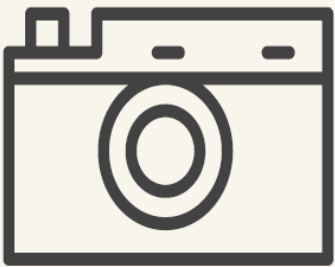


BOOST-A

— Parents' & Carers' Guide —

3 tips to make the most of the program!



1. Focus on the **BIGGER PICTURE**

Your teen may find it a challenge to think about life after school. Getting them involved in planning and giving them real life experiences will help with this.

2. Encourage them to **DREAM BIG**

If your team believe your teen will do well, they are more likely to! It might be seem scary to encourage teens to dream big. But if you encourage them to aim high, even if they miss the mark, they will still end up in a good position.



3. Help your teen **GET INVOLVED**

This will help them to develop their self-esteem and resilience. Teens involved in planning are more likely to succeed after school. This can be tricky for teens with autism, so they might need encouragement!

Tips for along the way

About Me

Identifying your teens strengths and interests.



Help Them Out

Help them complete this section. They might find some parts tricky.



Focus on Strengths

Teens are happier to get involved when we focus on the positives!



Break It Up

This is the longest section, so you can take breaks, or do it over a few days.

Booking the Meeting

This is the MOST important part!



Book the Meeting

Email or call the team to book the meeting. Provide options for the meeting time and place.



Follow-up

You may have to contact your team a few times to book a meeting. They will appreciate the reminder!

At the Meeting

Keep the momentum going!



Focus

The team may get side-tracked. Make sure the focus is on gaining skills to succeed after school.



Book in Advance

At all meetings, book the next meeting BEFORE you leave. This is much easier!

Goal Setting

To help your teen get the skills to succeed after school!



Hands-on Experience

Real life experiences are the key to helping your teen succeed when they leave school.



Work

Part-time work & work experience may seem like too much for them, but it will teach invaluable job skills.