

# MONEY

	No	Partly	Yes
1. I know how to open a bank account and check a bank statement.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I understand the fees fro managing an account using ATMs, EFTPOS and being overdrawn.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I know how to use an ATM, EFTPOS, internet and phone banking.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I understand how credit cards work and the real cost of buying goods on credit.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I know where to go for help if I run into trouble with debt or if I think I'm being ripped off by a credit provider.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I understand the importance of having a good credit history.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I understand there are immediate consequences of not paying bills such as electricity being cut off.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I know to contact a service provider to agree on a repayment plan if I can't pay a bill in full.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I know the different ways to borrow money (eg. friends, family, pawn shops, bank loans, student loans) and the advantages and disadvantages of each.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I know how to get a tax file number, fill in a tax return and the consequences of not filing a tax return or making false statements.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. I can read a pay slip and understand the difference between gross pay and net pay.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. I can budget for regular bills and unexpected emergencies and have a savings plan.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. I understand how goods can be bought on lay-by without credit charges and can budget for patments over the lay-by period.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. I know where to shop for budget food, clothing and household furnishings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. I understand the difference between luxuries and necessities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. I understand the advantages of having a perpaid mobile phone rather than being on a monthly plan.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. I understand the costs of owning and running a car including loan repayments, petrol, rego, insurance and maintenance.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. I know how to find out if I'm eligible and to apply:			
• for the Transition to Independent Living Allowance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• for help from Centrelink (eg. Youth Allowance)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• to Housing NSW (assistance with private rental) and	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• to Community Services (eg. establishment costs for accomodation or After Care Payment).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# HOUSING

	No	Partly	Yes
1. I know how to call the Youth Emergency Accomodation Line or find other emergency housing assistance.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I understand the different housing options available and know which ones are within my budget.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I know how to look for housing (eg. newspaper ads, real estate agents, noticeboards, internet, word of mouth).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I understand basic terms like lease, sublet, studio, tenant, tenacy agreement and managing agent.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I know how to choose where to live based on condition of the property, safety, and nearness to transport, family, friends, work or study.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I can fill in a rental application form.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I can fill in a tenancy agreements and understand the importance of properly compeltng the property inspection form.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I understand that to keep a tenancy and stay renting I need to: <ul style="list-style-type: none"> <li>• budget well so I can pay the rent on time</li> <li>• keep the preoprty clean and tidy</li> <li>• follow any rules in the tenancy agreement about letting people stay with me</li> <li>• manage my visitors properly so I don't disturb neighbours e.g. by having frequent noisy parties</li> <li>• make sure my flatmates agree to these rules too</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I understand what can happen if I break the tenancy agreement.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I know where to get help if there is a poblem with the landlord.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. I understand the cost of setting up a tenancy (eg payment of bond, advance rent, utilities connection).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. I can list necessary household items (eg furniture, kitchen equipment, linen).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. I know how to find out if I am eligible and to apply for assistance from: <ul style="list-style-type: none"> <li>• Housing NSW (including social housing or assistance with private rental)</li> <li>• Centrelink (rent assistance) and</li> <li>• Community Service (establishment costs for accomodation).</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# EDUCATION & TRAINING

	No	Partly	Yes
1. I know what education or training is needed for the job I want.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I know where to find information about university courses, TAFE, training and apprenticeships.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I have a realistic view of my education and training options based on my current level of achievement.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I have discussed my educational or training plans with career advisors or counsellors at school, TAFE, University or Centrelink.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I understand the requirements for the course of study or training I have chosen.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I know the costs of completing the course of study or training I have chosen including fees, books, materials, travel and how to access financial support.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I regularly attend my current course and complete my assessment tasks.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I know how to ask for help from Family and Community Services, my foster care agency or After Care service if I find it hard to learn or have a disability.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I know how to find out if I'm eligible and to apply for help from Centrelink while studying.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I know how to find out if I'm eligible and to apply for assistance from Family and Community Services with the cost of study or training including after I have left care.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# EMPLOYMENT

