

LIFE SKILLS

checklist

for your teen

Personal health and safety skills

- Basic first aid
- Handling and storing medication
- Filling a prescription
- Personal hygiene
- Managing health insurance
- Locate urgent care or emergency services
- Extinguishing a fire
- Awareness of surroundings

Domestic skills

- Using the oven/stove
- Storing food properly
- Food prep and knife safety
- Washing dishes by hand
- Cleaning and sanitizing
- Washing, drying, and sorting laundry
- Unclog a toilet or sink
- Turning off the gas and water supply
- Hanging shelves or paintings
- Using basic tools
- Changing bed sheets

Other

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Communication skills

- Write a letter
- Write a professional email
- Use the Post Office
- Make a professional phone call
- Scheduling appointments
- Getting to know neighbors
- Creating a resume
- Applying for jobs

Financial skills

- How to use checking & savings accounts
- How to use a credit card
- Understand debit vs. credit
- How to build credit and check credit score
- Make and stick to a budget
- Understand cost of living and how to shop wisely
- Setting up and budgeting for automatic payments
- Tipping properly
- Dealing with a lost or stolen credit card

Navigation and travel skills

- Rideshare safety
- Using a map and GPS
- Using public transportation
- Calling a taxi
- Changing a tire
- Calling for roadside assistance
- Basic auto or bike maintenance
- What to do in an accident