.pdf

Post the form to:

Certificate Team
Births, Deaths and Marriages
PO Box 10526
Wellington 6143, New Zealand

You can also order certificates in person in Auckland, Manukau, Wellington or Christchurch. You'll need photo ID.

Often, places such as Banks, Work and Income New Zealand expect 2 different forms of ID (e.g. Birth Certificate, Student ID, 18+ card).

Death Certificates

You might need a death certificate if you're administering someone's estate or applying for a funeral grant from Work and Income or ACC.

You'll need a death certificate when:

- you or a lawyer is winding up or administering the estate of someone who's died
- you're applying for a funeral grant from Work and Income or ACC.

It costs:

- \$33 for a death certificate
- \$25 for a printout of a death certificate. A printout is usually used when you're researching family history — it's a typed or handwritten copy of the information, so it's not a legal document but it's cheaper to get.

For how to apply, go to:

 www.govt.nz/get-a-death-certificate/

Credit Check

Get your credit checked for free at creditsimple.co.nz, making sure you have good credit is an excellent goal to have as a young person. Knowing your credit score and being interested in your financial health also means you can protect yourself against identity theft.

Register to Vote

Once you turn 18 you can register to vote in local and national elections.

 www.elections.org.nz/voters/enrol-check-or-update-now/how-enrol

Passport

If you have a passport arrange for that to be kept in a safe place like with a trusted adult family member.

If you were born in a country other than New Zealand, make sure you have copies of all your citizenship papers and understand completely what your rights and responsibilities are.

Filing your documents

You need to establish a method of keeping track of important documents. Methods could include a designated box or ring binder or file extender expandable envelope system that can be put away safely. You may consider storing your documents at a trusted adults house.

Education

Tāmaki - Auckland



Everyone under the age of 20 in New Zealand must be either employed or in training or education. The youth services team will assist you with this and discuss local options:  www.youthservice.govt.nz

School records

Collect a copy of your school records. Make sure you have records from all your schools if you had multiple moves.

NCEA Credits

Find out where you are at in line with your goals for finishing high school. If you are behind you could create a plan to make up missed credits if this is possible, talk to your guidance counsellor and understand what you need to do.

Goals

· *Long Term Goal:*

What do you want to achieve by the end of your studies?

· *Short Term Goals:*

Steps that will take you to your long-term goal.

Accredited Course Providers

If you are investing money, time and effort to attend a course, you need to be sure that it is a worthwhile one. Relate the outcome (goals) of the course with your own goals; will the course help you meet these?

Also find out what completing the course will give you. Do you get a recognised qualification?

A recognised qualification is one that is NZQA (New Zealand Qualifications Authority) Accredited or Approved. If it is not, then the course will not be able to provide you with a nationally recognised qualification, which is important if you hope to get work qualifications or go on to study the subject further at University or Polytechnic and have your previous hard work recognised.

Make sure you learn about the huge number of courses you could complete through polytech and university, there is literally something for everyone.

Course Options Explored:

Consider how the course will help you to meet your short-term goals.

Study Link assists all students who may require financial assistance or support to complete their study.

Call free 0800 889 900



www.studylink.govt.nz

Job & Career

Kirikiroa - Hamilton



Think about what you enjoy doing, where you do best and how your talents, skills and abilities can turn into employment opportunities.

· *What interests you?*

· *What kind of occupations are there that tie into those interests?*

· *What do you want to be doing three years from now?*

· *How do you see yourself when you are 30?*

Identify your educational and training needs to attain your goals. What steps do you need to take to achieve long-term employment goals? Do you need training? Do you need experience in the field? Research and compare training options.

If you don't have work experience you will need two character references who aren't family like teachers, church members, youth worker or a neighbour.

Even before you look for work, there are some things that you need to have organised; it will make getting a job a lot easier.

Identification

Make sure you have your birth certificate and / or other ID such as a driver's licence available when you start job hunting.

Curriculum Vitae

A Curriculum Vitae (CV), otherwise known as a resume, is a summary of what you have been doing in your life. It covers your Education, what Qualifications you hold, Certificates such as first aid that might be useful, Licences (e.g. Driver's Licence) and Work Experience, plus any volunteering and outside school activities.

They should be truthful, and to the point. Some people choose to make their CV as eye catching as possible, as employers often quickly look through CVs while they are short listing applicants. They should ideally be typed and 1-2 pages in length.

Computers can be accessed at Work and Income and at public libraries for preparing CV's, although you may need to be a client. Adult Literacy Services can also help:



www.southernadulthoodliteracy.org.nz/

Looking for work

Once you are ready to look for work, you need to identify sources to find jobs that you can apply for, such as newspapers, websites such as seek and trademe, signs in windows, WINZ, word of mouth. Practice a mock job interview with some of your transition team.

