



Independent Travel Training Fact Sheet – Communication Skills

This fact sheet provides some advice for parents on how to develop your child/wards awareness of their communication skills in preparation for travelling independently to a new school or post 16 education establishment. Talk through the different elements and take time to practice whenever possible.

Think and Plan

Good communication skills are extremely important to help keep young people safe, enabling them to deal with a variety of situations that may arise when travelling. Thinking about when communication is need and when young people are expected to communicate with others is important to successful independence.

Sharing plans and providing updates

- It is important for young people to share their journey plans with parents/carers so that you know they are safe and happy.
- The whole point of travelling independently is to be independent! Some young people will text parents/carers at every point of their journey, some less so. Think about the balance you would like and discuss openly.

Communicating and Interacting with others

- Young people should be encouraged to think about who is best to approach for help. At TITAN, we call these safer strangers. i.e. bus drivers & train guards.
- Social boundaries are important when travelling. Encourage politeness and awareness of social boundaries. Think about the best way for your child/ward to communicate when travelling, do they need prompt cards, are they anxious about asking for support if required?

Suggested Activities

Take time to discuss how you will communicate with your child/ward when they travel. Talk about examples of safer strangers in the city, town or village where they are Who's best to approach if they needed help? Practice texting/calling often so that they are confident and you are happy with how they communicate with you. Discuss everyday interactions and associated social boundaries.

Further resources and useful links

Use these suggested links to help further improve your child/wards personal safety skills.

<https://kidshealth.org>

<https://youngminds.org.uk>



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