

LIVING ON MY OWN



Time Required: 30-45 minutes

Content Standards: AA.S.7 Students will acquire the knowledge, attitudes, and interpersonal skills to help them understand and respect self and others.

Indicators (Students will...): AA.PSD.12.7.05 Demonstrate an understanding of transitioning from dependent living to independent living.
AA.PSD.12.7.08 Recognize personal boundaries, rights, and privacy needs.

GOAL: Students will understand the importance of family support.

Activity Statements: Students will discuss the benefits of developing and maintaining family support.

Materials: none

Procedures:

1. Write family support on the board.
2. Ask students to define family support.
3. Encourage students to provide examples of family support and write them on the board.

Discussion:

1. How much do you depend on your family?
2. Is it important for you to have someone you can depend on?
3. How long will you rely on your family for help?
4. In what ways do you support your family members?
5. Is it important to have family support after you graduate high school?
6. How long should family support continue?
7. Will family support ever decrease?

CLOSING STATEMENT: We can not choose are relatives; however, we can decide how we relate to them. As we move through life, their will be circumstances that require help from

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others. Therefore, learning to develop and maintain positive relationships within the family unit and outside of this unit is important.

Additional Resources:

Information on living on your own

http://www.atg.wa.gov/TeenConsumer/on_your_own.htm

Tips for moving out for the very first time

http://www.associatedcontent.com/article/186285/8_tips_for_moving_out_on_your_own_for.html

Extension Activities:

Other activities as assigned by advisor.