It's really important that you present yourself in the best possible light when looking for work or doing work experience. To do this, make sure you are dressed appropriately and that you are polite and respectful to everyone you meet.

A good way to find out what "appropriately dressed" means is to visit the workplace before you interview, cold call or phone.

You can see what types of clothing the existing staff are wearing. Remember though, a clean shirt and tidy pants will almost always be appropriate.

Also, get yourself a haircut and make sure that if you have a beard, it is tidy.

Work and Income

One of the functions of Work and Income is to help job seekers find employment. They have an online job search on computers at Work and Income offices. There are also work brokers who can help guide you into jobs and training.

Employment Agencies

These are of limited use to younger or unqualified job seekers, as they cater for professional vacancies.

Cold Calling

This is the name for going out and finding a job yourself. It can be very successful when done correctly.

Firstly, you need to identify likely prospects for work – things that you can offer, places you'd like to work etc. Then you need to prepare a CV, get your best interview clothes on and go and get them!

Some people prefer to telephone first, to find out the name of the person who does the hiring (Manager, Personnel Manager or HR Manager). If you call in later, ask to see them by name, and sell yourself the best you can, outline what you can do, what you see as your best qualities, and after this, give them your CV.

Don't be discouraged if you don't get a job straight away, if you are persistent and put across a good image they might remember you when a job does come up.

Cold calling is tough, and hard on your confidence, but gives you a real picture of what the job market is like. If a prospective employer says that you are under qualified, ask them what you need to do to become qualified, if they say they can't afford to take on new staff, ask if they can provide work experience.

Work Experience

One of the most common problems for a job seeker is lack of relevant or sometimes any work experience.

You can't get a job if you don't have experience, and you can't get experience if you don't have a job. The way around this is to ask for work experience. Again, you will need to be persistent and not give up hope.

Know your resources

Where can you go:

· For help getting a job?

· Assistance creating a resume?

· Advice when things aren't going well on the job

List resources and supportive adults you can turn to for assistance:

Write a list of jobs that you think you could do now:

Write another list of employers in your area who could possibly provide work or work experience:

And finally, you can **practise your cold calling technique**

Employment

When you get a job, you will need to supply your employer with your IRD number (see page 23) and your bank account number. Your employer will ask you to decide if you wish to enrol in the KiwiSaver retirement scheme.

Check out everything you need to know about KiwiSaver here:



www.kiwisaver.govt.nz

Finances and managing money

Тауро



Money may not be the most important thing in life, but it really helps if you've got control over yours. Learning about money, including saving and spending wisely will give you the skills you need to be in charge.

IRD number

You require an Inland Revenue Department number to pay tax. If you don't have one then legally, you can't work, because you should be paying tax.

If you don't have one you can apply for an IRD number by completing the IRD number application (IR595) form online. You can find this form on their website:

 ird.govt.nz/how-to/irdnumbers/individuals/yourirdnumber.html#03

You will need to provide your birth certificate (see page 9).

Store your IRD details in a safe place

If you end up paying too much tax you can apply to the IRD to get a tax refund. Go to the IRD website to get further information:

 ird.govt.nz/income-tax-individual/refund-bill/entitlement/iit-tax-refunds.html

Bank account

Most employers prefer to pay wages directly into a bank account, all the benefits provided by WINZ require a bank account to be paid into.

You will need 2 forms of ID (driver's licence or student ID), your birth certificate and your IRD number.

You should shop around for a bank that will provide you with a good package and charge fewer fees. You can talk to the bank about the difference between a credit card and a debit card both of which allow you to do online shopping.

You may also want to set up any automatic payments with your bank (if you have any) so your bills are paid on time, suggestions for AP's are:

- Rent
- Power
- Phone
- Savings
- Insurance

Savings

You need to think about how much money you will need when it's time to move out of home / care, you should consider the cost of moving into or setting up a flat or house, the first grocery shop, bond, rent and utility costs and transport requirements for your new house.

Budgets

A budget will help you manage your money each month, it is important because it shows you exactly what you'll need to cover your living expenses.

Money management skills

Find out about independent money management courses you could attend, are there any through your school? Skills like managing credit, budgeting, and how to shop well to save money.

Check out Jubilee Budgeting:
 www.jubileebudget.co.nz/

Housing

Ngāmotu - New Plymouth



Leaving home means more independence and more freedom. It also means you need to be responsible for looking after yourself. You will have to find a place to live, learn how to manage on your own and start supporting yourself financially.

Boarding

Private boarding is a good option if you can't go flatting yet due to your age, financial or employment situation. You can choose to board with someone you don't know or friends or family.

