



# Essential Six Life Skills

For young adults leaving high school

By: Making Small Talk: Bridging the Gap

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# Life Skills:

- We forget to teach them in school
- Great article by Mari-Jane Williams  
[http://www.washingtonpost.com/lifestyle/on-parenting/life-skills-all-teens-should-have-beforegraduating-from-high-school/2013/01/22/bf32fcb8-5c0e-11e2-beee-6e38f5215402\\_story.html](http://www.washingtonpost.com/lifestyle/on-parenting/life-skills-all-teens-should-have-beforegraduating-from-high-school/2013/01/22/bf32fcb8-5c0e-11e2-beee-6e38f5215402_story.html)
- Skills that are needed to stay home alone for the day and make sure that you are taken care of
- Skills that will help the individual get a job and become more independent
- Skills that are essential for health and wellness
- AFLS: Assessment of Functional Living Skills by James W Partington and Michael M Mueller.

# Life Skill #1: Basic and Survival skills in the kitchen

- Planning and preparation of meals
- Safety in the Kitchen
- Portion size and healthy eating
- Skills that we forget to teach:
  - How to boil water and remove safety
  - Using a can opener
  - Using a toaster/toaster oven
  - Basic knife skills
  - Following a simple recipe

# Life Skill#2:Safety Awareness in all Environments

- Kitchen awareness: Hot and cold items including water for washing dishes, taking things out of the oven
- Road Safety/Transportation: when you can accept a ride and from who
- Social Safety:
- Technology Safety: Chat rooms, Facebook, Texting , email and phone

# Life skills #3: Social Skills

- This includes appropriate touch, conversation, people to talk to and dressing
- Who can you touch , when and where
- What are appropriate topics of conversation
- Who do you talk to and who can you ask for help if you are lost
- What is appropriate clothing to wear in public
- “ Being aware of how ones behaviour impacts others and knowing appropriate manners are important for the development of personal relationships. When people demonstrate courteous and respectful behaviour towards others, increased social opportunities naturally become available. Social awareness skills include knowledge of the expectations that people have for behaviours in a variety of settings. Additionally it is important to know how to respond to a variety of social situations including teasing,...seeing the wrong doing of others and knowing how to respond.” AFLS manual.

# Life Skill #4: Healthy Lifestyle

- This includes healthy eating ,hygiene and healthy living
- Appropriate serving size and what should we be eating at each meal
- Restaurant etiquette
- Exercise and what should you be doing each day
- Personal hygiene and how this affect others around us.
- Leisure activities and skills

# Life Skill#5: Money and Budget Skills

- When to spend and when to save
- Who to give money to and letting people borrow money
- Checking for change and how to make change
- Knowing to check debit transaction as they are the same as cash before pressing ok
- Knowing how to give tips and how much to give
- Setting up a budget and shopping

# Life Skill #6: Self Advocacy

- Any person with any ability can be an advocate for themselves and others
- They have the right to stand up for themselves
- It is about being assertive not aggressive and understanding the difference
- How to deal with people when returning items, when food you ordered is not what you wanted etc.
- This can be done by speaking out, using an appropriate volume, standing up for your rights



# Summary

- **Importants of life skills**
  - Working towards independence
  - Functional living skills
  - Social skills
  - Job skills
  - Giving them a filling of self worth

**Questions and comment time**