



**COMPASS**  
Change, made easy

Big changes - like leaving school or planning for the future - can feel scary if you're not sure what's coming next. Compass can help.

### What is Compass?

Compass is an online tool that helps you understand the transition to adult life, and work out what matters to you. There are two versions - one for young people, and one for parents and carers of young people with additional support needs.

"Any parent in our situation would find it helpful."

*Jennifer, Falkirk*

### How can Compass help?

- |                    |   |
|--------------------|---|
| <b>PLANNING</b>    | Helps you work out what's important and be more certain of your choices.              |
| <b>INFORMATION</b> | Links to information about the topics that matter to you.                             |
| <b>CONTROL</b>     | Helps you share your views about decisions that affect you, and keep things on track. |
| <b>FEEDBACK</b>    | Gives you an anonymous way to tell people what is working and what could be better.   |



## Getting started

You can use Compass on any device connected to the internet - a smartphone, tablet, iPad or laptop.



Visit [www.pn2p.scot/compass](http://www.pn2p.scot/compass) or type the link into your browser for resources to help you get started, tips and answers to frequently asked questions

## Still have questions about Compass?

Come to one of our sessions for parents and carers.

**Wednesday 14 September, 11.00am-12.00**

Online. To sign up contact [falkirkparents1@yahoo.com](mailto:falkirkparents1@yahoo.com).

**Wednesday 14 September, 6.30-8.00pm (DROP IN)**

Carrongrange High School, Grangemouth.

In person. To sign up contact [falkirkparents1@yahoo.com](mailto:falkirkparents1@yahoo.com).

Hear about the young person's version at <https://youtu.be/7QfpSVeYOI>

"I didn't know so many organisations exist that can help us."

*Vivienne, Falkirk*

Compass is being launched in Falkirk by ARC Scotland as part of the Principles into Practice trial. For more about Principles into Practice, visit the website at [www.pn2p.scot](http://www.pn2p.scot).



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Riaghaltas na h-Alba  
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