The Citizens Advice Bureau has really great information on arranging the legal stuff around boarding:

 cab.org.nz/vat/hle/fb/Pages/PrivateBoard.aspx

Looking for a flat (if you're over 18)

Usually you can't rent a flat if you're under 18 but you can request a hearing through The Ministry of Business, Innovation, and Employment to prove your responsibility to be able to rent:

 www.tenancy.govt.nz
Phone 0800 836 262

When you have decided to move into a flat your first step is to work out how much money you can afford to spend on rent a week and decide on whether you would like to live alone or have flatmates. If you decide to have flatmates you need to ensure you find someone who you get along with and that they are reliable.

Once you have decided on how much money you or you and your flatmates can afford, try looking at the following for flats/houses:

- TradeMe: www.trademe.co.nz
- Ask local real estate agencies what rentals they have on offer - they may have suggestions of what may suit you best.
- The Southland Times, Saturday edition

Flats need to be kept to a certain standard of cleanliness and care and may include you being responsible for lawn mowing. This will be clearly communicated to you before you sign a lease. Landlords make regular checks find out more here:

 tenancy.govt.nz/maintenance-and-inspections/inspections/

Find out when rubbish bins are collected each week from your landlord, ask your neighbours or here:

 wastenet.org.nz/RecycleRubbish/WasteCollectionSearch.aspx

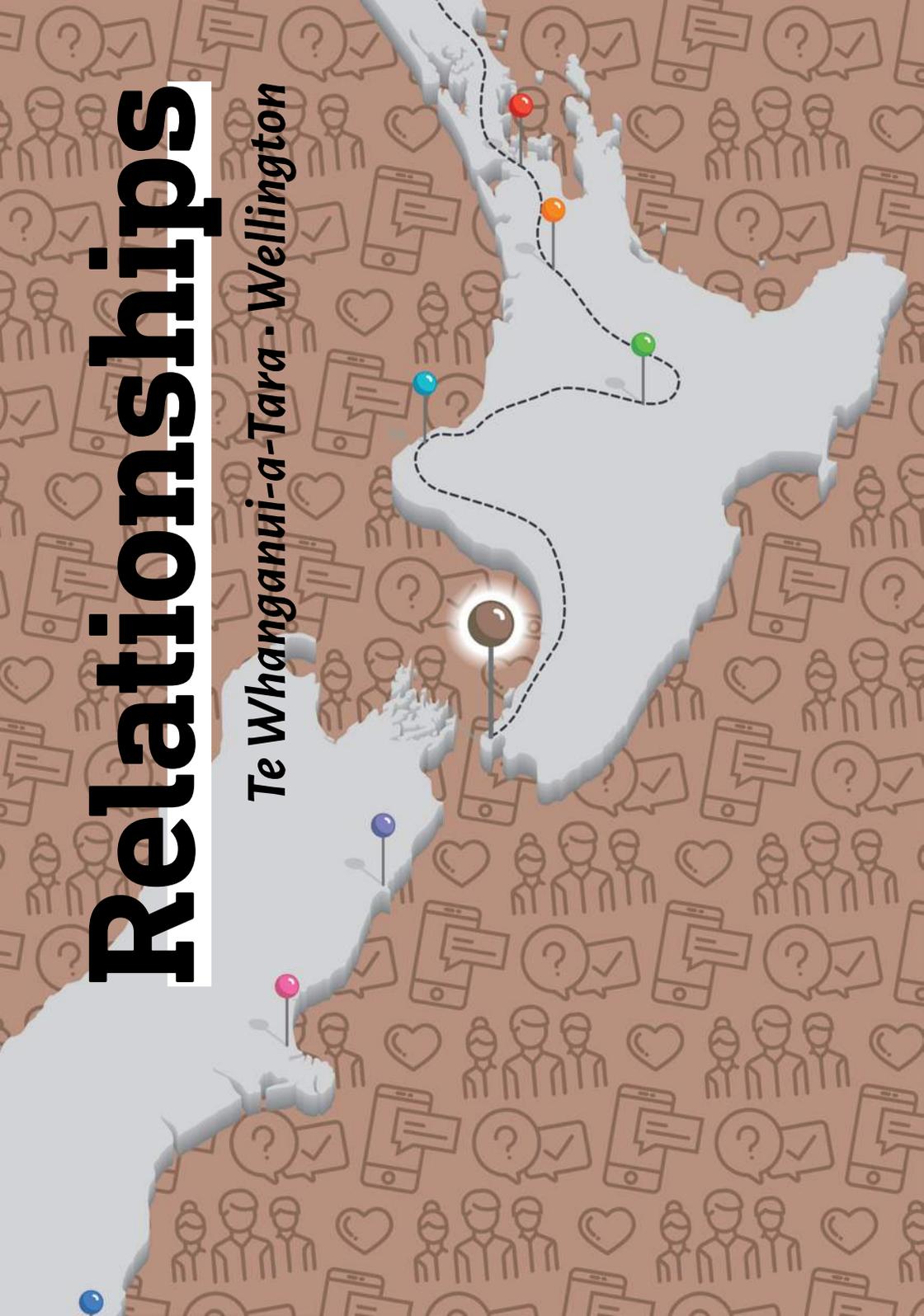
Pets

If you have a pet, particularly a dog, it can heavily limit your rental choices. Firstly you'll have specific fencing needs and secondly most landlords prefer not to rent to people with pets.

