

## Tracks to Transition: Going Out Alone.

Most families have the goal of their teen getting a job and learning how to do more things alone as an adult. The more a teen does on their own, the more they will learn how to take care of themselves. Teens should practice skills with their family, then slowly move towards doing things alone as they improve.

### Here are some activity ideas to help your teen learn how to go out alone:

- Bathing, dressing and toileting on their own
- Make daily life choices such as: what clothes to wear, what to eat in restaurants.
- Play outside alone for a short amount of time
- Walk or ride a bike around the block alone
- Walk to a neighbor's house alone
- Go into a store and buying something alone
- Go to school or local activities without a parent
- Go to a summer sleep-away camp

### Here are some safety tips to help your teen:

- Teach them how to act around other people, including who to talk to and how much to tell them.
- Teach them about sex and include details about how to avoid sexual abuse (such as private parts of the body and where they should not be touched without permission).
- Have them carry a State ID Card or other picture ID in their purse or wallet.
- Help them learn your phone number and have them carry your name and phone number on a card or have your phone number in their cell phone.
- Practice skills before they go out alone:
  - o Ask them to show you how they would get to the neighbor's house or their school event.
  - o Have them practice the correct behavior for each outing where they will be alone (example - let your teen go a few times with a friend, sister, brother or parent before going alone).