Name:	Date:

PARENTS OF TEENAGERS SURVIVAL CHECKLIST

PREPARE COOKED MEALS						COMPARISON SHOPPING				
Can your teenagers:	no	some	usually	always	W	/earing Apparel				
set a table?					Ca	an your teenagers:	no	some	usually	always
fry bacon?						plan a wardrobe that				
make toast?						includes school, leisure,				
fry and scramble eggs?						and dress clothes?	Ц	Н	H	님
recognize basic food				_		buy shoes that fit?	Ш	Ш	Ш	Ш
groups?						recognize types of materials?				П
prepare a balanced diet							H	H	H	H
for a day?			Ш			check the quality of items?	Ш	Ш	Ш	
prepare a balanced diet for a week?						check seams to see how well they are				
						constructed?				
recognize if foods have spoiled?	П					realize bargains?	$\overline{\Box}$	П	П	П
roast a variety of meats?	П	Н	H	П		take advantage of sales?	П	П		\Box
mash potatoes?	П	H	H	H		compare prices?				
make salads?	П	Ħ	Ħ	П		know to keep sales slips?				
cook vegetables?	П					know how to return items?				
3						figure percentages on				
COMPARISON	SHO	PPING				sales items?		7.1		
Groceries						COLUDADICON				
Can your teenagers:	no	some	usually	always		COMPARISON	SHOP	PING		
select fresh fruits and						ppliances				
vegetables?					Ca	an your teenagers:	no	some	usually	always
purchase a week's supply						compare prices?		Ц		님
of food?			님			check for quality?				
buy within a budget?	H		H			evaluate discounts?	Ш	Ш		Ш
select quality meats?	H		님							
compare prices?	H	님	님			GEOGRA				
compare sizes? (can they recognize that a		Ш	Ш		Ca	an your teenagers:	no	some	usually	always
12 ounce package of						navigate to most areas of your city?		П		П
bacon is more expensive						name surrounding towns				
than a one pound pack-						and cities?				П
age that is listed at the						use a road map?	П	П		
same price?)						tell you in which country		_		
take advantage of sale items?	П					they live?				
use coupons?	Н		H	H		read road signs?				
determine what items		L				ask help in directions?				
have a long shelf-life?										
identify what items spoil										
quickly?										
make up a shopping list?										

MATHEN	IATICS					no	some	usually	always
Can your teenagers: add? subtract? multiply? divide? figure averages? figure percentages? make change for one dollar?	no	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?				
make change for ten dollars? make change for one hundred dollars? tell time?					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:					and air-conditioner filters? defrost a refrigerator? clean the stove and oven? replace light bulbs? get a key made?				
a teaspoon? a tablespoon? a cup? a pint?					clean the house: dust, vacuum, mop, wax clean and disinfect a bathroom?	_ ?			
a quart? a gallon? READ I	□ □				make a bed? get rid of roaches? tell which clothing should be laundered and which				
Can your teenagers read: a novel?	no	some	usually	always	dry-cleaned? wash and iron clothing?				
the daily newspaper? directions on medicine bottles?					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?				
an index in a book?					APPLIA	NCES			
and use a telephone book? and use the white pages? and use the yellow pages? and use the encyclopedia? and use a library?					Can your teenagers operate: a toaster? a stove? a vacuum sweeper? a dish washer? a clothes washer? a clothes dryer?	no	some	usually	always
LIOBAT BAAIN	TERLA	NICE			a lawn mower?	П	П		П
HOME MAIN Can your teenagers: replace a light switch? check the safety of an extension cord?	no		usually	always	a garbage disposal? an electric mixer? an oven? an iron?			Ccor	atinues)

	IIRY					no	some	usually	aiways
Can your teenagers use a: hammer? screwdriver? pliers? hand drill?	no	some	usually	always	realize the importance of making a neat, well- groomed appearance? realize the importance of clean clothing and				
hand saw?		H	Н	H	shined shoes?				
level? square?					know how to manicure their fingernails?				
HEAL	гн				SEXUA	LITY			
Can your teenagers:	no	some	usually	always	Do your teenagers:	no	some	usually	always
apply a tourniquet?					know the biological basics of sex?				
apply simple bandages?					understand their own sexual drives?				
stop someone from choking on food?					accept responsibility for their own sexuality?				
give mouth to mouth resuscitation?					understand birth-control measures?				
recognize symptoms of colds?					understand basics of sexual hygiene?	7			
recognize the cause of certain pains?					know where to seek professional advice?				
treat a minor burn? decide when to use home					feel they can discuss problems with you?				
remedies?		1 1							
de ei de vulseus de eus de dise									
decide when to go to the doctor?					COMMUN				-1
doctor? administer simple					COMMUN Can your teenagers: dial a long-distance	no		usually	always
doctor? administer simple medication?					Can your teenagers: dial a long-distance number?			usually	always
doctor? administer simple					Can your teenagers: dial a long-distance number? dial station-to-station?			usually	always
doctor? administer simple medication? identify minor infections?					Can your teenagers: dial a long-distance number? dial station-to-station? dial person-to-person? call collect?			usually	always
doctor? administer simple medication? identify minor infections? use a thermometer? supplement diet with					Can your teenagers: dial a long-distance number? dial station-to-station? dial person-to-person? call collect? readily find emergency numbers?			usually	always
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			usually	always
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			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?			usually	always
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	ROOM		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?			usually	always
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.?			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			usually	always
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,			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
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:			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?	no	some		
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,			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?		some		
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,			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:	no	some		

TRANSPOR	RTATIO	N		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, transmission fluid and	Ш	Ш		Ш	obtain a social security card?				
the windshield washer? be responsible for seeing					use a credit card? pay monthly bills?				
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?				