



Easy Read

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hi-hope handbook

Information and opportunities for young people in the Highlands.

Education, Training and Jobs



Enjoying Life



Health and Support



My Rights



A Home of My Own



Friends and Feelings



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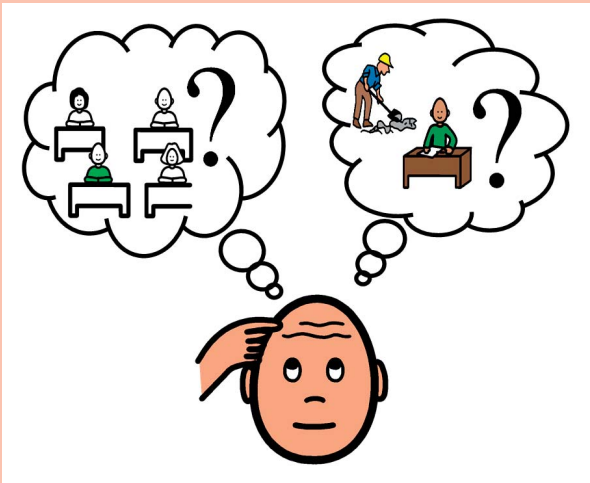
Education, Training & Jobs



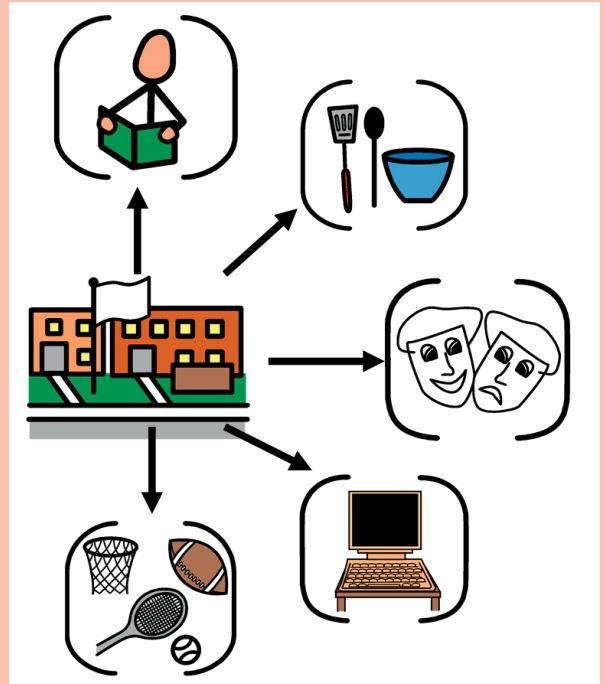
When you are at school it is difficult to know what will happen when you leave.



A teacher or careers advisor can speak to you about the choices you have.



It is difficult to know what things you might do.
Other people get jobs or go to college – can you?



They can tell you about college, and arrange a visit.
You can find out about what happens there.





Education, Training & Jobs

They can tell you about what types of jobs there are, and how you might go about getting one.



They can tell you what help you can get so that you can work.



For example, supported employment.

Supported employment is when you have help to find a job and to do a job.



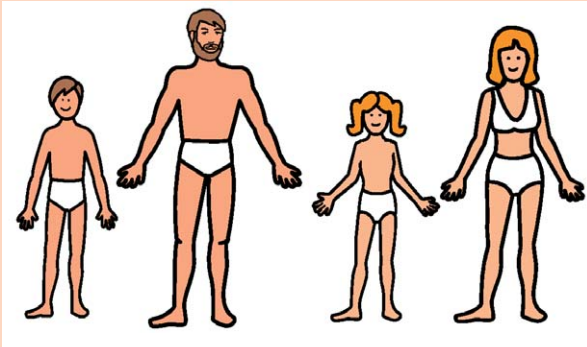
You could have help from a Job Coach.

A Job Coach is someone who will support you and show you how to do a job.





Friends and Feelings



Between the ages of 9 and 16
our bodies change.
This happens at different ages
for different people.



You can feel differently about
yourself and others too.

Your body changes because
you are going through
puberty.

