

# Teen Independence Checklist

A practical planning tool for school, work, documents, daily living, money, transportation, and lasting support.

## Documents and identity

- ☐ State identification plan or driver-license plan.
- ☐ Birth certificate and Social Security card location, handled securely.
- ☐ School records, certificates, and resume copies.
- ☐ Health insurance and medical information access plan.
- ☐ Safe document wallet or file location.

## School and employment

- ☐ Academic planner or calendar system chosen by the teen.
- ☐ Reliable transportation plan.
- ☐ Professional email address.
- ☐ Resume and reference list.
- ☐ Interview clothing plan.
- ☐ Portfolio folder for applications and certificates.
- ☐ Work schedule and school schedule review.

## Daily living

- ☐ Laundry routine.
- ☐ Basic meal planning and food safety.
- ☐ Alarm and morning routine.
- ☐ Medication routine handled according to legal and agency requirements.
- ☐ Phone charging and backup power plan.
- ☐ Household cleaning skills.
- ☐ Public transportation or ride-planning skills when applicable.

## Money and support

- ☐ Basic budget with income, fixed costs, savings, and flexible spending.
- ☐ Banking access with appropriate safeguards.
- ☐ Avoid payday loans and high-cost credit.
- ☐ Identify at least three adults or services the teen can contact after transition.
- ☐ Plan for emergencies, lost documents, transportation problems, and housing instability.

Use note: This worksheet is a general planning tool. It does not replace school lists, agency forms, court orders, medical instructions, licensing requirements, or required reporting.