

13-15 YEAR OLD LIFE SKILLS- BY THIS AGE THEY SHOULD BE ABLE TO TO THESE SKILLS

[DATE]

Any from the previous list, plus **Interactions with others**

- ☐ Schedule or cancel an appointment
- ☐ Tip service people
- ☐ Understand how body language communicates to others
- ☐ Use public transportation with a group
- ☐ Demonstrate empathy toward others
- ☐ Talk to teachers about assignments or academic struggles
- ☐ Seek permission for time spent away from home and keep parents notified if plans change
- ☐ Participate in service activities without the family, with supervision
- ☐ Show respect for the opposite sex

Time management

- ☐ Manage homework
- ☐ Be consistently on time for class and school activities
- ☐ Be accountable to parents for extracurricular activities
- ☐ Go to bed at an appropriate time
- ☐ Use a calendar to keep track of important dates

Money management

- ☐ Create and keep a budget
- ☐ Count correct change in a money transaction
- ☐ Understand the difference between a debit and a credit card
- ☐ Take responsibility for cellphone

Organizing and decluttering

- ☐ Able to break down complicated projects into simpler tasks
- ☐ Organize room biannually to toss things that are no longer needed
- ☐ Study for the written driving test independently

Repair and maintenance

- ☐ Mow and trim the lawn
- ☐ Detail a car
- ☐ Help paint and caulk

Household basics

- ☐ Prepare a meal
- ☐ Make grocery lists
- ☐ Shop for groceries
- ☐ Do all laundry tasks
- ☐ Do clothes mending
- ☐ Clean out refrigerator
- ☐ Clean stove and oven

Healthy habits

- ☐ Understand the dangers of drugs and alcohol
- ☐ Eat at least five fruit and vegetable servings a day
- ☐ Eat three meals a day
- ☐ Know what meal portions are appropriate

Decision-making skills

- ☐ Read and decipher fine print, with a parent's help
- ☐ Develop a pros and cons list when making a decision
- ☐ Understand why some laws have been enacted
- ☐ Talk with others about which politicians would be best for office