

Resources for Teen Life Plans

A compilation of resources shared on the National Network of State Adolescent Health Coordinators listserv

State Life Plan Tools for Teens

Delaware "My Life. My Plan."

<http://dhss.delaware.gov/dph/chca/files/teenlifeplanfinal.pdf>

This booklet by the **Delaware Health and Social Services, Division of Public Health**, helps teens think about their life planning including key steps they can take to be in their best health, such as "deciding what you want from life" and "developing healthy relationships". (6 page booklet)

Oklahoma "My Life. My Plan."

<http://www.ok.gov/health2/documents/MYLIFEMYPLAN%28readers%29.pdf>

As part of an initiative to decrease infant mortality, the **Oklahoma State Department of Health** developed this adolescent life plan booklet to help young people think about healthy relationships and goals for their life. Based on the Delaware's My Life. My Plan. (8 page booklet)

Pennsylvania "Teen Game Plan"

<http://www.safeteens.org/teen-game-plan/>

This fun tool helps teens think about their future and how the decisions they make now impact their future and ability to reach their goals. Developed by the **Pennsylvania Department of Health**, in collaboration with: Family Health Council of Central Pennsylvania, Center for Schools and Communities, and the Department of Education.

National Tools for Teens

Being a Healthy Adult: How to Advocate for Your Health and Health Care

<http://rwjms.rutgers.edu/boggscenter/products/documents/TransitiontoAdultHealthcare-EN-complete.pdf>

A guide for transitioning young adults, produced by the **Elizabeth M. Boggs Center on Developmental Disabilities**. Available at no cost in English and Spanish, as a pdf , CD or mp3 file.

Transition Toolkit

<http://newenglandconsortium.org/for-families/transition-toolkit/>

The Transition Toolkit was developed by **Children's Hospital Boston** for teenagers who are transitioning to adulthood, and who are ready to be in charge of managing their metabolic condition and their health in general. The toolkit includes basic FAQs about various metabolic conditions, a health summary form for teens to fill out and keep in a safe place, and a transition plan or teens to discuss and fill out with their primary care provider and metabolic specialist.

Life Planning Education: A Youth Development Program

<http://www.advocatesforyouth.org/publications/555?task=view>

Advocates for Youth's popular family life education program includes chapters on sexuality, relationships, health, violence prevention, and community responsibility as well as chapters on skills-building, values, self-esteem, parenting, employment preparation, and reducing sexual risk. Packed with interactive exercises, supplemental leaders' resources, participant handouts, and a complete guide to implementation, this resource is appropriate for use in schools and other settings for sexuality/life skills education, HIV prevention education, and pregnancy prevention. For use with youth ages 13-18.