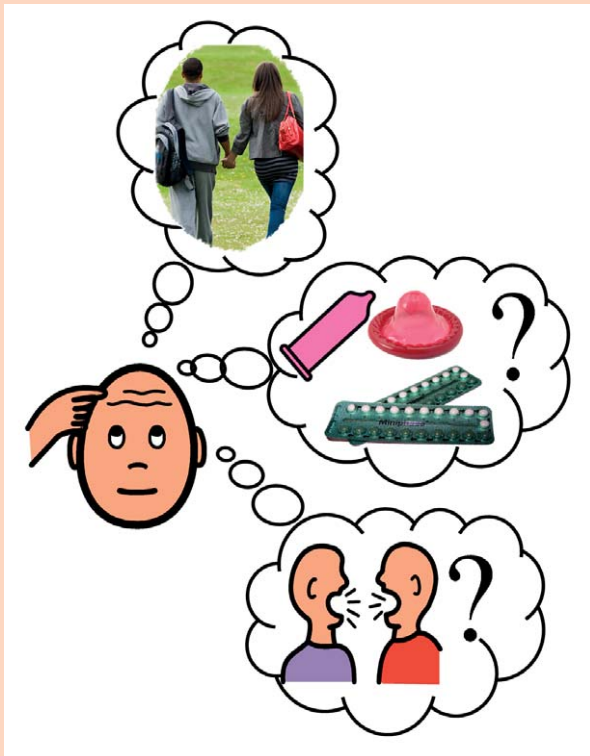


This means that your body
becomes able to have sex and
make a baby.





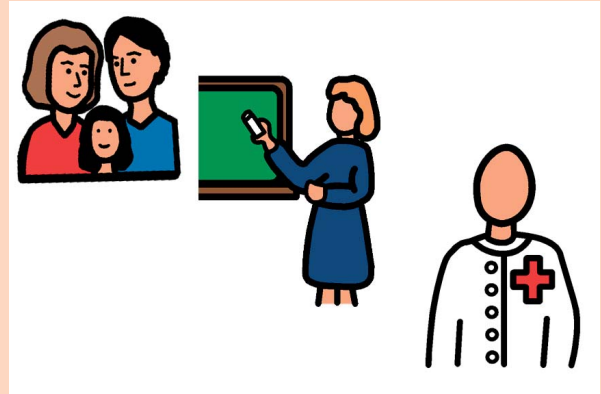
Friends and Feelings



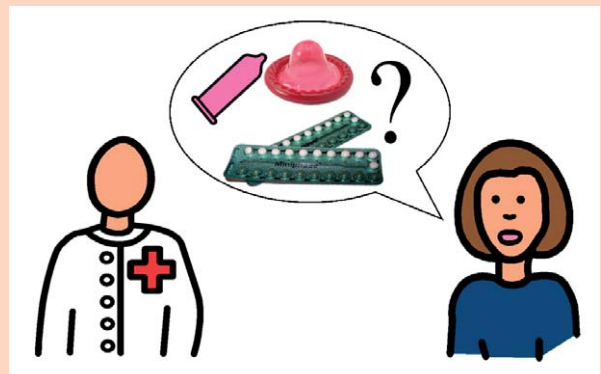
There are many things you might want to find out about like;

- Having a relationship.
- Having safe sex.
- The changes to your body.
- What your feelings mean.

You can talk to someone who you feel comfortable to talk with.



It is very important that you find the right person to talk to. This may be a parent, or a teacher, or a nurse.

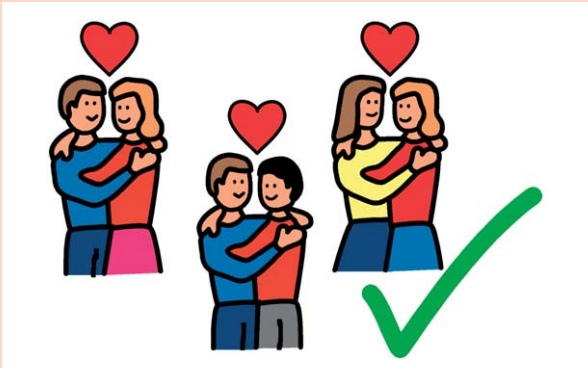


You can talk to someone who can explain things clearly. Again, it's your choice.

