

TAY Life Skills Study Guide

Life Decisions/Responsibilities

This guide will provide you with tools and resources to deal with life decisions you may face during your transition into adulthood and outline your rights and responsibilities as an adult.

By completing this section you will learn about:

- a) Contacting caring adults and how to access community support and resources
- b) The legal rights and responsibilities of being an adult
- c) Why you need certain documents and why certain documents are important
- d) Leveraging resources and funding for COVID-19 response
- e) The importance of certain documents and how to attain them
- f) How to use your transition plan

Follow the directions below and complete the activities.

After you have completed each activity, have your foster parent or caregiver initial in the space provided.



Activities

Community Resources & Awareness

Time allotted: 2 hours

Purpose: To find different community agencies and resources.

1) Visit **youtube.com**

- In the search bar, search "Youth share their experiences with transitioning into adulthood".
- Click and watch the video from the Texas Network of Youth Services.
- Reflect on whether or not you can relate to any of the experiences shared in the video, and consider what resources you may need to access as you continue with this activity.

2) Visit and explore **<http://www.texasyouthconnection.org>**

- Click "Contacts". Learn about how you can contact:
 - DFPS Regional PAL Coordinators
 - Foster Care Ombudsman (if you are age 17 or younger)
 - Transition Centers

3) Transition Centers

- Visit **<http://tnoys.org/youth-homelessness-resources/>**
- For more information on legal rights for youth, sign up and view the "Webinar Recording: Understanding Legal Rights of Youth"
- Browse any additional resources on this webpage that may be useful to you.

4) Homeless Youth Handbook

- Visit <https://www.homelessyouth.org/en/us/texas>
- This is a broad resource with extensive information specific to the state of Texas.
- Browse the site for any additional resources that would be most useful to you.



Activities

Community Resources & Awareness, continued

5) Research the above help lines by clicking on the links on the website. Find out the following:

- Purpose of hotline
- Location(s) of services offered
- Hours and days they are available to make calls

	Purpose	Location(s)	Availability
Texas Youth Helpline			
Texas Abuse Hotline			

6) Texas Workforce Center

- Tour your local Workforce Center; or
- Call your local Workforce Center. Ask what services they can provide; or
- Go to <http://texasworkforce.org>.
- Click on "Students, Parents, & Educators" at the top of the page. Review the information about career and education planning resources, training and education opportunities, and any other sections of interest.
- Click on "Job Seekers and Employees" at the top of the page. Review the information about planning your career, job search resources and other sections of interest.

7) Find out from your caregiver or case worker who is your DFPS PAL Staff. Call your PAL Staff. Find out what they can help you with as you age out of care.

NOTE:

Many youth receive much needed support from resources like those referenced above, but did you know you could play a part in shaping them? Consider joining youth councils like the Texas Network of Youth Services (TNOYS) Young Adult Leadership Council (YALC) to gain personal and professional skills, and use your experience to help affect TNOYS' work, state policy, and ultimately influence the direction of youth services in Texas. Learn more at <http://tnoys.org/young-adult-leadership-council/>

Activities

Legal Rights & Responsibilities

Time allotted: 1 Hour, 30min

Purpose: To understand legal rights and responsibilities of being an adult.

1) Voting: Go to www.votetexas.gov

- Click on "Register to Vote" at the top of the page.
- Click on each topic to the left of the page under "Register to Vote".
- Review information under each topic under "Register to Vote".
- Review voter registration requirements.
- Go to **youtube.com**.
- In the search bar enter "How to vote". Watch the first video labeled "How to Vote"
- What documents do you need to register? Do you feel comfortable voting?



- Discuss questions about voter registration and how to register to vote with your caregiver or foster parent.

2) Emancipation: Go to www.texasfosteryouth.org.

- Click "For Youth".
- Click "Relationships".
- Find the link "I'm Under 18 and Not with My Parents – What Are My Rights (Legal Aid of NorthWest Texas)" under "Additional Resources" on the right side of the page.
- Scroll down to Emancipations. Review the information.

3) Crime Reduction: Go to <https://www.vera.org/when-misbehaving-is-a-crime>

- Scroll down to "Skipping school can get youth locked up" video.
- What were some of the most interesting discoveries I made after reading the article and watching the video? About the problem? About yourself? About others?

4) Renter's Rights: Go to <https://www.texasattorneygeneral.gov/>.

- In the search box at the type search "Renter's Rights"
- Click the article labeled "Renter's Rights" and read through important information for renting.
- List the steps you can take if you're having trouble with your landlord.

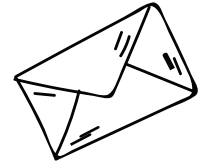
Caregiver Initials:

Activities

Legal Documents, Records, & Roots

Time allotted: 1 hour, 30 min

Purpose: To better understand needed legal forms and how to get them.



1) Contracts & Documents

- Go to **www.texasyouthconnection.org**
- Click on "Legal".
- Click on "Learn More" under Your Personal Documents and CPS Records.
- Watch the video and review the information. Click through any links of interest.
- Go to **https://onlinecareertips.com/2019/08/five-things-consider-signing-contract/**
- Read through the article and then list the 5 things to consider when signing a contract

2) Birth Certificate

- Take a trip to your local birth certificate office (Health Department). Ask what is needed to get an original copy of your birth certificate.; or
- Go to **www.dshs.state.tx.us.**
- Click on "Online Services".
- Click on "Birth Certificates". Review the information. Discuss with your foster parent or caregiver what documents you may need or want.

