



fostering
therapeutically
SINCE 1987



Life Skills Development

Level 3

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Level 3

Name:



Life skills development is an ongoing journey, with new skills being learned all the time. This booklet is the third part of your child's journey and contains key skills and knowledge that they need to learn as a teenager.

You might be starting at Level 3 because of your child's current age/stage of development. There is no deadline for completing this booklet – they will learn at their own pace, with your support.

Encourage them to try new things and record in the booklet what they have achieved and when. Discuss their progress regularly with your Supervising Social Worker and Fostering Advisor, and share their progress with the Local Authority Social Worker.

You will find information and resources to help your teenager achieve the skills and knowledge to complete this booklet on our I-SPACE website, www.i-space.org.uk.

When your teenager has achieved the tasks at level 3, contact your Supervising Social Worker for the next booklet.

Health and Hygiene

	Tick	Date Achieved/Any Examples
Understands the risks of drugs and alcohol, and is not attracted to them in any way that causes concern.		
Bathes or showers daily, without needing to be reminded.		
Keeps their hair clean and tidy, and knows when to get a haircut.		
Eats a healthy, balanced diet.		
Is keen to be fit and healthy.		
Understands their own health needs and how to manage them. If they take medication regularly, they are beginning to take responsibility for taking it as prescribed.		
Takes care of their personal appearance.		

Social Skills

	Tick	Date Achieved/Any Examples
Seeks help when needed (at home, school, in community).		
Can ask a shop assistant/other service person for help if needed.		
Shows empathy towards others.		
Socialises with friends away from home.		
Behaves appropriately in different situations.		
Seeks permission for time spent away from home, and keeps in contact with carers while out.		
Behaves appropriately and safely online, e.g privatising their accounts and has watched (and discussed) the CEOP Education resources for their age.		
Can identify and avoid potentially harmful situations and people.		
Can work as part of a team.		
Accepts responsibility when they make a mistake.		
Has ways of dealing with stress and can calm themselves down.		
Can catch public transport (with friends) and make journeys involving at least 1 change.		
Can buy a bus/train ticket.		

Time Management

	Tick	Date Achieved/Any Examples
Goes to sleep at an appropriate time.		
Wakes in the morning on time without assistance (e.g. with use of an alarm clock).		
Is consistently on time for classes and school activities.		
Can tell the time fluently, including the 24 hour clock.		
Consistently completes homework on time.		

Money & Shopping

	Tick	Date Achieved/Any Examples
Can shop for a variety of items in a range of stores.		
Manages their mobile phone credit responsibly.		
Can manage a small weekly budget, e.g. lunch money/travel money.		
Looks for good value for money when making purchases.		
Can identify ways in which they could save money.		

Around the House

	Tick	Date Achieved/Any Examples
Can de-clutter their bedroom at regular intervals, with minimal assistance.		
Helps maintain their bicycle (inflating tyres, mending punctures).		
Can wash, dry and iron their own clothes (they don't need to be doing this all the time).		
Helps with the housework, including: <ul style="list-style-type: none">• Cleaning kitchen• Cleaning bathroom• Vacuuming floors• Dusting surfaces (They don't need to be doing this all the time).		
Can prepare a simple meal using canned/frozen/chilled products (e.g. pizza, 'ready meals').		
Can follow a simple recipe.		
Can use the microwave, oven and hob safely		

Around the House (continued)

	Tick	Date Achieved/Any Examples
Uses electrical sockets and appliances safely.		
Knows how to prepare food safely, to prevent illness and injury.		
Knows how to store different food items, to keep them fresh and safe to eat.		

Decision Making

	Tick	Date Achieved/Any Examples
Can weigh up pros and cons when making a decision.		
Knows how and when to negotiate and compromise.		
Can solve a problem.		
Knows what to do in the event of an emergency (at home and in the community) e.g. <ul style="list-style-type: none">• Carer is taken ill• A friend has an accident and is injured• There is a fire• They are being threatened in the street		

For up to date information and resources on everything from life skills to internet safety, visit...

www.i-space.org.uk



i-space is an online resource for all ages and includes everything you need to know about ISP.

It is a great teaching tool for both young people and their carers with all the help, advice, inspiration and ideas you need to create a caring, safe and motivational environment.