My next step in independence: a shared plan

Print this sheet, or talk through the prompts together. Use only the parts that help. Keep completed copies private.

Complete this with your teenager for one specific activity. It is a planning aid, not a legal permission form or a promise that every risk has been removed. Adapt it to their needs and the actual place involved.

The request

What I would like to do: _____

Why it matters to me: _____

What my parent or carer needs to understand: _____

The main concern we need to address: _____

The practical plan

Where and with whom: _____

How I will get there and back: _____

Agreed time or check-in point: _____

Support or access arrangements: _____

Continue: My next step in independence: a shared plan

If something changes

If transport is cancelled: _____

If I cannot use my phone: _____

If the group changes the plan: _____

If I feel unsafe or want to leave: _____

Do not write account passwords or sensitive details on a sheet that might be lost. Make sure useful contact information is available in an appropriate way.

What we agree

The step we will try now: _____

A smaller option if needed: _____

What each of us will do: _____

Our help-first agreement: “If you need help to be safe, contact me. We will deal with immediate safety first and talk about anything else afterwards.” Adapt this to an arrangement you can honour.

Our review

What worked: _____

What did not go to plan: _____

What we will change next time: _____

Review the situation rather than scoring your teenager’s character.

Browse all free resources.

More help for your family

Move from a broad argument about trust to a specific plan, including what happens if things change.