

ESSENTIAL LIFE SKILLS FOR TEENS



B

Being at Home

Do laundry

Make dinner

Pack a lunch

Make your own appointments

Practice basic home maintenance

I

In School

Be responsible on social media

Recognize quality online sources

Create a schedule & stick to it

Learn to negotiate & compromise

Respect & honor authority

N

Needs & Basics

Create a resume

Apply for a job

Understand first aid basics

Be healthy

Practice good self-care

G

Gain Financial Independence

Pay bills

Understand taxes

Learn about health care

Create a budget & save plan

Create a "get back on track" plan

O

Out & About

Return something to a store

Do laundry at the laundromat

Go grocery shopping

Go to the post office

Be comfortable on public transit