



LEICESTER SHIRE

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## **Surviving teenage life at 16+**

Local young people are benefiting from a new publication produced to support them with issues that affect them.

The booklet, “How 2 Survive at 16+”, is the only guide of its kind produced locally, giving information and advice on the things that affect young people’s lives such as careers, health, employment, money, housing and relationships.

As well as straightforward facts and advice, the booklet has lots of suggestions on where to go for more detailed information. It includes web links and telephone help lines to put young people in touch with organisations that can help.

Rosemary Beard, Chief Executive of Connexions Leicester Shire said: “Being 16 can be an exciting time. ‘continues’

New opportunities lie ahead and young people have more independence to make their way through life. It can also be a stressful and emotional time with big decisions to make and issues to deal with. This publication will help young people at this time.”

Copies of the booklet can be picked up from Connexions centres or downloaded from the Connexions website at [www.connexions-leics.org/library](http://www.connexions-leics.org/library).

Ends.

**Further Information and Photography from**

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**Notes to Editors**

1. More information on Connexions Leicester Shire is available from <http://www.connexions-leics.org/>
2. Connexions is available across all 47 regions of England (based on the Learning and Skills Council areas)