

TD's Tips!

Youth Engagement in Transition



What can I do?

1. Reflect on ways that you already participate in your transition and IEP meetings.
2. List ways you want to be more involved in those meetings and decision-making.
3. Talk to a transition team member about how you can become more involved in your meetings.
4. Talk to family members about ways that they can support you during meetings, as well as outside of your meetings.
5. Make a list of items you want to discuss and share at your future meetings.

Pro Tip!

Being actively involved takes preparation. Once you have a list of items you want to discuss at future meetings, practice speaking about them with a close friend or family member. This practice will prepare you to advocate for what you want and need.

How about an ultimate challenge?

Focus on sharing one or two things from your list at each transition and IEP meeting. By focusing, your team will have time to reflect and offer feedback, so specific action can be taken to support your growth in those areas.



This tip sheet is aligned to the “Youth Development” lesson plan. You can search in the “resources” page on [transitiondiscoveries.org](https://www.transitiondiscoveries.org) to download it!