Name:	Date: _	
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## PARENTS OF TEENAGERS SURVIVAL CHECKLIST

PREPARE COOKED MEALS					COMPARIS	SON S	НОР	PING		
Can your teenagers:	no	some	usually	always	Wearing Apparel					
set a table?				$\sqsubseteq$	Can your teenagers:	ı	no	some	usually	always
fry bacon?			片	片	plan a wardrobe that includes school, leisu	re.				
make toast?	님				and dress clothes?	,				
fry and scramble eggs?	Ш	LI			buy shoes that fit?	[				
recognize basic food groups?					recognize types of materials?	[				
prepare a balanced diet for a day?					check the quality of ite check seams to see	ms?				
prepare a balanced diet for a week?					how well they are constructed?	1	П			
recognize if foods have spoiled?					realize bargains?					
roast a variety of meats?					take advantage of sale	s?				Ц
mash potatoes?					compare prices?					님
make salads?					know to keep sales slip					
cook vegetables?					know how to return it	ems?	Ш			
COMPARISON	SHOP	PING			figure percentages on sales items?					
Groceries					COMPARI	ISON 9	SHOE	DING	5	
Can your teenagers:	no	some	usually	always	Appliances	3011 .	31101	11110		
select fresh fruits and					Can your teenagers:		no	some	usually	always
vegetables?			Ш	أسبيا	compare prices?					
purchase a week's supply of food?					check for quality?					
buy within a budget?					evaluate discounts?					
select quality meats?										
compare prices?					GE	OGRA	PHY			
compare sizes? (can they					Can your teenagers:		no	some	usually	always
recognize that a 12 ounce package of	, S				navigate to most areas of your city?					
bacon is more expensive than a one pound pack- age that is listed at the					name surrounding tov and cities?	vns				
same price?)					use a road map?	٠				
take advantage of sale items?					tell you in which coun they live?	try				
use coupons?					read road signs? ask help in directions?	,		H	$\exists$	H
determine what items have a long shelf-life?					ask netp in directions:					
identify what items spoil quickly?										

IVIALI MEIV	IMII (C.)	)				710	some	usualiy	aiways
Can your teenagers:    add?    subtract?    multiply?    divide?    figure averages?    figure percentages?    make change for one dollar?    make change for ten dollars?    make change for one hundred dollars?    tell time?		some	usually	always	replace a fuse? replace a door hinge? replace a door knob? hang a picture? paint a room? paint trim on a house? clean out guttering? mow the yard? trim around walks? use insecticides safely? store tools? put up a shelf? set a thermostat? replace and clean furnace				
measure in inches? measure in feet? measure in yards? recognize common measurements and compare them? Such as: a teaspoon?					and air-conditioner filters? defrost a refrigerator? clean the stove and oven? replace light bulbs? get a key made? clean the house:				
a tablespoon? a cup? a pint? a quart? a gallon?									
<b>READI</b> Can your teenagers read:	N <b>G</b> no	some	usually	always	be laundered and which dry-cleaned?				
a novel? the daily newspaper? directions on medicine bottles?					wash and iron clothing? tell which cleaning fluids are best for what jobs? do simple mending and				
directions on detergent boxes?					sew on buttons? contact the landlord or a				
cookbook instructions? monthly statements? traffic signs and symbols?					professional for more serious problems?  APPLIAN	CES			
an index in a book? and use a telephone book? and use the white pages? and use the yellow pages? and use the encyclopedia? and use a library?  HOME MAIN Can your teenagers:	TENAI		usually	□ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □	Can your teenagers operate: a toaster? a stove? a vacuum sweeper? a dish washer? a clothes washer? a clothes dryer? a lawn mower? a garbage disposal?	2	some	usually	always
replace a light switch? check the safety of an extension cord?					an electric mixer? an oven? an iron?			(cor	

