

# 15 LIFE SKILLS FOR TEENAGERS

☐

Money Management

☐

Time Management

☐

Respectful Communication

☐

Organizational Skills

☐

Career Exploration

☐

Educational Planning

☐

Emergency

☐

Navigate Technology

☐

Self- Advocacy

☐

Coping

☐

Decision Making

☐

Self-Care

☐

Interpersonal Skills

☐

Emotional Skills

☐

Health and Nutrition

☐

Home Maintenance

☐

Personal Hygiene

This teenage life skills checklist includes everything from basic life skills, like how to do laundry and make a meal, to more advanced concepts, like how to manage money and stay safe online. Use this checklist to gain the confidence and skills needed to take on the world!

## **MONEY MANAGEMENT**

Money management includes skills like setting up a budget, tracking spending, and understanding credit. Here are some examples:

- Opening a bank account.
- Creating a budget.
- Tracking spending.
- Paying bills on time.
- Saving money.
- Understanding credit and credit scores.

## **TIME MANAGEMENT**

Time management is the ability to learn how to use your time wisely. Some examples for teenagers of good time management is:

- Making a daily or weekly schedule.
- Setting goals.
- Prioritizing tasks.
- Staying organized.
- Avoiding procrastination.

## **RESPECTFUL COMMUNICATION**

Respectful communication involves being able to effectively communicate with others, whether it's through writing, speaking, or listening. Some examples of respectful communication skills are:

- Listening.
- Asking questions.
- Using "I" statements.
- Avoid making assumptions.
- Being open-minded.

- Staying calm in difficult conversations.

## **ORGANIZATIONAL**

Organizational skills are important for keeping track of belongings, papers, and appointments. Good organizational skills can help teenagers in school and in their future careers.

Some examples of good organizational skills are:

- Using a planner.
- Making to-do lists.
- Keeping track of important papers.
- Filing paperwork.
- Cleaning and organizing living spaces.

## **CAREER EXPLORATION**

Career exploration is the process of learning about different occupations and choosing a career path.

Some things that teenagers can do to explore careers are:

- Researching different careers.
- Attending job fairs.
- Shadowing someone in a desired career.
- Writing a resume.
- Filling out a job application.
- Taking career aptitude tests.
- Volunteering in the desired field.

## **EDUCATIONAL PLANNING**

Whether planning on trade school or college, educational planning is a critical skill. Examples of these skills are:

- Researching colleges or trade schools.
- Applying to colleges or trade schools.
- Taking standardized tests, like the SAT or ACT.

- Filling out the FAFSA form for financial aid.
- Scholarship and grant research.

## **EMERGENCY**

Knowing what to do in an emergency is a very important life skills. Important teenage life skills may include the following:

- First aid
- Identifying warning signs of abuse or neglect.
- CPR
- Using the 911 system.

## **NAVIGATING TECHNOLOGY**

Most teenagers are pretty savvy when it comes to social media. Keep in mind they do need reminders to use technology safely such as:

- Being aware of cyberbullying.
- Using social media safely.
- Not sharing personal information online.
- Keep passwords private.
- Make sure to only download apps from trusted sources.
- Backup up important files.

## **SELF-ADVOCACY**

Self-advocacy is the ability to speak up for yourself. These skills can be done by:

- Making decisions for yourself.
- Asking for help when needed.
- Setting boundaries with friends and family.
- Standing up for yourself.
- Expressing your feelings in a healthy way.

## **COPING**

Learning how to deal with stress, anxiety, and other difficult emotions in healthy ways are important coping skills along with:

- Recognize when you need help.
- Asking for help when needed.
- Identifying your support system.
- Practicing stress management techniques like deep breathing or meditation and more!

## **DECISION MAKING**

Being able to weigh the pros and cons of a situation and make a well-informed decision is an important life skill for teenagers. Some examples of decision-making skills are:

- Identifying your goals.
- Gathering information.
- Weighing the pros and cons.
- Making a plan.
- Evaluating the results.

## **SELF-CARE**

Taking care of oneself emotionally and physically, including developing healthy coping mechanisms and seeking professional help when needed. Examples of self care for teenagers are:

- Eating a healthy diet.
- Exercising regularly.
- Getting enough sleep.
- Practicing relaxation techniques.
- Spending time with supportive people.
- Identifying red flags and warning signs that indicate when professional help is needed.

## **INTERPERSONAL SKILLS AND FRIENDSHIPS**

Teenagers find making friends very important. They work on developing strong social skills, and learning how to resolve conflicts. Interpersonal and friendship skills for teenagers are:

- Communication skills.
- Listening skills.
- Conflict resolution skills.
- Empathy.
- Respect.
- Dealing with peer pressure.

## **EMOTIONAL SKILLS**

Managing emotions is a challenge for many teenagers. Emotional skills to master are:

- Displaying appropriate emotional responses to different situations.
- Identifying and expressing emotions in healthy ways.
- Dealing with stress and anxiety in healthy ways.
- Maintaining positive self-esteem.

## **HEALTH AND NUTRITION**

Eating healthy foods, exercising regularly, and understanding the importance of mental health are wonderful life long skills to teach to teenagers.

## **HOME LIFE AND MAINTENANCE**

As adults, maintaining your home life and housing requires the ability to recognize issues. Life skills to teach to teenagers about home life includes:

- Doing laundry.
- Lawn care.
- Cleaning and decluttering your living space.
- Cooking
- Grocery shopping
- Recognize dangers at home.

- Understand when home maintenance or repairs are required for things like the furnace, air conditioners, roof, etc.

## **PERSONAL HYGIENE**

Personal hygiene is important for teenagers to maintain for their health and well-being. Personal hygiene skills to teach to teenagers are:

- Brushing and flossing teeth.
- Washing hands.
- Showering regularly.
- Using deodorant/antiperspirant.
- Maintaining healthy skin and nails.