- Be prepared. Have all the information on hand that will prove your pet is a good tenant.
- Make sure your pet is well mannered, easy to love and house-trained. Keep up-to-date with your pet care routine and have evidence of this. Sell yourself as a responsible pet owner.

Relationships

Te Whanganui-a-Tara - Wellington



As you grow you learn how to form safe and healthy relationships with friends, parents, teachers, and romantic partners.

You might try on different identities and roles during this time, and relationships contribute to your development. Peers, in particular, play a big role in identity formation, but relationships with caring adults – including parents, mentors or coaches – are also important.

Biological family relationships

Relationships with family members can run the range from wonderful to stressful to supportive to destructive. Be prepared, you may want to seek help from a therapist to work through these relationships.

Foster Care

A relationship with a sibling is often cited as the single most important relationship for young people in foster care. If you were separated from siblings while in foster care ask for assistance in reconnecting before you leave.

Supportive people

Identify those people in your life that can and will continue to support you after you leave home / care. Naturally some of the adults that play a role in your support now may decrease after you move out.

Supportive Agencies

If you are feeling alone or unable to talk to the people in your life, there are a number of agencies who are always there to help you.

Youthline: 0800 376 633, **Number 10:** 027 472 4703, **Whatsup:** 0800 942 8787

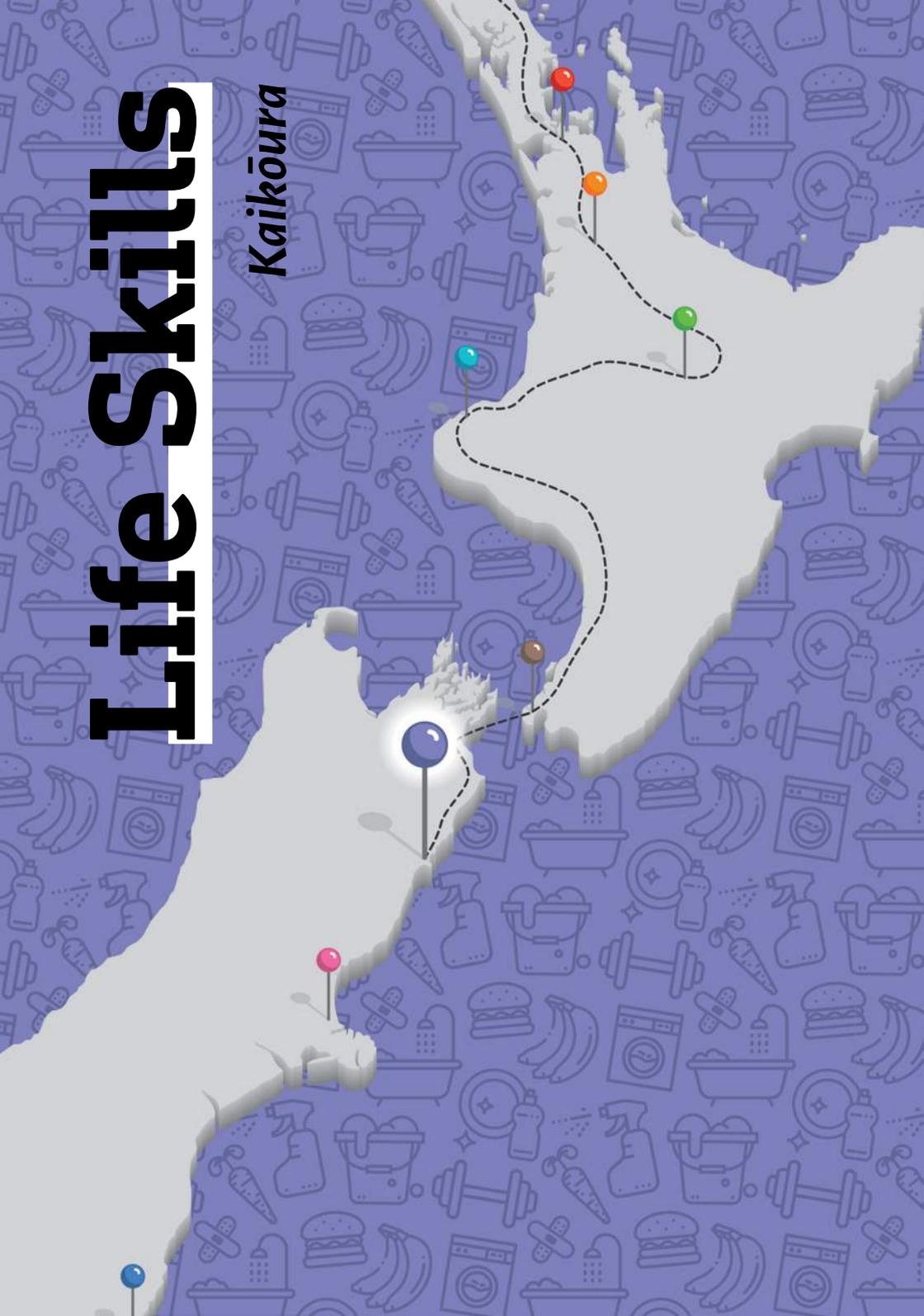
Relationship issues

Healthy relationships need both people to talk clearly and with respect, take turns to talk.

Relationships are not always easy and misunderstandings can occur. If you do feel anger boiling up inside of you sometimes it is better to go away and get rid of the anger in a healthy way. For example, go for a walk. Say sorry if you have treated someone unfairly.

Life Skills

Kaikōura



You've already got skills! You just need to add to them: look here and see where you can make improvements. This is a good place to enlist the help of your transition team.

Cooking

Identify five of your favourite dishes and get someone to teach you how to cook them, find out how much they cost to make and how you can mix and match to suit your budget.

1. _____

2. _____

3. _____

4. _____

5. _____

Some cooking skills you may want to consider getting good at are ...

- Be able to identify different ingredients and know where they are available
- Learning the basics of cooking a decent meal using simple ingredients
- Using kitchen appliances like microwave, dishwasher and toaster
- Storing food in the right way. You will want to know where and how to store different food products like fresh vegetables, packaged food, and drinks
- Knowledge about utensils, cutlery and how to use them properly
- Understanding food labels for nutrition and ingredient information is great for staying healthy