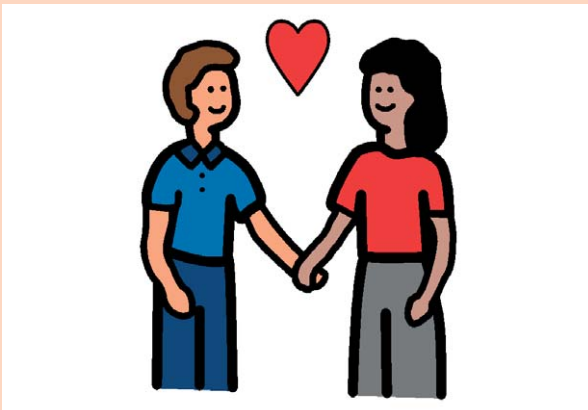


Friends and Feelings

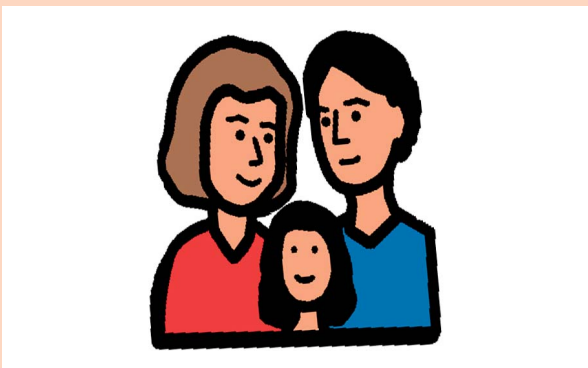
You can have different types of friendships and relationships. You can decide if you are attracted to men or women, or both.



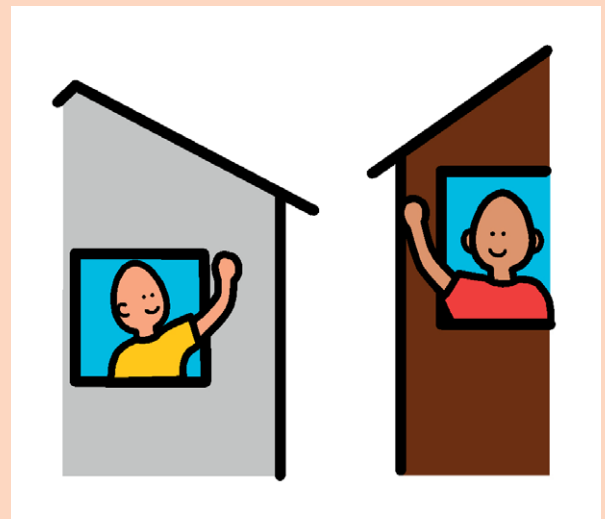
Friendships and relationships can be with:



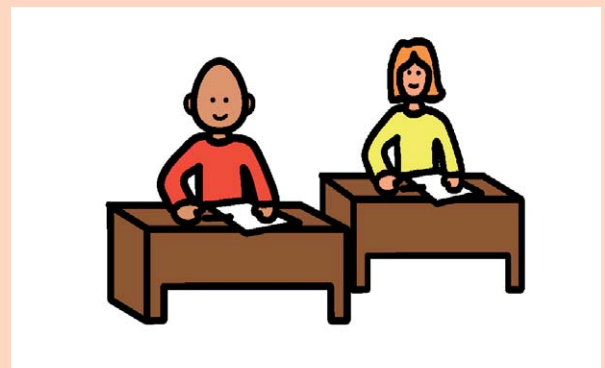
- A boyfriend or girlfriend.



- Family.



- Neighbours.



- People you work with.

These relationships can be good for you. They can be fun and supportive too. But sometimes these relationships can be difficult. There are different organisations that can help you.





Enjoying Life



Everyone likes to have interesting things to do, whatever age we are.



As you grow up you need to be active to stay healthy and happy.



