



Creating lifelong connections for youth.

Youth Skills for LIFE Curriculum

Youth Skills for LIFE is the independent living skills curriculum compiled by Project LIFE for young people who are in need of learning, enhancing, or supporting life skills to effectively transition into adulthood. The curriculum focuses on six of the National Youth in Transition Database (NYTD) categories, providing two to four workshops for each of the following topics. The workshops are free for anyone to download and are appropriate for social workers, group homes, and foster parents to use in teaching life skills to older youth in foster care.

Career Preparation

- *Getting a Job and Keeping It* - Youth will gain an understanding of the skills necessary to find, secure, and maintain employment.
- *Where Do I Want to Work?* - Youth will have the opportunity to better understand their skills, abilities, and interests and how these align with possible career paths.

Education

- *Educational Options* - Youth will understand their learning style and the educational

options available after they earn their high school diploma or GED.

- *What's In It for Me?* - The purpose of this workshop is for youth to understand where they see themselves in life and the steps they need to take to get there.

Health and Nutrition

- *Food and the Body* - This workshop focuses on how food and nutrients interact with and affect the body.
- *Whole Health and Exercise* - The goal of this workshop is to give youth a basis of knowledge and skills to make healthy lifestyle choices that support their whole "well-being" and encourage them to make positive lifestyle decisions.

Housing and Home Management

- *Keeping My Home Clean* - Youth will learn ways to keep their home clean using the proper cleaning tools and material.
- *General Home Maintenance and Repair* - Youth will be able to identify the steps and tools necessary to complete basic home repair



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and be able to identify why it is important to maintain their home.

- *Food Management: Grocery Shopping and Food Preparation* - Youth will be able to develop a weekly menu and grocery list within a budget, learn about proper food storage, and prepare a meal using a recipe.
- *Leasing and Tenant Rights & Responsibilities* - Youth will be able to identify and understand components of a lease agreement, as well as understand their rights and responsibilities as a tenant.

Risk Prevention

- *Drug Education* - Youth will increase their knowledge of drugs, the effects of drugs, and dispel some common myths.
- *Sex Education* - Youth will increase their knowledge of facts about sex, sexual behaviors, and sexually transmitted diseases.

Money Management

- *Financial Survivor* - Through playing a Survivor-themed game, youth will learn about credit and how to fill out banking materials.
- *Good Sense: Money Management* - Youth will learn basic money management skills such as understanding the difference between

needs and wants, monthly expenses, and budgeting.

To download the curriculum, visit our website at www.vaprojectlife.org/professionals/fact-sheets-and-guides/.