- Being able to prepare a healthy meal with the ingredients available

Food Poisoning

Food poisoning is inflammation of the stomach and intestine due to infection from a variety of organisms such as viruses and bacteria. Most often, it is caused by poorly prepared, cooked or preserved food.



Prevention is the best philosophy for food poisoning and the following key points provide guidance on how best to prevent suffering from food poisoning:

Clean

- Make sure all surfaces and equipment used for food are spotlessly clean
- Wash knives and utensils, and scrub chopping boards between preparation of raw and cooked foods.

Follow the 20+20 hand washing rule before and after handling food

- Wash your hands for 20 seconds with soap and hot water
- Dry your hands for 20 seconds with a clean dry towel or paper towel.

Always wash your hands:

- Before handling food
- After handling raw meat and poultry
- After going to the toilet or changing nappies
- After handling pets
- After gardening

Cook

- Defrost frozen foods in the fridge before cooking - not on your bench top
- Cool hot foods, covered and for no more than 30 minutes before refrigerating
- Reheat leftovers until steaming hot throughout and don't reheat them more than once
- Precook chicken, meat patties and sausages before barbecuing
- Make sure all meat gets cooked thoroughly until the juices run clear and there is no pink flesh
- Place cooked items on a clean plate - not one already used for raw meat.

Cover

- Cover perishable food before storing it in the cupboard or fridge

- Cover and refrigerate or chill leftovers as soon as possible after cooking
- Throw out perishable food that you have left at room temperature for more than two hours
- Thrive at room temperature
- A chilly bin is a good way of keeping chilled products cold when taking them home from the supermarket
- Put a frozen icepack in with your picnic food to keep food safe
- Defrost meat and poultry thoroughly before cooking

Chill

- Keep food very cold or very hot - bacteria causing foodborne illnesses

If someone you know does become affected with food poisoning, here's what you need to know,

Signs and Symptoms

- In most of cases, symptoms first appear within 24 hours of eating contaminated food
- The patient has abdominal cramps with diarrhoea
- There may be vomiting and nausea
- There is usually a loss of appetite
- There may be fever

How you can help

- Ensure the patient rests
- The patient can suck ice to provide a small amount of cooling fluid
- Give fluids such as flat lemonade to replace body fluids

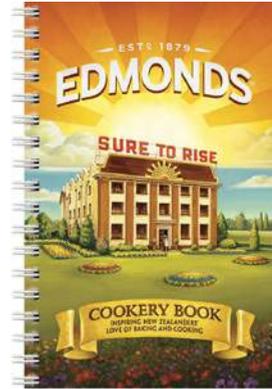
Medical assistance should be obtained if any of the following occurs:

- Severe vomiting in a child under 1 year
- Considerable and constant diarrhoea
- Persistent vomiting
- Signs of dehydration: dry mouth, skin and thirst

Meal Planners

If you are shopping for yourself, for a flat or for a family, writing up a weekly menu of what you will be cooking each night is great way to focus you on weekly food shopping and what you need to have in the cupboards.