	No	Partly	Yes
1. I know how to get help from government agencies to find a job or apply for an allowance while I'm looking for work.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I know how to use newspaper ads, internet and job placement agencies to find a job.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I know how to compare an advertised job with the skills I have.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I can put together a resume and cover letter and know how to complete a job application.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I know how to prepare for a job interview including what to wear.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I know that I should follow-up the interview with a phone call, letter or email.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I understand that when I'm working I should know what I will be paid and my conditions and rights.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I know that my behaviour and attitude at work can affect whether I keep my job or get promotions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I know to turn up to work on time, dress appropriately and call my boss if I can't go to work.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. I can handle criticism and understand the difference between bullying and being corrected when I have made a mistake.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. I know what to do if I have a grievance. For example, if I'm not being paid for my work or have been unfairly dismissed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. I know to give proper notice if I want to leave a job and that I could lose money or get a bad reference if I don't.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. I understand the importance of having a good work history and using referees that will give me a good reference.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# HEALTH & WELLBEING

	No	Partly	Yes
1. I understand the difference between health and unhealthy food choices and habits and look after my diet.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I practice good personal hygiene (eg. brush teeth and shower or bathe regularly, wash hands after using the bathroom, before eating and regularly when sick).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I understand how poor hygiene affects relationships with others and increases the risk of getting sick or spreading germs.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I understand the health risks of using drugs, alcohol and smoking.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I understand the risks of sexually transmitted infections (STIs) and how to prevent them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I know where to get reliable information about health issues.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I know where my nearest medical centre and Family Planning clinic are and where to go for help with emotional problems and dealing with addictions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I can fill in a form that asks about my health and medical history - do you know your blood group for example? (Your caseworker or foster care agency may be able to help if you are unsure of your history).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I know the birth control options, where to get contraception and options for pregnancy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I know to call 000 in an emergency for police, fire brigade or ambulance.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. I know how to contact the 24 hour crisis lines for counselling.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. I know where to get help with domestic violence or sexual assault.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. I know where to get help if I have questions about my sexuality.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. I can tell if I have a fever and can recognise symptoms of cold, flu and other health problems including stress, depression or anxiety.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. I have ways to deal with stress or to calm myself down if I need to.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. I know how to treat minor injuries such as cuts, burns, insect bites and splinters. I can put a basic first aid kit together.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. I can select appropriate over the counter medications for pain, diarrhoea, cold and allergy symptoms and follow directions for using them without supervision.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	No	Partly	Yes
19. I have a Medicare card and know how to make a Medicare claim.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. I know how to check a smoke alarm and the methods for putting out different kinds of fires.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. I understand common causes of household fires (eg smoking in bed, frayed electrical cords, overloading power-boards, using candles, overheating cooking oil).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22. I understand common causes of electrocution (eg using electrical appliance near water, using a knife to get toast out of a toaster, not turning light off when changing a light bulb).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23. I know to keep windows and doors locked especially at night.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24. I know how to properly store hazardous household materials, petrol, gas bottles.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25. I know how to protect my identity, personal information and financial details on the Internet and phone.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# DAILY LIVING SKILLS

