

Journey to Adulthood: Community and Home

There are many activities as a teenager that you can do at home or in your community to help with the transition out of school and into community. Below are a few ideas to consider throughout your high school years.



1



1. Journey Together

Start by grade 7

Know and be intentional about building connections with the people you need now and will need in the future. Consider a 'circle of friends' diagram to identify who 'your people' are. Review yearly.

2



2. Make Lists

Start by grade 7

Include: current supports and accommodations, interests, skills, talents, hobbies, things you'd like to learn, and deadlines for applications. Review yearly.

3



3. Identify Opportunities

Start by grade 7 or earlier

Be involved. Consider community activities, groups, clubs, volunteer opportunities and more.

6



6. Practice Life

Grade 9 or earlier

Make time to practice life skills at home, in community, and/or in school. Remember to learn good health and hygiene habits. They will help you obtain independence!

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5. Work with Professionals

Approximately grade 9

Consider educational and/or vocational (career) assessments. You may also want to consider working with an independent facilitator, a counsellor / therapist or other professional supports in your community.

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4. Create a Portfolio

Start by grade 7

Keeping all your important documents in one place means you can find what you need when you need it. Start early and keep adding to this!

7



7. Work

Approximately grade 9

High school is a great time to explore job interests and learn job skills! Talk to people who work in jobs you might like to do. Look for volunteer opportunities that teach you skills for a future job.

8



8. Plan

Grade 10 to Graduation

Finalize a plan for what you'd like to do when you have graduated from high school. Check to see if you need to register or apply to programs ahead of time. Get on wait lists if necessary.

9



Graduation

When the day comes to graduate move forward with confidence knowing you have done what you can to be ready for the next part of your life'

