**12-15**

* **Daily Living Skills**
	+ ***Telephone Skills***
		- Explain how to use a landline, cell phone
		- Explain texting
		- Discuss importance of programming contact information in case of emergency, ie: Social Worker, Case Worker, next of kin, etc.
		- Tell how to use the telephone in an emergency
		- Explain how to use information (411)
	+ ***Internet***
		- How to use a search engine, ie: Google
		- Explain internet privacy and content
		- Cyber Space Safety
		- Social Networking
	+ ***Transportation***
		- Demonstrate pedestrian safety rules
		- Explain bicycle road rules
	+ ***Nutrition / Cooking***
		- Explain food pyramid
		- Explain Proper care and storage of food
		- Discuss kitchen safety and how to recognize unsafe acts or conditions
		- Discuss how to prepare for emergencies in the kitchen
		- Identify terms and abbreviations used in recipes
	+ ***Home maintenance***
		- Demonstrate kitchen cleaning and maintenance tasks
		- Demonstrate bathroom cleaning and maintenance tasks
		- Demonstrate bedroom cleaning and maintenance tasks
		- Demonstrate Changing bedding
		- Demonstrate General cleaning of household
* **Self-Care**
	+ ***Hygiene***
		- Demonstrate proper tooth brushing
		- Demonstrate proper shower routine
		- Demonstrate appropriate body care (i.e. deodorant, feminine hygiene products)
	+ ***Health***
		- Explain common ailments
		- Demonstrate proper use of a thermometer or thermometer strip
		- Explain puberty
		- Explain how to prevent pregnancy and STD’s through safe sex practices
	+ ***Self- Image***
		- Explain the importance of a positive self-concept
		- Demonstrate proper attire for weather
* **Social Relationships**
	+ ***Personal Development***
		- Explain positive attitudes
		- Explain importance of interpersonal relationships
		- Demonstrate how to be polite / demonstrate respect
		- Demonstrate Appropriate social etiquette
		- Explain and practice 2 types of communication
		- Practice Decision making skills
		- Discuss relationship of problems and feelings
		- Practice self control
		- Discuss choosing friends and how to evaluate friendships
	+ ***Leisure Time***
		- Explore home entertainment opportunities
		- Explore outside activity opportunities( such as sports, organizations, clubs, community events)
* **Money Management**
	+ - Explain the importance of saving
		- Discuss saving vs. spending
		- Determine how to figure the total cost of purchase
* Education
	+ - Discuss the importance of attendance and punctuality
		- Discuss and explain truancy

 **16-18**

* **Daily Living**
	+ ***Telephone skills***
		- Demonstrate texting or media messaging using a cell phone
		- Compare and contrast cell phone plans
	+ ***Internet***
		- Demonstrate use of email
		- Explain Social networking/ Dangers of Social networking
		- Explain dangers of downloading /(i.e. viruses)
		- Demonstrate how to complete a job search online
	+ ***Transportation***
		- Identify public transportation services
		- Explain Taxis
		- Demonstrate how to read public transport schedules (routes)
	+ ***Nutrition / Cooking***
		- Compare and contrast fast food vs home cooking
		- Demonstrate menu planning for a meal
		- Develop a grocery list
		- Demonstrate knowledge of cooking utensils (pots, pans, etc)
		- Demonstrate understanding ingredient measurements
		- Explain various ways to cook items
		- Discuss importance of management of meal preparation
		- Plan and prepare a breakfast
		- Plan and prepare a lunch
		- Plan and prepare a dinner
		- Plan and prepare a meal to take out of the home
		- Demonstrate how to set a table
		- Demonstrate serving food
		- Demonstrate appropriate table etiquette
		- Discuss entertaining guests for dinner
	+ ***Home Maintenance***
		- Demonstrate safety with cleaning supplies
		- Demonstrate floor care (sweeping, mopping)
		- Demonstrate correct laundry procedures
		- Explain how to perform minor clothing repair
		- Explain Safety practices with home repair
		- Discuss proper use, care, safety with yard tools
		- Discuss yard maintenance (raking, trimming bushes, cutting the grass)
* **Self-Care**
	+ ***Hygiene***
		- Demonstrate Shaving safety and techniques
	+ ***Health***
		- Explain knowledge of first aid
		- Explain knowledge of medications and dosages
		- Importance of a regular exercise routine
		- How to establish a regular exercise routine
	+ ***Self-Image***
		- Discuss importance of positive self concept
		- Discuss how exercising can create a positive self image and positive stress management
* **Social Relationships**
	+ ***Personal Development***
		- Discuss appropriate interactions with the opposite sex
	+ ***Leisure Time***
		- Recognize local community resources
		- Plan for entertaining friends at home
		- Discuss volunteer opportunities
* **Money Management**
	+ - Plan a monthly and long range budget
		- Explain how to open a checking and savings account
		- Complete a money order
		- Explain advantages and disadvantages of using credit
		- Explain how to get help with consumer problems
		- Identify various methods of paying bills
		- Explain importance of saving receipts and stubs
		- Maintaining accurate record of balances
* **Housing**
	+ - Discuss importance of personal privacy
		- Discuss housing appropriate to personal needs / income
		- Discuss choosing a roommate
		- Explain respecting roommate’s privacy
		- Discuss “parting as friends”
		- Discuss moving options
		- Explain proper packing skills / arrangements
		- Explain Itemize “start-up” housing costs
		- Explain how to read a lease / rental agreement
		- Discuss landlord / renter rights and responsibilities
* **Career Planning**
	+ - Explain the components of a resume
		- Create a resume
		- Demonstrate how to fill out a job application
		- Discuss the appropriate dress for different job interviews and jobs
		- Demonstrate basic courtesy during an interview
		- Explain the importance of punctuality for work
		- Practice positive time management
		- Demonstrate an ability to follow directions from a supervisor
		- Discuss how volunteering can be a great source for networking
		- Discuss the importance and relevance of networking
* **Planning for the Future**
	+ ***Documentation***
		- Explain how to Obtain an ID card
		- Explain where to get a Social security card, birth certificate, etc
		- Explain how to register for the Selective Service
		- Discuss the importance of maintaining copies of personal documentation
	+ ***Community***
		- Identify services available from State Employment Office
		- Identify services available from Health Department
		- Identify services available from Post Office
		- Identify services available from Public Library
		- Identify services available from Emergency Departments
		- Identify services available from Public Assistance Office
	+ ***Education***
		- Identify schools, colleges, vocational training option available in the community
		- Explain the SAT/ACT
		- Discuss applying to post secondary education
		- Explain the FAFSA
		- Explain tuition assistance
		- Discuss the importance of attendance and punctuality
		- Discuss and explain truancy
	+ ***Health***
		- Discuss options for health care (urgent care centers, health clinics)
		- Discuss choosing a Doctor, Dentist, etc
		- Discuss annual medical exams
		- Discuss options for health insurance