	No	Partly	Yes
1. I know how to care for clothes including cleaning according to instructions on labels, using a washing machine, clothes dryer, laundromat and iron.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I can plan a weekly menu of nutritious meals and develop a weekly shopping list within a budget.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I know how to tell if fruit and vegetables are fresh when shopping.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I know how to read food labels for nutritional information and expiry date. I know which items need to be kept in the fridge or freezer and can recognise when food has gone off.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I know how to use kitchen utensils and appliances.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I can cook a meal including following a recipe and adjusting it to feed more or less people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I use good kitchen hygiene practices such as washing hands before preparing food and using safe ways to defrost and prepare food.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I can clean a house including the toilet, bathroom, sink and stove and can keep a room tidy including making a bed and changing linen.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I know what cleaning products and equipment to use for different jobs and how to use them including how to change a vacuum cleaner bag.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I know what can cause infestations of cockroaches, bed bugs, fleas, lice, maggots, ants and mice and what products to use to get rid of them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. I know how to properly dispose of garbage, including recycling.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. I know how often household chores need to be done to keep the home reasonably clean.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. I know how to safely look after things around the house such as defrost a fridge, stop a toilet from running, change a light bulb or reset a circuit breaker.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. I can read a bus, train, or ferry timetable, plan a trip on public transport involving several transfers and travel independently.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. I understand the consequences of not paying the fare, damaging public property and other anti social behaviour.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. I know how to get a driver's licence and where to find cars for sale.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. I understand the consequences of not paying road tolls, parking fines etc and that I could lose my license.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. I understand the consequences of speeding and drink driving or driving without a licence or insurance.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. I know how to get the internet connected, buy stamps, redirect mail and pay bills at the post office.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# PERSONAL AND SOCIAL DEVELOPMENT

	No	Partly	Yes
1. I know how to greet someone and introduce myself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I can hold a conversation with others and maintain comfortable eye contact.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I understand that there are social boundaries and these differ depending on the type of relationship (eg family, friend, boyfriend/girlfriend, professional).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I know how to convey respect, caring, honesty and trustworthiness (eg saying thank you, not being rude, tone of voice, valuing others opinions, not keeping people waiting, being inclusive, accepting responsibility for a mistake).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I know the difference between passive, aggressive and assertive communication.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I can say 'no' to sales people if I'm not interested in what they are selling and understand there's usually a catch to giveaways offered over the phone.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I can return something that is faulty and ask for repairs under warranty.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I know how to manage conflict and keep my cool and how to use questions to clarify or obtain information.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I understand the difference between gossip and sharing information.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I can identify and avoid relationships that may be dangerous or unhealthy and can say 'no' to my friends.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. I understand that taking part in social activities can help me feel better about myself and improve my confidence.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. I know how to find out about community resources, leisure and sporting activities or cultural associations using the internet, White Pages, Yellow Pages and local community directories.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. I understand that there are differences in cultures and religions and know how to find out more about my own.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. I know how to get help in making contact with members of my birth family or other people I have been close to	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



# LEGAL RIGHTS AND RESPONSIBILITIES

	No	Partly	Yes
1. I know how to get help from my caseworker or foster care agency if I need certificates or other papers to prove who I am.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I know how to get the return of original documents such as photographs and school reports from my foster care agency when I leave care.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I know who to complain to if I am discriminated against.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I know that when I turn 18 I gain the legal right to: <ul style="list-style-type: none"> <li>• enter into enforceable contracts</li> <li>• buy or sell property</li> <li>• marry without parent or guardian's consent</li> <li>• sue or be sued</li> <li>• make a will</li> <li>• inherit property</li> <li>• vote</li> <li>• join armed forces without parent or guardian's consent.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I know the: <ul style="list-style-type: none"> <li>• age of consent</li> <li>• age for an abortion without parent or guardian's consent</li> <li>• legal age for buying tobacco and alcohol.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I know how to register to vote, where to vote and that I can be fined for not voting.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I have a general idea of the penalties for: <ul style="list-style-type: none"> <li>• buying, possessing, selling drugs</li> <li>• damaging property</li> <li>• stealing cars</li> <li>• burglary, shoplifting</li> <li>• physical assault</li> <li>• traffic violations</li> <li>• trespassing.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I know what my rights are if I'm arrested and who to call.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I know where to get free legal services if I am a victim of crime or are charged with an offence.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I know where I can find information about legal issues or get legal advice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. I know who to ask after I leave care if I want to see records that were kept about my time in care.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. I have spoken to my caseworker about my Leaving Care Plan and know who to contact and how to do it if I have problems after I have left care.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>