Lots of young people like:

- Going out



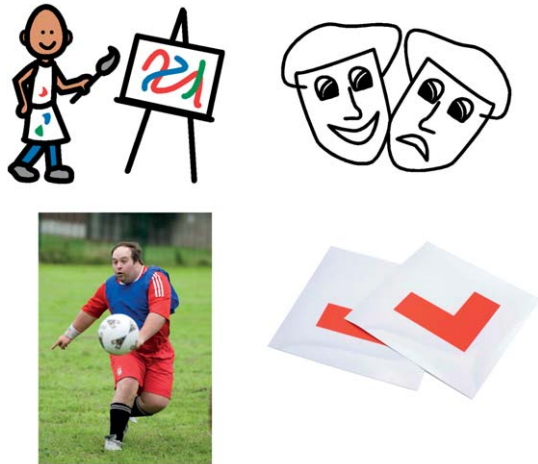
Lots of young people like:

- Dancing
- Music





Enjoying Life



Young people can get involved in:

- Art
- Drama
- Playing sport
- Learning to drive.

Everybody seems to have something different that they enjoy!



Sometimes young people need personal help to do the things they enjoy.

You may be able to get that help through Social Services.



Self Directed Support may help to give you more independence and choice to get help.





My Rights



When you become 16 and 18 years old you are given adult rights.



This means they are allowed to do adult things like:

- Get married at 16



- Vote in elections at 18



- Drink alcohol at 18.

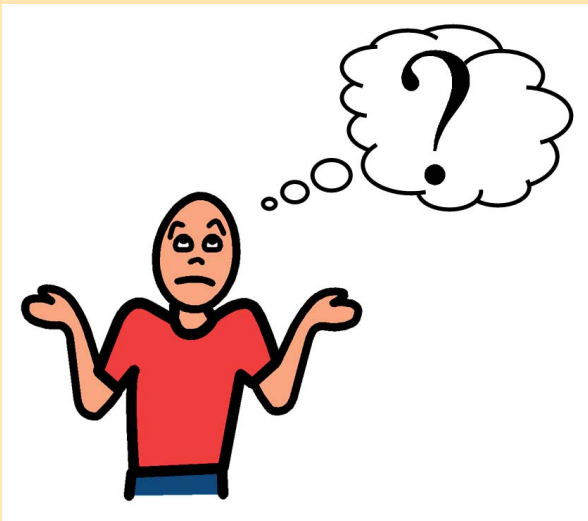
The law says you must be 18 years old or older to buy alcohol from a shop or pub.



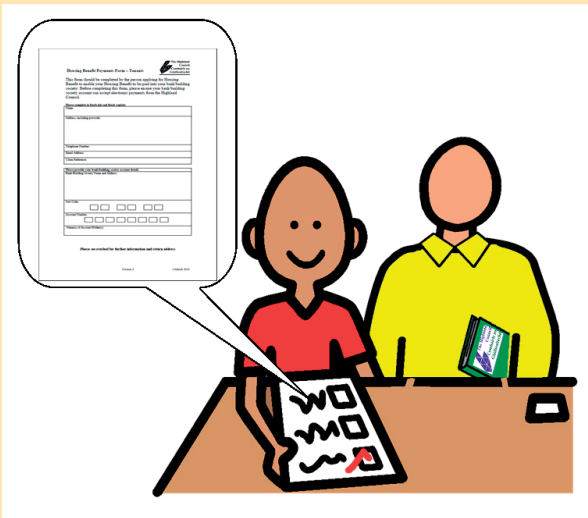
If you want to buy alcohol, you can use a Young Scot National Entitlement Card to show you are over 18 years old or older. You can get these from your school or a Highland Council Service Point.



My Rights



Everyone has these rights but some people need help to make decisions in their life.



The government gives money to people called benefits. When you turn 16 years old, you are allowed to look after your benefits.

You can have these benefits paid into your bank account, if you have one.

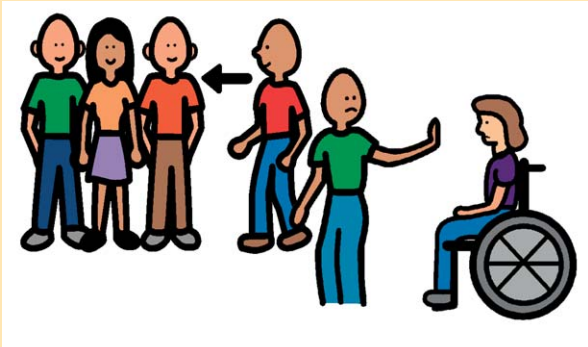


You can get help to open a bank account and to fill out any forms.

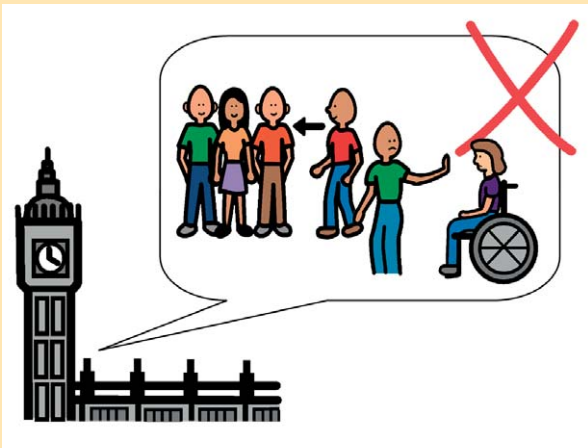
You need to know where to ask for that help.



My Rights



Many disabled people are not treated equally.
That means they are not treated the same as everyone else.



The Government and the law say that this should not happen.



Highland Children's Forum
Listening to children and young people,
speaking with policy makers



You can join groups of people who work together to make things better and more equal.



Health and Support



Sometimes you can get into difficulties with the things you do.



You might meet people who do bad things to you which make you feel unhappy.



You might have problems with alcoholic drinks or illegal drugs.

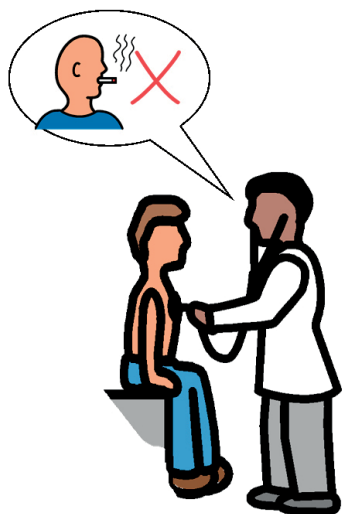


Some people may make you feel bad about yourself – these people are called bullies.





Health and Support



It is important to get the advice and support to keep safe and healthy.

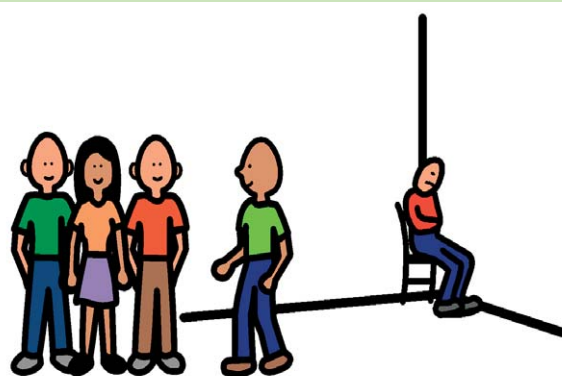


People can give you advice on things like:

- Illegal drugs
- Alcoholic drinks



There are lots of people who can help you make the right decisions in life.

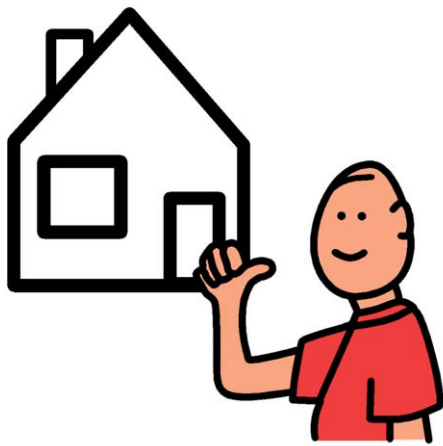


People can also give you advice on things like:

- Feeling sad or depressed
- Eating problems
- Loneliness



A Home of My Own



Some young people are happy to stay with their families.

