ALDE VALLEY ACADEMY
aldevalleyacademy.org.uk

CHECKLIST

Checklist for supporting a teenager who wants to leave school

- [ ] Listen to what's really driving the decision without dismissing their feelings
- [ ] Contact your local authority's participation team for advice on alternatives
- [ ] Visit college open days together to see whether a different environment might help
- [ ] Search apprenticeship and traineeship vacancies on the government website
- [ ] Speak to your GP if anxiety or low mood is preventing attendance
- [ ] Check that any special educational needs support will transfer to the new setting
- [ ] Let your teenager lead applications and decisions while you provide backup