CARPEN	TRY					no	some	usually	always
Can your teenagers use a: hammer? screwdriver?		some	usually	always	realize the importance of making a neat, well- groomed appearance? realize the importance				
pliers? hand drill?					of clean clothing and shined shoes?				
hand saw? level? square?					know how to manicure their fingernails?				
	P1 1				SEXUA	LITY			
HEALT			usually	always	Do your teenagers:	no	some	usually	always
Can your teenagers: apply a tourniquet?	no	some	usuany	always	know the biological basics of sex?				
clean a cut?			ā		understand their own				
apply simple bandages?					sexual drives?				
stop someone from choking on food?					accept responsibility for their own sexuality?	6			
give mouth to mouth resuscitation?					understand birth-control measures?		U		
recognize symptoms of colds?					understand basics of sexual hygiene?				
recognize the cause of certain pains?					know where to seek professional advice?				
treat a minor burn? decide when to use home			-	Ц	feel they can discuss problems with you?				
remedies?									
		لــا	13	I					
decide when to go to the doctor?					COMMUN Can your teenagers:	ICATIO no		usually	always
decide when to go to the doctor? administer simple					Can your teenagers: dial a long-distance			usually	always
decide when to go to the doctor? administer simple medication?					Can your teenagers: dial a long-distance number?			usually	always
decide when to go to the doctor? administer simple					Can your teenagers: dial a long-distance number? dial station-to-station?			usually	always
decide when to go to the doctor? administer simple medication? identify minor infections? use a thermometer? supplement diet with					Can your teenagers: dial a long-distance number?			usually	always
decide when to go to the doctor? administer simple medication? identify minor infections? use a thermometer? supplement diet with needed vitamins?					Can your teenagers:  dial a long-distance number?  dial station-to-station?  dial person-to-person?  call collect?  readily find emergency		some	usually	always
decide when to go to the doctor? administer simple medication? identify minor infections? use a thermometer? supplement diet with needed vitamins? carry out a proper program					Can your teenagers: dial a long-distance number? dial station-to-station? dial person-to-person? call collect? readily find emergency numbers?			usually	always
decide when to go to the doctor? administer simple medication? identify minor infections? use a thermometer? supplement diet with needed vitamins? carry out a proper program of physical exercise?					Can your teenagers: dial a long-distance number? dial station-to-station? dial person-to-person? call collect? readily find emergency numbers? organize and compose a		some	usually	always
decide when to go to the doctor? administer simple medication? identify minor infections? use a thermometer? supplement diet with needed vitamins? carry out a proper program of physical exercise?  PERSONAL GI	ROOM	AING			Can your teenagers: dial a long-distance number? dial station-to-station? dial person-to-person? call collect? readily find emergency numbers?		some	usually	always
decide when to go to the doctor? administer simple medication? identify minor infections? use a thermometer? supplement diet with needed vitamins? carry out a proper program of physical exercise?  PERSONAL GI Do your teenagers: know how often to		AING	usually	always	Can your teenagers: dial a long-distance number? dial station-to-station? dial person-to-person? call collect? readily find emergency numbers? organize and compose a personal letter and thank you note? converse well in private conversations?		some	usually	always
decide when to go to the doctor? administer simple medication? identify minor infections? use a thermometer? supplement diet with needed vitamins? carry out a proper program of physical exercise?  PERSONAL GI Do your teenagers: know how often to bathe, wash hair, brush teeth, etc.?	ROOM	AING	usually	always	Can your teenagers: dial a long-distance number? dial station-to-station? dial person-to-person? call collect? readily find emergency numbers? organize and compose a personal letter and thank you note? converse well in private		some	usually	always
decide when to go to the doctor?  administer simple medication? identify minor infections? use a thermometer? supplement diet with needed vitamins? carry out a proper program of physical exercise?  PERSONAL GI Do your teenagers: know how often to bathe, wash hair, brush teeth, etc.? know the importance of	ROOM	AING	usually	always	Can your teenagers: dial a long-distance number? dial station-to-station? dial person-to-person? call collect? readily find emergency numbers? organize and compose a personal letter and thank you note? converse well in private conversations? state opinions backed by reason and fact?		some	usually	always
decide when to go to the doctor? administer simple medication? identify minor infections? use a thermometer? supplement diet with needed vitamins? carry out a proper program of physical exercise?  PERSONAL GI Do your teenagers: know how often to bathe, wash hair, brush teeth, etc.?	ROOM no	AING	usually	always	Can your teenagers: dial a long-distance number? dial station-to-station? dial person-to-person? call collect? readily find emergency numbers? organize and compose a personal letter and thank you note? converse well in private conversations? state opinions backed by reason and fact?  CURRENT		some		
decide when to go to the doctor? administer simple medication? identify minor infections? use a thermometer? supplement diet with needed vitamins? carry out a proper program of physical exercise?  PERSONAL GI Do your teenagers: know how often to bathe, wash hair, brush teeth, etc.? know the importance of using a deodorant? know how to buy toiletries: razor blades, deodorant,	ROOM no	AING	usually	always	Can your teenagers: dial a long-distance number? dial station-to-station? dial person-to-person? call collect? readily find emergency numbers? organize and compose a personal letter and thank you note? converse well in private conversations? state opinions backed by reason and fact?  CURRENT Can your teenagers:	EVEN	some		always
decide when to go to the doctor? administer simple medication? identify minor infections? use a thermometer? supplement diet with needed vitamins? carry out a proper program of physical exercise?  PERSONAL GI Do your teenagers: know how often to bathe, wash hair, brush teeth, etc.? know the importance of using a deodorant? know how to buy toiletries: razor blades, deodorant, toothpaste, shampoo,	ROOM no	AING	usually	always	Can your teenagers: dial a long-distance number? dial station-to-station? dial person-to-person? call collect? readily find emergency numbers? organize and compose a personal letter and thank you note? converse well in private conversations? state opinions backed by reason and fact?  CURRENT Can your teenagers: read the newspaper?	no	some		
decide when to go to the doctor? administer simple medication? identify minor infections? use a thermometer? supplement diet with needed vitamins? carry out a proper program of physical exercise?  PERSONAL GI Do your teenagers: know how often to bathe, wash hair, brush teeth, etc.? know the importance of using a deodorant? know how to buy toiletries: razor blades, deodorant,	ROOM no	AING	usually	always	Can your teenagers: dial a long-distance number? dial station-to-station? dial person-to-person? call collect? readily find emergency numbers? organize and compose a personal letter and thank you note? converse well in private conversations? state opinions backed by reason and fact?  CURRENT Can your teenagers:	EVEN	some		

## TRANSPORTATION EMPLOYMENT

Can your teenagers: use public transit systems? drive a car safely?	no	some	usually	always	Do your teenagers know how to: apply for employment?	no	some	usually	always
recognize minor mechan- ical problems?					fill out an application form?				
take the car to a rep- utable mechanic?					write a business letter? mail packages?				
change a tire? check the oil, water,				Ш	obtain a social security card?				
transmission fluid and the windshield washer?					use a credit card? pay monthly bills?			Ä	
be responsible for seeing that the car receives proper maintenance?					balance a checkbook? open a checking account? keep a bank account? open a savings account? apply for a loan? write checks? fill out income tax forms?				

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