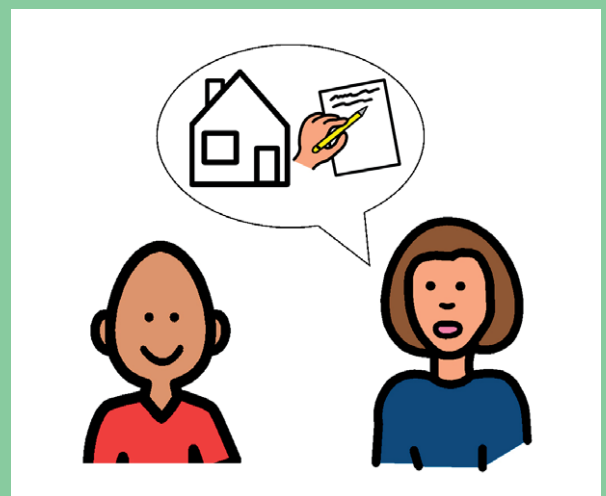
Some parents want them to leave. Some parents do not.



Often they want to be independent and stay with people their own age.



Some young people want to leave home.



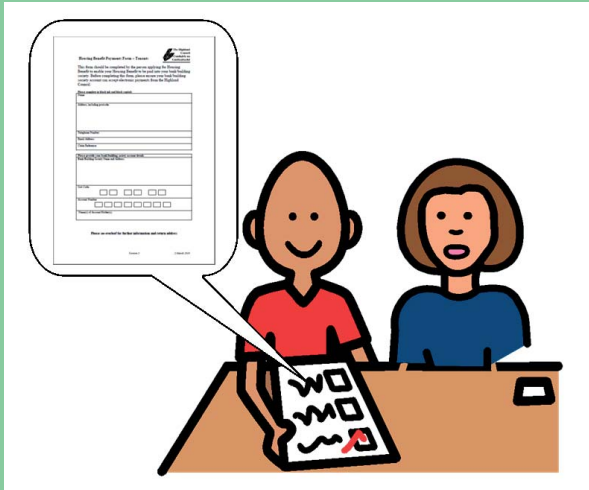
If you are thinking about leaving home you can get advice and practical help from a Social Worker.





A Home of My Own

There are people who can help if you do not have a home.



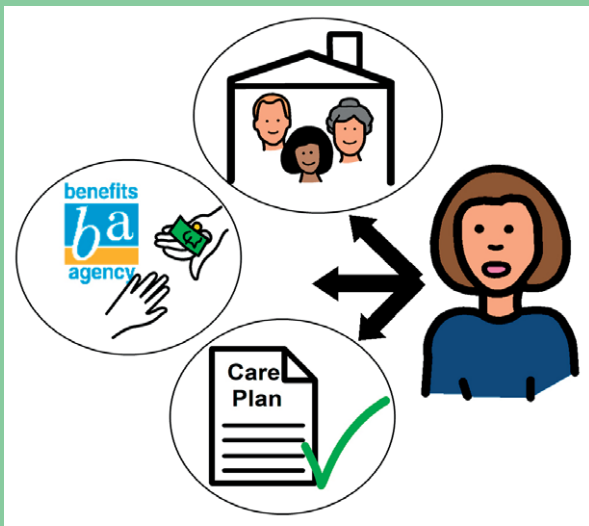
They can tell people that you want a home of your own and make a housing application.

There are lots of things to think about like:

- Looking after your money.
- Buying food at the shops.



There are people who help you live in your own home. These are called Housing Support Providers.



Sometimes they can arrange the help you might need to live there.





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Office for Disability Issues

www.odi.gov.uk

NHS Health Scotland, 2009

Zoom, Scottish youth health photography project.

High Life Highland Youth Team

Thanks for the Young Scot ID Card photo.

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- Let us know if information is out of date or no longer exists.
- Tell us if there is anything that we can include.

Get in touch with us by calling the Administrator on: **01349 868211**

Or you can email us at: **info@hi-hope.org**

Or you can write to us at: **The Administrator, Education Centre, Castle Street, Dingwall, IV15 9HU**

If you don't have a home computer, you can access a computer at the public libraries and ask for help at the Service Points.

• Public Libraries

There are 40 public libraries across the Highlands plus 8 mobile libraries all of which are accessible. It's quick, easy and free to join and you can use any library once you are a member. Most libraries have computers for you to get online, email, create documents.

www.highlifehighland.com

• Use the Service Point

Service Points will be able to print small amounts of information from the handbook for those who have a disability which prevents use of a computer or who have difficulty accessing a computer.

For more information telephone: **01349 886 606**

www.highland.gov.uk/livinghere/servicepointnetwork

