



BH

## 54 Skills Every Girl Should Have Before Going Away From Home

### Self-Managing Skills

1. Respect Adults
2. Respect the role of administration/teachers
3. Disagree without being disagreeable
4. Manage her own emotions appropriately
5. Say 'no' gracefully
6. Manage her time (homework, washing, down time, sleeping)
7. Set goals
8. Express displeasure properly
9. Express her needs etc. respectfully
10. Know how to ask for help or guidance when needed

### Practical Skills

1. Know how to daven
2. Self-Grooming-
  - a. Properly groom her nails, hair
  - b. To take care of body hygiene: showering, washing hair, using deodorant, being able to dispose of sanitary materials appropriately
3. Manage her own eating- eating enough food and well balanced choices
4. To understand responsible and proper use of medications like Advil, Tylenol, etc.
5. Get up in time and attend school regularly
6. Be able to keep track of her things
7. Clothing care-
  - a. Use a washing machine and dryer
  - b. Sort, wash, and when needed, iron, clothing
  - c. Hand wash delicate clothing
  - d. Sew on a button or hem a skirt
8. Keep her room neat- making her bed. Organizing her space
9. Pack for a school, short trip
10. Set a budget for her money
11. Take a proper telephone message

12. Speak clearly
13. Be able to protect herself in dangerous situation chos v'shalom
14. Follow written and verbal instructions properly
15. Know how to call a taxi if needed
16. Know how to shop for simple items
17. Know how to change a lightbulb
18. Know how to take care of little children safely
19. Create a document on a computer, save it to a flash drive, or email it
20. Wrap a gift
21. Use a dictionary or thesaurus
22. Send a thank you note
23. Mail a letter
24. Use internet safely
25. Be a gracious guest

### **Conceptual**

1. Understand what her clothing and personal style choices tell the world about her
2. Choose appropriate clothing for her size, body shape, etc
3. Honor her word
4. Honor her values
5. Pick appropriate and good friends
6. Notice if a friendship does not 'feel right' for some reason

### **Relationship skills**

1. Respect herself, be herself and not succumb to peer pressures
2. Remember to say 'please' and 'thank you'
3. Be able to listen to someone else in a conversation
4. Be able to accept another's point of view in a conversation
5. Be able to handle conflict nicely
6. Work as team on a project
7. Deal with different personality types
8. Walk away from inappropriate conversations
9. Walk away from inappropriate behaviors
10. Deal with jealousy