

A Parent's Guide to TEEN INDEPENDENCE

School and Extra-Curricular Activities Responsibilities

- Completing and submitting homework on time
- Independently waking up on time
- Packing own school lunch
- Packing own school backpack
- Making sure sports/dance clothing is washed on time
- Keeping sports/dance/musical instruments in a place where they can be found when needed
- Making play dates with friends
- Independently asking teachers and coaches for help/guidance/instruction

Life Skills Responsibilities

- Be responsible for own money - and face the consequences when money runs out
- Have a basic understanding of investing money
- Completing chores around the house
- Making a few meals for the family/understanding how to cook
- Be responsible for communicating needs to parents in a timely manner
- Make appointments on one's own
- Work out tricky friendship dynamics on one's own
- Car maintenance, once teen knows how to drive
- The appropriate way to behave online and use the Internet
- Navigate town/city independently
- Interview and get a job
- Apply for college independently

Chores Teens are Capable of and Need to Know

- Basic cooking skills
- Mowing the lawn
- Basic home cleaning skills
- How to clean laundry