It pays to know what goes into what you plan to cook, so a recipe book is an ideal purchase, (the Edmonds one is the best! www.mightyape.co.nz/product/edmonds-cookery-book-fully-revised/25457229) or if you want to save some money, buy a notebook and copy down any recipes that you like the look of. Libraries have heaps of cookbooks.



Some great recipe websites:

jamieoliver.com/recipes/ - check out his money saving recipes and quick fixes.

shop.countdown.co.nz/Shop/Recipes/ - their "feed four for \$15" recipes are very budget friendly!

epicurious.com - a well designed website with a ginormous number of recipes all in one place

Shopping list

Writing a shopping list every week will save you time and money, it will also let you know in advance what you have and what you need.

Cleaning

This is much easier to learn by doing, so why not make someone's day and offer to help them with the house cleaning each week?

The things you'll want to be sure you're all over are:

- Washing and drying dishes including using a dishwasher, cleaning the kitchen
- Using a washing machine and dryer, plus hanging out clothes on a washing line and ironing
- Sorting clothing for a washing machine. Try to group clothes by fabric, colour, and how dirty they are. For example, wash a whole load of lightly soiled items with cold water, rather than adding a pair of overalls that need a heavier cycle
- Cleaning the shower, toilet and rest of the bathroom
- Vacuuming, washing floors and dusting

Personal hygiene

People like you more when you smell good so, keep your body, hair, teeth and clothes clean. In short - have a shower and brush your teeth, at least once a day.

Of all the skill involved in personal hygiene, making it a habit is the one that makes the most difference. It may seem silly but it's important that you have great personal cleaning habits.

If you don't already have solid hygiene habits, start by identifying the areas where you do have solid habits and build on those.

Essentials

- **Soap, shampoo and conditioner:** Keep your hair and body clean and skin healthy by washing with the right soaps and shampoos.
- **Deodorant:** The basic function of deodorant is to combat the funk that your body starts to emit when too much bacteria builds up on your skin.
- **Teeth brushing:** Having clean teeth and fresh breath won't only save you money at the dentist it will make you easier to be close to, stinky breath is not a thing anyone wants to have.
- **Perfume/cologne:** Using an artificial scent is a matter of personal preference. For some it can be attractive, others can use too much and make it off putting. If you want to try experimenting with perfumes and colognes, start by learning how much is too much.

Good to haves

- **Mouth wash:** If you practice proper oral care, mouth wash shouldn't totally be a necessity, but it can't hurt. It helps to eliminate extra bacteria and can help fight cavities. Just make sure you don't use it as a replacement for brushing properly or to mask bad breath. Only solving the underlying problems will help.

Recreation and leisure time

It's really important you take time out of your day to relax, whether that's gaming, reading a book, playing a sport, watching TV or any other interest. Find out the costs of these activities and where you can go to do them.

Identify what you like doing and join a club if there is one.

Self-care & your health

Ōtautahi - Christchurch



During the transition to adulthood, the costs of health and self-care often take young people by surprise. Plan for a safe journey.

Firstly, figure out what you'll need. Identify ongoing need for physical health, mental health and substance abuse services. Make sure you get yourself checked out by a health professional like your doctor, dentist and optometrist as much as possible before you leave home / care.

You'll need to identify supportive adults and friends who can help you stay healthy, including someone who could come to medical appointments and help you find resources if you're unwell.

Prescriptions

Make a list of your current prescriptions.

Determine the cost of each prescription and figure out how to keep them in a safe place.

Research the side effects of stopping prescriptions.

General Health

Know who your GP (doctor) is and where their clinic is.

Make sure that the clinic you use has your medical records if you've used other doctors or medical centres in the past.

Confirm that your immunisations are up to date and find out if will cost for you to see your doctor each time.

Make sure you know as much as possible about your birth family's physical and mental health history.

The visit and your prescriptions will be subsidised with your community services card so make sure you have one – you can get this from WINZ if you meet the criteria.



www.workandincome.govt.nz

Mental Health

If you are feeling depressed or mentally unwell know where to go to get help. The first stop is your GP.

Substance Abuse

Substance abuse is the over use of alcohol or drugs. If you believe you have a problem, then contact **Adventure Development** - they are awesome and will be able to help and support you:



www.adventuredevelopment.co.nz

Be aware of any substance abuse issues and triggers, learn how to best cope with stress, anxiety, depression and other mental health issues. Ask for help when you need it.

Dental Health

Schedule and complete a dental checkout - if possible, find a dentist that you will continue to use and determine how much that will cost on an annual basis.

While you are at school you are entitled to free dental care.

Eye health

Arrange a full eye exam, and plan for meeting future needs (glasses / contact lenses) if required.

