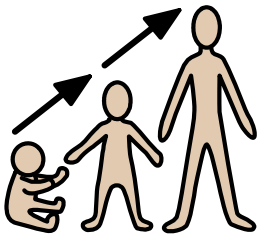
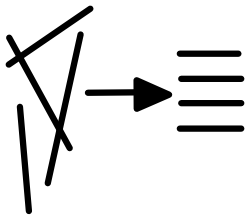


## Keeping organised and safe



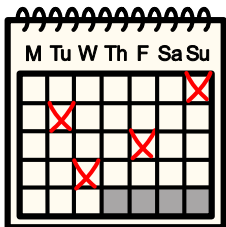
As you grow older, you learn new things. You might start to do things on your own, without your parents being there. This is called becoming independent (said: inn-dee-pen-dent).



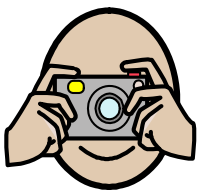
When you do things on your own, you need to keep organised. This means having your stuff in one place and keeping it tidy and up to date. Your parents will know all about this, so ask for their help.



If you have a mobile phone you could use this to keep organised.



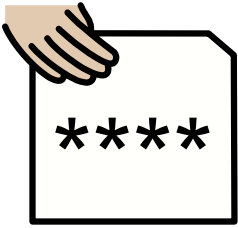
You could use the calendar to know when you have an appointments.



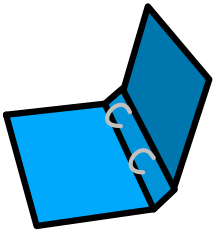
You could take a photo of every letter you get and store in a folder on your phone.



You could set up reminders for when you need to take your medicine.



Remember to have a password on your phone. This will help keep your information safe.



If you do not have a mobile phone, you could use a folder instead. Make different sections for appointments, letters and other useful information.



Everyone should carry information about who to call if you have an accident or some other type of emergency.



On your mobile phone, you could call this your ICE number. ICE is short for In Case of Emergency.



If you do not have a mobile phone, you could order a bracelet or necklace that has your emergency information.



Please ask us if you have any questions.