



# 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:**

---

---