Activities

Legal Documents, Records, & Roots (continued)

3) Social Security

- Take a trip to your local Social Security office. Ask what is needed to get a copy of a Social Security Card.; or
- Go to **www.ssa.gov**.
- From the menu, click on "SS# and card".
- "From the menu, click on "Social Security Number & Card" (on the left side of the page)".
- "Click on "How To Get A New, Replacement Or Corrected Card."
- Review the information. Discuss with your foster parent or caregiver.

NOTE:

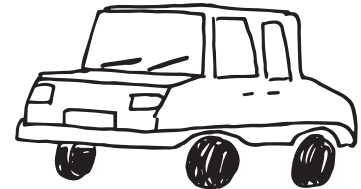
On or before age 16 and at age 18, youth in DFPS conservatorship must be provided with a copy or original (if not already provided) of their birth certificate or social security card. Talk to your caseworker if you have not received these documents yet.

After age 18, you may request copies of your birth certificate or social security card from DFPS records management. Go to this link for more information:

https://www.dfps.state.tx.us/txyouth/legal/personal_docs.asp

4) Driver License

- Take a trip to your local Department of Public Safety office. Ask what is needed to apply for a driver's license or State ID Card.; or
- Go to www.dmv.org.
- Click on "Driver's License".
- Click on "Apply for License".
- Click on your state. Review the requirements.
- Go to **<https://www.dps.texas.gov/>**
- Click on "Driver's License".
- Click on "Guide for First Time DL/ID Applicants" under the "What's New" box. Review information.
- Click on "License or ID Document Check Application".
- Review the information. Discuss with your foster parent or caregiver. Ask your caseworker or PAL staff about the Driver's License Fee Waiver.



3) Documentation for Homeless and Unaccompanied Youth

- Visit **<http://tnoys.org/youth-homelessness-resources/>**
- Scroll down to "Certification of Homeless Status for Texas Birth Certificate, Texas Identification Card, and Driver's License"
- In the paragraphs under this heading, click the link in "this document" and review the steps to receiving your birth certificate, Texas ID card, and Texas driver's license.

Caregiver Initials:

Activities

COVID-19 Resources

Time allotted: 1 Hour, 30min

Purpose: To learn about resources that may be available to you as a result of of COVID-19.

1) Visit <https://allianceforchildrensrights.org/resources/>

- Scroll down to the heading "COVID-19 Resources" and click on "Child Welfare & Benefits"
- Scroll down and click on the underlined link, "TAY Pandemic Funding Maximization Matrix: Leveraging Covid-19 Aid for Transition Aged Youth:"
- Review the information

2) Write down which benefits you are eligible for, how long each of those benefit will last, and how to access them.

- Discuss what you have learned with your foster parent or caregiver

3) Visit <http://www.dfps.state.tx.us/>

- Scroll down the bottom of the page to the heading "News and Information" and click on "Coronavirus Resources".
- Under "An Update on Coronavirus or COVID-19", review testing and vaccination information.
- Use the information and resources to find 2 free testing centers in your area. Write down their names and approximate wait time for results.

- Use the information and resources to find 2 free vaccination locations in your area. Write down their names and if they have options for appointments, walk-ins or both.

4) On the same webpage, under "Pandemic Aid for Youth and Young Adults", click the link for "financial support"

- Review the information on the webpage
- Click on the links under "Next Steps", review the information and discuss what you have learned with your foster parent or caregiver.

Caregiver Initials:

Activities

Life Decisions

Time allotted: 1 Hour, 30min

Purpose: To help you think about life decisions & learn how your choices may affect your goals.

1) Think about your future plans (college, job corp., military, or vocational school).

- Visit www.nerdwallet.com/article/loans/student-loans/alternatives-to-college and review the article
- Did you know about all of the options in the article? Write down which ones were new to you and/or which ones you'd be interested in learning more about.

2) Visit www.findhelp.org/

- In the search bar, search your Zip code.
- Select two categories from the bar near the top of the page (food, health, work, etc.) that would be most useful to you.
- Browse each category and list 2 resources from each that you could utilize now or potentially use in the future.

3) Choose a potential college or college alternative and research additional information

- Call, email, or visit their online website to learn about eligibility, their admission requirements, necessary forms, housing, and testing as applicable.

4) Visit powerfuleyouth.com/beginners-guide-goal-setting-for-teens-smart-goals/

- Read the article.
- Watch the video "What is WOOP?"

Activities

Life Decisions (continued)

5) List your short term goals (1-2 weeks to 6 months) and long term goals (3-5 years) for your life.

- Using the information that you learned in section 3, list 2-3 short term goals (1-2 weeks to 6 months) and 2-3 long term goals (3-5 years) for your life.

<i>Short Term Goals</i>	<i>Long Term Goals</i>

6) List how becoming a young parent may change your goals; or

- Go to **www.childwelfare.gov**
- Click on "Topics".
- Click on "Preventing Child Abuse and Neglect".
- Click on "Promoting Child and Family Well Being".
- Click on "Parenting Resources".
- Click on the links on the Parenting Resources page and read the information.
- List ways to make the most of your time. Discuss them with your foster parent or caregiver.

Youth Name _____

Date of Birth ____/____/____

Activities

Your Transition Plan

Time allotted: 30min

Purpose: Plan for your transition to adult living.

- ① Fill out your DFPS Transition Plan; or
- ② Review your DFPS Transition Plan.
- ③ Discuss your Transition Plan with your caseworker and foster parent or caregiver.

Caregiver Initials: