

Daily Living

Are the following statements like the youth	No	Mostly No	Somewhat	Mostly Yes	Yes
Youth knows where to go to get on the Internet					
Youth can find what they need on the Internet.					
Youth knows how to use an email account.					
Youth can create, save, print and send computer documents.					
Youth knows the risks of meeting someone in person that they met online.					
Youth would not post pictures or messages if he/she thought it would hurt someone's feelings.					
If someone sent the youth messages online that made them feel bad, they would know what to do or who to tell.					
Youth knows at least one adult, other than their worker, who would take their call in the middle of the night if they had an emergency.					
An adult the youth trusts, other than their worker, checks in with them regularly.					
When the youth shops for food, they take a list and compare prices.					
Youth can make meals with or without using a recipe.					
The youth thinks about what they eat and how it impacts their health.					
The youth understands how to read food product labels to see how much fat, sugar, salt, and calories the food has.					
Youth knows how to do their own laundry.					
The youth keeps their living space clean.					
Youth knows the products to use when cleaning the bathroom and kitchen.					
Youth knows how to use a fire extinguisher.					

Self Care

Are the following statements like the youth	No	Mostly No	Somewhat	Mostly Yes	Yes
Youth can take care of their own minor injuries and illnesses.					
Youth can get medical and dental care when they need it.					
Youth knows how to make their own medical and dental appointments.					
Youth knows when it is better to go to a doctor's office instead of the emergency room.					
Youth knows their family medical history.					
Youth knows how to get health insurance when they are older than 18.					
Youth has at least one adult friend or relative who would visit them if they were in the hospital.					
There is at least one adult the youth trusts who would be legally allowed to make medical decisions for them and advocate for them if they were unable to speak for them self.					
Youth knows how to get the benefits they are eligible for, such as Social Security, Medicaid, Temporary Assistance for Needy Families (TANF), and Education and Training Vouchers (ETV).					
Youth bathes (washes up) daily.					
Youth brushes their teeth daily.					
Youth can get away from harmful situations.					
The youth has a place to go when they feel unsafe.					
Youth can turn down a sexual advance.					
Youth knows ways to protect themselves from sexually transmitted diseases (STDs).					
Youth knows how to prevent getting pregnant or getting someone else pregnant.					
Youth knows where to go to get information on sex or pregnancy.					

Relationships and Communication

Are the following statements like the youth	No	Mostly No	Somewhat	Mostly Yes	Yes
Youth can speak up for themselves.					
Youth knows how to act in social or professional situations.					
Youth knows how to show respect to people with different beliefs, opinions, and cultures.					
Youth can describe their racial and ethnic identity.					
Youth can explain the difference between sexual orientation and gender identity.					
The youth has friends they like to be with who help them feel valued and worthwhile.					
The youth is a part of a family and they care about each other.					
Youth can get in touch with at least one family member when they want to.					
The youth has friends or family to spend time with on holidays and special occasions.					
Youth knows at least one adult they can depend on when they exit care.					
Youth knows an adult who could be a grandparent, aunt or uncle to their children now or their future children.					
The youth's relationships are free from hitting, slapping, shoving, being made fun of, or name calling.					
The youth knows what the signs of an abusive relationship are.					
Youth knows what their legal permanency goal is.					
The youth has information about their family members.					
The youth thinks about how their choices impact others.					
Youth can deal with anger without hurting others or damaging things.					
The youth shows others that they care about them.					

Housing & Money Management

Are the following statements like the youth	No	Mostly No	Somewhat	Mostly Yes	Yes
The youth understands how interest rates work on loans or credit purchases.					
The youth understands the disadvantages of making purchases with a credit card.					
Youth knows the importance of a good credit score.					
Youth knows how to balance their bank account.					
The youth puts money in their savings account when they can.					
Youth knows an adult who would help them if they had a financial emergency.					
The youth uses online banking to keep track of their money.					
Youth knows the advantages and disadvantages of using a check cashing or payday loan store.					
Youth knows how to find safe and affordable housing.					
Youth can figure out the costs to move to a new place, such as deposits, rents, utilities, furniture.					
Youth knows how to fill out an apartment rental application.					
Youth knows how to get emergency help to pay for water, electricity, and gas bills.					
Youth knows what can happen if they break their rental lease.					
Youth can explain why people need renter's or homeowner's insurance.					
Youth knows an adult they could live with for a few days or weeks if they needed to.					
There is at least one adult that the youth has regular contact with, other than their case manager or other professional, who lives in stable and safe housing.					
Youth knows an adult they can go to for financial advice.					

Are the following statements like the youth	No	Mostly No	Somewhat	Mostly Yes	Yes
Youth plan for the expenses that they must pay each month.					
The youth keeps records of the money they are paid and the bills they pay.					
Youth knows what happens in their state if they are caught driving without car insurance or a driver's license.					
Youth can explain how to get and renew a driver's license or state ID card.					
Youth can figure out all the costs of car ownership, such as registration, repairs, insurance, and gas.					
Youth knows how to use public transportation to get where they need to go.					

Work and Study Life

Are the following statements like the youth	No	Mostly No	Somewhat	Mostly Yes	Yes
Youth knows how to develop a resume.					
Youth knows how to fill out a job application.					
Youth knows how to prepare for a job interview.					
Youth knows what the information on a pay stub means.					
Youth can fill out a W-4 payroll exemption form when they get a job.					
Youth knows what employee benefits are.					
Youth knows what sexual harassment and discrimination are.					
Youth knows the reasons why their personal contacts are important for finding a job.					
Youth knows how to get the documents they need for work, such as their Social Security card, birth certificate.					

Are the following statements like the youth	No	Mostly No	Somewhat	Mostly Yes	Yes
Youth knows how and when they can see their child welfare or juvenile justice records.					
Youth knows an adult who will go with them if they need to change schools.					
Youth knows how to get help from their school's mental health services.					
Youth knows where they can get help with an income tax form.					
Youth has an adult in their life who cares about how they are doing at school or work.					
Youth can take criticism and direction at school or work without losing their temper.					
Youth knows how to prepare for exams and/or presentations.					
Youth knows where they can get tutoring or other help with school work.					
The youth looks over their work for mistakes.					
The youth gets to school or work on time.					
The youth gets their work done and turned in on time.					

Career and Education Planning

Are the following statements like the youth	No	Mostly No	Somewhat	Mostly Yes	Yes
Youth knows how to find work-related internships.					
Youth knows where to find information about job training.					
Youth can explain the benefits of doing volunteer work.					
Youth has recently talked to an adult who works in a job they would like to have.					

Are the following statements like the youth	No	Mostly No	Somewhat	Mostly Yes	Yes
Youth knows what type (college, trade school) education they need for the work they want to do.					
Youth knows how to get into the school, training, or job they want after high school.					
Youth knows how to find financial aid to help pay for their education or training.					
Youth has talked about their education plans with an adult who cares about them.					
Youth knows an adult who will help them apply for training or education after high school					

Looking Forward

Are the following statements like the youth	No	Mostly No	Somewhat	Mostly Yes	Yes
The youth believes they can influence how their life will turn out.					
Youth can describe their vision for themselves as a successful adult.					
The youth has a good relationship with a trusted adult they like and respect.					
Youth would like to use their experience to help other youth.					
Youth believes their relationships with others will help them succeed.					
The youth feels they are ready for the next phase of their life.					
Most days, the youth is proud of the way they are living their life.					
Most days, the youth feels they have control of how their life will turn out.					