Sexual Health

Educate yourself about healthy sexual decision making, prevention and transmission of sexually transmitted diseases, effects of trauma and consent:

 www.bodysafe.nz/consent/

Family Planning has great resources you can check out, pop in there or jump on their website for more information. Family Planning services are completely free for under 22's.

 www.familyplanning.org.nz/

Always! Always! Always use a condom!

Sexually transmitted infections (STIs)

The only sure way to keep yourself safe from STIs like HIV, herpes, gonorrhoea to name a few, is not to have sex. If you decide to have sex anyway, make sure that condoms are used. They are not just to prevent pregnancy, but they are also the second-best defence against STIs.

They can be bought at a pharmacy or supermarket, and obtained cheaply on prescription from your doctor or at a Family Planning Centre.

Joint responsibilities around sex

If you don't want to have children yet, then pregnancy is one of the risks of having sex. Again, condoms used in conjunction with the contraceptive pill is your second-best protection.

There isn't one form of contraception that is 100% guaranteed to work.

Smoking

Smoking is expensive. Very expensive, and very bad for your health: the best advice is not to start.

However, if you are a smoker and want support to quit you can find helpful information here:

 www.quit.org.nz

Quitting smoking is probably the hardest addiction to quit, it's not so much the body's physical addiction to nicotine that derails attempts but it's how your mind just WON'T STOP THINKING ABOUT IT.

Something that can work to keep you motivated in quitting is keeping all of the money that you aren't spending on smokes in a separate place, in a month you'll have over \$200 maybe even as much as \$400, in a year that could amount to nearly \$5,000!

First Aid

Learning the difference between what you can handle and/or are comfortable handling and when you need help. Make sure you know how to call Healthline and how to recognise things like sprains and alcohol poisoning and know when it's time to call an ambulance.

 healthline.govt.nz
0800 611 116

Transportation

Ōtepoti - Dunedin



Determine your needs:

What type of transport will you have for school, employment, medical and other appointments and to maintain connections with family and community (including family visits, church, recreation etc)?

Compare your options, do a cost comparison of public transport vs owning your own vehicle. Consider convenience and how much you need to travel.

Public Transport

Research and practice using the bus service. You can find a current timetable on your local city council website.

Driver's Licence

A driver's licence is a useful tool for work; many jobs will not accept applicants who do not have one.

A learner licence is the first step in New Zealand's three-step driver licensing system. It's a theory test that you must pass before learning to drive.

If you're under 18 you'll need to have a guarantor to buy a car.

There is more information on this in the appendix.

Emergency transportation

Identify emergency transportation options in case of medical emergency or if your first plan for transportation fails.

In case of medical emergency dial 111 and ask for an ambulance.

Practice map reading skills or learn to use online resources to retrieve directions eg: google maps

Community, culture, and social life

Waihōpai - Invercargill



You have an important role in society.

What you do, what you accomplish, what you are exposed to has an effect on, not only your personal future, but the future of society as a whole.

Every generation grows up in a completely distinct world. Just because you are young doesn't mean you aren't capable of creating change and improvements in your community.

Peer support

Develop a group of positive friends who share your values. Build your relationship skills, if necessary. Understand how peer support is different than relationships with adult supporters.

Sport

Develop your own interests in sport, find out what you like doing and join a club.

Culture

Identify and research your own culture or ethnicity. Develop your own cultural customs. Connect with culturally specific events and services in your community.

Church

If religion and spirituality is important to you find out how you can connect to a church or spiritual group.

Get a mentor

Get connected with one or more adult mentors to develop long-term relationships to serve as role models in areas such as employment, transitional life skills, social support and friendship.

Become a mentor

If you are prepared and supported to be a mentor through a program becoming a mentor can instil confidence, creates bonds among youth and provides you with an opportunity to teach what you have learned – reinforcing your knowledge.

Community

Find opportunities to play an active role in community life, which often take place in school settings. Locate groups and organisations for volunteering, leadership and community service. Get connected with community resources.

Online Safety

Your online safety is as important as your physical and mental safety, be aware that at any time you could be recorded, keep your mobile phone safe and ensure it has pin access, apply the same measures to your computer.

Alcohol Safety

Be smart at parties, monitor your alcohol consumption and be a good friend. Involve your transition team on your safety plan, ask one of them to be your emergency

Age matters

At any age: you can have sex education, be supplied contraceptives, apply for a protection order (with family court or a lawyer) against someone abusing you, consent to or refuse a legal abortion, say no to touching you don't like, go on a demonstration, go to the disputes tribunal, join a union, you cannot be discriminated against on grounds of gender, sexual preference, ethnicity, marital status, religion, belief, must tell the police your name, age and address if asked to, own land.

At five years old: you can attend school

At ten years old: you can be charged with murder or manslaughter

At age fourteen: you can cease to be a child and become a young person and babysit.

