

Overview

This standard outlines the requirements for supporting children and young people to prepare for adulthood, citizenship, and independence. It includes supporting children and young people in accessing support, advice, and information about these areas. This involves identifying the skills and abilities necessary for effective citizenship and adulthood and preparing children and young people for independence and future transitions such as education, employment, health, housing, social interactions and relationships.

Performance criteria

You must be able to:

1. access support, advice and information to prepare children or young people for adulthood, citizenship and independence
2. promote inclusive environments where children or young people feel valued and respected and supports decision making, positive risk taking and a rights-based culture
3. encourage children or young people to share their thoughts, feelings and concerns about adulthood, citizenship, and independence
4. build relationships with children or young people to develop trust and open communication
5. provide the right support for the level of independence and development of children or young people
6. work in partnership with children or young people to identify their aspirations
7. work in partnership with children or young people to identify outcomes in preparing for adulthood
8. explore with children or young people their motivations in achieving outcomes and how they can influence change in their lives
9. work in partnership with children or young people to identify their skills, abilities and strengths in preparing for adulthood, citizenship and independence and plan the steps needed to achieve their outcomes and aspirations
10. work with children or young people to identify and overcome challenges to achieving their outcomes and aspirations
11. work in partnership with children or young people to plan resources, information, services, and community support
12. support children or young people in setting criteria and actions to monitor and evaluate the outcomes
13. agree on how plans will be recorded, shared and who will have access to the information
14. support children or young people and others to implement and monitor plans against set criteria and actions
15. support children or young people to build relationships, resolve conflicts and develop resilience with challenges and setbacks
16. encourage children or young people to understand perspectives of others and show dignity, kindness and compassion

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17. connect children or young people with positive role models who can provide guidance and support in navigating transitions
18. support children or young people to develop emotional regulation during times of transition or change
19. work with different agencies and services to ensure smooth transitions
20. recognise and reinforce the efforts, strengths and progress towards the outcomes for children or young people
21. empower children or young people to evaluate their outcomes
22. complete records and reports required on your work with children or young people
23. reflect on how you carried out your roles and responsibilities to promote adulthood, citizenship, and independence

Knowledge and understanding

You need to know and understand:

1. where and how to access support, advice and information to support children and young people to prepare for adulthood, citizenship, and independence
2. strategies for building trusting relationships and open communication with children and young people
3. how to create a safe and supportive culture which promotes decision making, positive risk taking and rights
4. how to align the level of support needed for children and young people as they develop independence
5. the emotional, social, and environmental factors that affect children and young people's preparations for adulthood, citizenship and independence
6. how to apply trauma informed principles to engage with children and young people
7. methods of engaging children and young people in exploring their future aspirations for education, employment, health, housing, social interactions and relationships
8. how to support children and young people to see themselves as successful, confident, responsible citizens and effective contributors to society
9. the skills, abilities and strengths children and young people will need to plan and prepare them for adulthood, citizenship and independence
10. how to create achievable and effective plans
11. the social, socio-economic, environmental and physical challenges faced by children and young people preparing for adulthood, citizenship and independence
12. the practical skills and knowledge that are relevant to adulthood, citizenship and independence
13. the indicators that can evidence that children and young people are ready for adulthood, citizenship and independence
14. strategies to support children and young people build relationships, resolve conflicts and develop resilience
15. the importance of dignity, kindness, and compassion in preparing children and young people for adulthood, citizenship and independence
16. strategies to support children and young people to develop skills to regulate their own emotions
17. the influence of neurodivergence and additional needs on preparing for

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18. how to support children and young people who are carers to prepare for adulthood, citizenship and independence

19. how to use digital tools and devices in preparing children and young people for adulthood, citizenship and independence

20. the role of strengths-based approaches in preparing children and young people for adulthood, citizenship and independence

21. the importance of empowering children and young people to resolve problems and setbacks

22. how to seek support, advice and guidance when children and young people are unable to resolve problems and setbacks

23. the records and reports required for promoting adulthood, citizenship, and independence

24. theories relevant to adulthood, citizenship, and independence

25. the relevant legal requirements, standards of practice, framework and guidance for promoting adulthood, citizenship, and independence

26. the workplace requirements for equality, diversity, inclusion, and rights when promoting adulthood, citizenship, and independence

27. how to work with in partnership with others to promote adulthood, citizenship and independence

28. how your personal experiences and unconscious bias may impact when promoting adulthood, citizenship, and independence, and how to address this

29. the role of supervision, reflective practice and learning and development in promoting adulthood, citizenship, and independence

Glossary

The glossary for this National Occupational Standard is available on the Skills for Care and Development website.

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