The HOLT

Living Skills

Programme

Using Public Transport

Bus passes and applications

Reading and understanding a timetable

What to do if something unexpected happens

Online Safety

How to manage privacy settings

When is a friend not a friend

Understanding online risks

Online behaviour and responsibilities

Legal implications of online misbehaviour

Home Care

Managing laundry

Managing cleaning

Staying tidy

Understanding hazards in the home and how to avoid them

Communication

Appropriate Communication

Using AAC

Asking for information

Speaking to give information

Managing Appointments

Making appointments

Attending appointments

Managing timetables to attend appointments

Staying safe

Road Safety

Safety in the home

Safety in the community

Who to contact and when

Cooking

Healthy eating

Cooking within a budget

Safety in the kitchen

Food Hygiene

Budgeting and Shopping

Understanding money

Managing a budget

Shopping wisely

Navigating shops

Personal Care and Presentation

Health and Hygiene

Appropriate Dress

Relationships RSE