

ages 13-15

Any from the previous list, plus

Interactions with others

- Schedule or cancel an appointment
- Tip service people
- Understand how body language communicates to others
- Use public transportation with a group
- Demonstrate empathy toward others
- Talk to teachers about assignments or academic struggles
- Seek permission for time spent away from home and keep parents notified if plans change
- Participate in service activities without the family, with supervision
- Show respect for the opposite sex

Time management

- Manage homework
- Be consistently on time for class and school activities
- Be accountable to parents for extracurricular activities
- Go to bed at an appropriate time
- Use a calendar to keep track of important dates

Money management

- Create and keep a budget
- Count correct change in a money transaction
- Understand the difference between a debit and a credit card
- Take responsibility for cellphone

Organizing and decluttering

- Able to break down complicated projects into simpler tasks
- Organize room biannually to toss things that are no longer needed
- Study for the written driving test independently

Repair and maintenance

- Mow and trim the lawn
- Detail a car
- Help paint and caulk

Household basics

- Prepare a meal
- Make grocery lists
- Shop for groceries
- Do all laundry tasks
- Do clothes mending
- Clean out refrigerator
- Clean stove and oven

Healthy habits

- Understand the dangers of drugs and alcohol
- Eat at least five fruit and vegetable servings a day
- Eat three meals a day
- Know what meal portions are appropriate

Decision-making skills

- Read and decipher fine print, with a parent's help
- Develop a pros and cons list when making a decision
- Understand why some laws have been enacted
- Talk with others about which politicians would be best for office