At age sixteen: you can leave home if you have a place to live and a means of financial support, decide which parent you want to live with if they are separated, take a full time job, be entitled to the youth rate of pay, leave school, apply for a passport, obtain a student pilot's licence, consent to sexual intercourse, consent to or refuse to consent to medical treatment, get married with your parents' permission, not be discriminated against on account of your age, apply for independent youth benefit, obtain a firearms licence, not be forced to leave the country against your will. Apply for a learner drivers licence sell goods to a second-hand dealer.

At age eighteen: you can bet on races, change your name by making a statutory declaration, join the armed forces, obtain and operate a credit card, operate a cheque account, obtain heavy traffic licence, vote in parliamentary and local elections, stand for parliament, stand for local council, apply for domestic purposes benefit, with photo ID buy alcohol, drink in pubs and restaurants, borrow money, enter into and be held to legally binding contracts, make a will, occupy tenancy of a flat or rental property without permission of the tenancy tribunal or a guarantor, get married, buy fireworks, buy cigarettes and Scratchies.

At age twenty: you can be free of the decision-making power of your parents or guardians, operate a bus, taxi or ambulance (if you have the appropriate license), sit in a jury and go to a casino in New Zealand.

Find out more here:



www.youthlaw.co.nz

Potential Roadblocks

There are a few things that can make the transition to adulthood more difficult, if you have any of these challenges (or all of them) it doesn't mean that you won't be successful, it just means you may need more support and planning to overcome the challenges.

Think about how you might be able to improve your odds of success (or your readiness score) by preparing more in other areas (for example increasing your education or life skills training).

1. Age

It's almost always a disadvantage to leave home too soon. Try and develop, learn and mature with the support of caring adults.

2. Substance abuse and addiction

Some teenagers have parents with drug or alcohol dependency problems, which can contribute to a genetic tendency toward addiction. When you are moving to independence you should take conscious steps to avoid the dangerous pitfalls of alcohol and drug abuse.

3. Smoking

Smoking is a high-risk activity that can cause significant health problems, not to mention it is very expensive.

4. Jail or criminal record

Youth who avoid illegal behaviour are more likely to stay safe and succeed as adults. Convictions make it very difficult to rent a flat or obtain employment, which may need to be taken into consideration when rating your readiness.

5. Young parent

Teens and young adults who have become young parents often face tremendous challenges. You should understand that it is highly advantageous to establish yourself with education, housing, career, finances before becoming a parent. If you are a teen parent, it is very important that you work to gain an advantage in other areas if possible.

6. Disability

Young people who have physical, developmental, learning or mental health disabilities may have additional difficulties transitioning to adulthood. Look for additional resources that might be available to assist young people with disabilities.

7. Opposition

Family, work, friends: how will you overcome any opposition from these people?

Before you leave home...

Most young people know that it is important to have a plan before leaving. But each year, we hear from youth who have left home and lost out big time, and regret that they didn't have the information they needed to make an informed decision.

Don't let this happen to you. At the very least make sure you've checked these four items and know what you're getting into before you start your journey to independence.

1. Find out if you'll lose benefits – including money to help you succeed – if you leave before turning 18.
2. Check if you can go back home if you want or need help.
3. Have at least one 'go-to' person. It should be someone that is willing to mentor you through tough situations and will provide you with a way to contact them 24/7 in case of an emergency.

1st go-to person: _____

Their contact details: _____

2nd go-to person: _____

Their contact details: _____

4. Read the checklist on the next page, things you should have before you leave home (at the very least you'll know what you're missing).

Checklist

There are a lot of things you will need to do to prepare for independence, these are some of them.

- Decide what part of town would be the best to live in based on access to shops and courses.
- Make an appointment to see a Work and Income Case Manager and find out the processes for obtaining a benefit or finding work. Find out what your entitlement is.
- Visit course providers in your area, find what courses are on offer, when they start and decide which one you want to do and enrol in it.
- Go around second-hand dealers and price furniture etc for a flat.
- Visit a budget advisor, and ask them to help you develop a budget.
- Visit the doctor and dentist to ensure you have a clean bill of health.
- Join the public library if you are not already a member.
- Try and get as much work experience as you can.
- Prepare a Curriculum Vitae.
- Obtain a copy of your Birth Certificate.
- Get an IRD number.
- Open a Bank Account.
- Write a shopping list, go to supermarket and work out what it would cost for you to do a weekly shop.
- Write some lists of useful people who can help you become independent.
- Write a list of family members and how you can contact them.
- Think about the things that could stop you from becoming independent, talk about them with the relevant people and decide how you can stop them getting in the way.
- Buy a road code (or look at it online) and find out how you can get your driver's licence.
- Visit a Tenancy Service: How old do you need to be to sign a lease? If you are not old enough, what do you need to do to get a flat? What are the different types of leases? What are your rights as a tenant? What are your responsibilities as a tenant?
- Apply for a community services card
workandincome.govt.nz/products/a-z-benefits/community-services-card.html

