



Unlock Your Teen's Potential and Build Resilience: Teach Essential Life Skills

Developing character and decision making

Promoting self advocacy

Accept and expect responsibility

Foster community and relationship building

Helpful Strategies to Develop Character and Decision Making

- Focus on character and not product
- Create a safe space
- Digital footprint
- Conversation
- Trust your child
- Assume good intentions

Helpful Strategies to Accept and Expect Responsibility

- Homework, Job and College Applications
- Self expression (dress and hair)
- Chores and jobs
- Staying home alone, Errands
- Budgeting
- Cooking
- Public transportation
- Sleep
- Hold Accountable



Helpful Strategies to Promote Self Advocacy

- Let them hurt, Failure can be learning
- Struggles with friends/school/team
- Nutrition and health
- Practicing digital citizenship
- Share concerns and boundary setting

Helpful Strategies to Foster Community and Relationship Building

- Social opportunities
- Support all relationships
- Sibling relationships
- Go-To people
- Create a safe space



You can use this worksheet to think through any new or challenging opportunities for independence.

Identify opportunities for independence:

Prior planning needed:

Identify concerns/risks:

Ground rules for safety:

Logical consequences:

