



# Life skills checklist



A practical guide to help caregivers support  
youth in developing life skills for the future.



# About this guide



The following Life Skills Checklist is designed to help caregivers support young people as they grow into adulthood. Inside, you'll find practical skills that youth can learn and practice in the following areas:

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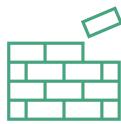
*The skills in this guide are aligned with the [Equitable Standards for Transitions to Adulthood for Youth in Care](#). While these standards focus on the big picture, this checklist provides simple, practical steps you can use to help youth develop skills and confidence in everyday life.*

# Getting started



Here are some helpful tips to get you started with this guide:

1



You don't need to tackle everything at once.  
**Start small and focus on one area at a time.**

2



Some skills will need to be **practiced more than once** or **developed gradually** over time.

3



If the youth has already mastered some basic skills,  
**begin with skills they're ready to practice next.**

4



Every youth is **unique**, so choose what fits their **strengths** and **needs!**

5



Remember, this is a journey of learning together.  
**Celebrate their progress** along the way and **encourage youth to take the lead** as they build confidence and independence.

6



If you're not sure how to discuss some of these topics, it's okay! **Look for the items marked with a star ★. When you see one, check the 'Helpful resources' section at the end of this guide for additional support.** You can also reach out to your social worker at any time if you need guidance.



### Basic skills

- Explain the value of different coins and bills (for example, compare what you can buy with a \$5 bill versus a \$20 bill).
- Practice buying something small at the store and counting the change together.
- Talk about the difference between “wants” (for example, treats) and “needs” (for example, rent or groceries). Work together to identify examples and make a list of each.
- Compare regular prices and sale prices by looking at flyers or visiting stores together.
- Explore ways to save money, such as loyalty programs, using coupons, or waiting for sales.

### Intermediate skills

- Help open a savings or chequing account and explain how it works.
- Get familiar with sending/receiving e-transfers and withdrawing/depositing money.
- Teach how to track spending by reviewing a bank statement or using a budgeting app together.
- Practice budgeting an allowance or weekly spending money to last for a set period.
- Explain the difference between gross pay (total earnings) and take-home pay (money after taxes and deductions).

### Advanced skills

- Work together to create a simple monthly budget covering essentials like rent, groceries, and bills.
- Review a bank statement to detect fees or errors and ensure accurate balances.

- Talk about how taxes ★ work, including what information is needed to file and where to get help.
- Practice saving money using coupons, flyers, or online discount codes.

### **Exceptional skills**

- Explain the importance of setting aside money for things like unexpected costs, seasonal bills, emergencies, or repairs.
- Introduce how credit works (for example, credit cards, interest rates, loans, late fees, and the consequences of unpaid bills).
- Talk about the impact of good and poor credit.
- Teach how to review a paystub. Explain how taxes, insurance, and benefits are deducted, and how these affect overall income.
- Walk through the process of completing a short tax form together (for example, completing a simple tax form for a summer job).
- Introduce strategies for long-term saving for things like education, housing, or other future goals.



## **Managing food and making healthy choices**

### **Basic skills**

- Practice proper handwashing before eating or preparing food. Talk about why this is important for staying healthy.
- Visit a cafeteria or fast-food restaurant and practice ordering a meal together.
- Introduce the basics of healthy eating using Canada's Food Guide ★ (for example, discuss eating more vegetables and fruits, protein-rich foods, and whole grains). Encourage making water their drink of choice.
- Teach the name and uses of common kitchen tools (for example, can opener, peeler, grater, etc.).

### **Intermediate skills**

- Practice reading menus and ordering food (for example, in person at a restaurant, over the phone, from an app, etc.).
- Prepare simple, one-person meals together (for example, scrambled eggs, sandwiches, or salads).
- Write a weekly grocery list together before going shopping.
- Teach how to safely use and clean cooking utensils (for example, knives and peelers) and kitchen appliances (for example, stove, microwave, or air fryer).
- Model and practice good table manners, such as using cutlery properly, chewing with a closed mouth, and polite conversation during meals.

### **Advanced skills**

- Teach how to store perishable foods to keep them fresh longer and explain why refrigeration is key for safety.
- Show how to identify signs of food spoilage, such as unusual smells, textures, or past-due expiry dates.
- Follow simple cooking instructions together for canned or frozen foods.
- Plan and budget for a week's worth of affordable, healthy meals together. Make grocery shopping part of the learning experience. Practice navigating the store, finding items on the list, and paying at the cashier or self-checkout with cash or a card.

### **Exceptional skills**

- Prepare simple recipes together, like pasta, stir-fries, or homemade soup.
- Practice adjusting recipes to feed more or fewer people.
- Teach how to read “use by” or “best before” dates to prevent waste.
- Build balanced meals using whole grains, fresh or frozen vegetables, and protein-rich ingredients.
- Show how to read labels and compare costs to make smart purchases.



## Personal hygiene and appearance

### Basic skills

- Talk about why daily hygiene habits (for example, bathing, brushing teeth, and combing hair), are important for health and confidence.
- Show how and when to use personal care products (for example, deodorant, shampoo, razors, toothbrushes, hairbrushes, etc.).

### Intermediate skills

- Establish a regular schedule for personal hygiene, such as showering daily or brushing teeth in the morning and evening.
- Talk about the importance of wearing clean clothes each day and creating a habit of separating dirty laundry into a laundry basket.

### Advanced skills

- Teach them how to do laundry step by step. Show them how to sort clothes, use detergent, and operate a washing machine and dryer.
- Show them how to fold clothes neatly or use an iron/steamer for wrinkle removal.
- Teach proper care for delicate clothing items, including handwashing when needed.
- Help them budget for grooming appointments (for example, haircuts, nail care, etc.)
- Teach basic sewing skills (for example, attaching buttons or repairing small tears in clothing).

### Exceptional skills

- Practice reading and following care instructions on clothing labels for washing and/or dry cleaning.
- Discuss how to choose appropriate outfits for different purposes, like formal events, work interviews, or casual outings.



### **Basic skills**

- Teach them what to do in an emergency and when to call 9-1-1★ (for example, fires, accidents, medical emergency, etc.). Practice clearly explaining the situation and giving an address or location.
- Discuss when and how to access health services ★ (for example, emergency rooms, urgent care, or calling 8-1-1 for non-urgent medical advice).
- Talk about medication safety (for example, only taking prescribed medications, safely storing them, and when to use over-the-counter options like ibuprofen or acetaminophen).
- Discuss how substances★ like drugs, alcohol, and tobacco can harm physical and mental health.
- Introduce basic sexual health topics★, including body awareness, how pregnancy occurs, the use of condoms, and the concept of consent.

### **Intermediate skills**

- Teach simple first-aid responses for minor injuries (for example, cleaning and bandaging a cut, cooling a minor burn, or removing a splinter safely).
- Help them recognize common illness symptoms★ (for example, colds, flus, or stomach bugs), and teach how to manage symptoms.
- Discuss the risks of pregnancy★ and sexually transmitted infections★.
- Provide more detailed information on the risks of substance use★, including smoking, vaping, and alcohol.

### **Advanced skills**

- Practice reading and following the instructions on a prescription bottle or over-the-counter medicine.
- Learn how and when to use various “over the counter” medications (for example, for pain, stomach upset, diarrhea, fever, cold/allergy, etc.).
- Schedule a doctor or dentist appointment together. Explain how to call and/or use online booking systems.

- Walk through a basic first-aid kit. Label items and explain when and how to use them.
- Talk openly about birth control options★, how to access them, and preventing unwanted pregnancies★ and sexually transmitted infections★.
- Explain the safe disposal of expired or unused medications.
- Teach how to find and keep a record of personal health information★, like immunization records or medical history.

### **Exceptional skills**

- Talk about the importance of preventative healthcare★, including how eating well, exercising, and getting enough sleep can maintain long-term wellness.



## **Housekeeping**

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### **Basic skills**

- Teach how to properly wash dishes, either by hand with soap and hot water or by loading and using a dishwasher.
- Show how to change a light bulb safely.
- Explain how to make a bed and practice it together.
- Demonstrate how to dispose of garbage, including separating it into appropriate bins (for example, general waste, recycling, or compost).

### **Intermediate skills**

- Teach them how to use a vacuum cleaner, including general maintenance (for example, charging, emptying, cleaning, or changing bags if required).
- Show how to change bed linens and explain how often it should be done for hygiene.
- Talk about ways to prevent clogged sinks and toilets, such as avoiding flushing inappropriate items or using strainers in sinks.

- Practice using cleaning tools and products (for example, sweeping/mopping floors, washing windows, dusting/polishing furniture, cleaning bathrooms, etc.).
- Help learn which cleaning products are safe and effective for different household chores.

### ***Advanced skills***

- Demonstrate how to recognize and stop a toilet from running.
- Learn how to use a plunger to unclog a sink or toilet.
- Teach how to defrost a refrigerator/freezer, if needed, and why it's important for appliance maintenance.
- Show how to clean an oven/stove.
- Explain ways to conserve energy and water at home (for example, turning off unused lights, unplugging electronics, and not wasting water).
- Practice regular housekeeping routines to keep the home clean, tidy, and safe.

### ***Exceptional skills***

- Talk about what repairs are a landlord's responsibility★ and how to request them. Practice contacting a landlord or property manager to request a repair.
- Teach how to perform minor household repairs (for example, tightening a loose screw or patching small holes in the wall).
- Show how to safely reset a circuit breaker or change a fuse.
- Discuss how to prevent and handle problems with pests (for example, ants, mice, bears, etc.) or mold using safe and proactive methods (for example, proper food storage, reducing moisture, regular cleaning, etc.).



### **Basic skills**

- Explain the basic concept of renting, including monthly payments, contracts, and security deposits.
- Discuss how to find and access emergency shelters★ if needed.

### **Intermediate skills**

- Teach how to search for housing, using online platforms, community boards, or word of mouth.
- Explain common rental terms, such as "lease," "utilities," "security deposit," "reference", "studio", etc.
- Help calculate general housing costs to understand what living expenses might look like (for example rent, utilities, and other common costs).
- Discuss the benefits and challenges of having a roommate and how to set boundaries in shared spaces.

### **Advanced skills**

- Work together to calculate "startup" costs for moving, like utility deposits, first month's rent, connection fees, and necessary furniture or supplies.
- Help identify housing that fits their budget and current needs.
- Practice filling out a rental application and discussing what landlords may ask for (for example, references or proof of income).
- Learn about the role of landlords★ and how to talk to them about available apartments.
- Talk about the ways inspect the apartment to make sure appliances work and that the landlord has supplied accurate information about the apartment and the neighborhood.
- Discuss their rights and responsibilities as a renter★.
- Teach how to communicate with neighbours and landlords to maintain good relationships (for example, respecting property, keeping noise reasonable).

Talk about the consequences if the rights of other residents are not respected.

- Explain the purpose of a security deposit★ and what might affect its return.

### **Exceptional skills**

- Teach how to get along with other residents and the landlord and how to handle conflict if it occurs.
- Discuss how to apply for financial assistance for housing costs★ in difficult situations.



## **Transportation**

### **Basic skills**

- Teach the importance of wearing seat belts every time they're in a vehicle.
- Introduce them to local public transportation★ (for example, show them the nearest bus stops or routes and talk about schedules).
- Explain where to find transportation options for travelling between cities (for example bus or train stations), and how to access them.
- Practice planning a short trip and calculating how much money is needed (for example traveling from one city to another or visiting someone living in another province).

### **Intermediate skills**

- Discuss the consequences★ of driving without a license or proper insurance.
- If ready, encourage participation in a driver's education program or learning through supervised practice.
- Teach how to call a taxi or rideshare service, such as Uride.
- Explain the costs of using taxis, ride-shares, or other transport options.

- Practice traveling by public transportation on a route that involves transfers or multiple stops.

### **Advanced skills**

- Work together to arrange transportation for regular activities (for example, commuting to school or work).
- Discuss the steps to get a driver's license★, including written tests, road tests, and required documents.
- Introduce them to basic bicycle maintenance (for example, how to check tire pressure, fix a flat tire, adjust brakes, etc.).
- Teach how to use navigation tools, like reading a map or using navigation apps.

### **Exceptional skills**

- Explain basic car maintenance (for example, checking fluid levels, knowing when an oil or tire change is needed, understanding dashboard warning lights, preparing a car for winter, etc.).
- Discuss the real costs of owning a car, including monthly fuel, maintenance, insurance, and vehicle registration.
- If they have a license, practice safe driving habits★. If they have recently earned their licence, help them gain confidence.



## **Educational planning**

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### **Basic skills**

- Talk about what's required to graduate high school★, including credits, mandatory courses, and steps to stay on track.
- If high school graduation isn't possible, introduce the idea of a GED (General Educational Development)★ certificate and how to pursue it.

### **Intermediate skills**

- Encourage discussions about career goals★ and the levels of education or training★ needed for specific jobs.
- Encourage them to seek information and resources related to post-secondary education★ and training, such as tutoring, libraries, career planning★, etc.
- Help fill out forms to enroll in educational programs.

### **Advanced skills**

- Teach how to obtain school transcripts and why they might be needed for further education or employment.
- Work together to develop an educational plan★ that aligns with their job or career goals.
- Help review their current school credits and progress to see if anything needs to change to reach their goals.
- Help them understand the costs of post-secondary education, including tuition, books, and other fees.

***Did you know?*** *The New Brunswick Youth in Care Scholarship★ covers the full cost of tuition and mandatory fees for youth and young adults who were/are not able to live with their parent(s).*

- Explain the differences between basic financial options for tuition, like loans, scholarships, and grants★.

### **Exceptional skills**

- Explore and compare higher-education or training programs to find one that meets their interests, goals, and budget.
- Teach how to apply for financial aid for post-secondary education★.
- Talk about how different levels of education and skills can affect career opportunities and income★.



## Job seeking skills

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### **Basic skills**

- Discuss what kinds of jobs★ are available based on their interests, abilities, and local opportunities.
- Teach them what the minimum wage is and why it matters when job hunting.

### **Intermediate skills**

- Practice filling out a simple job application form, either on paper or online.
- Do a mock interview together, practicing how to answer common questions clearly and confidently.
- Help them make an appointment for a real or practice job interview.
- Talk about how to dress properly for an interview, such as wearing clean, professional-looking clothing.

### **Advanced skills**

- Teach how to write a resume★. Use examples to help list their skills, experience, and education.
- Prepare them for an interview by researching the company, practicing answers, and discussing questions they can ask the employer.
- Explain the steps involved in completing a job interview, from introducing themselves to following up after the interview.
- Help them connect with WorkingNB★, where free employment counsellors can assist with career planning, skill development, job searches, and resume support.
- Explore temporary job options, such as seasonal work or internships, as a way to gain experience.
- Teach them what to ask potential employers, like work hours, pay, or benefits, to make informed decisions before taking a job.

## **Exceptional skills**

- Help them maintain an updated resume★ they can use for job applications.
- Talk about how to compare different jobs★ and weigh the benefits, like pay, hours, or learning opportunities.
- Teach them about workplace rights★, like knowing what to do if they feel discriminated against or unsafe.



## **Job maintenance skills**

### **Basic skills**

- Talk about why dressing appropriately for work matters and help them choose clothes that fit the job (for example, uniforms or tidy/professional outfits).
- Teach the importance of showing up on time for work and how planning ahead helps prevent being late.
- Discuss job responsibilities and how to stay focused on completing tasks.
- Show them how to contact their supervisor properly if they are sick or can't come to work.

### **Intermediate skills**

- Talk about how and when to communicate with their supervisor, such as asking questions if they don't understand something.
- Explain behaviours that could lead to getting fired, like not following rules or being disrespectful.
- Encourage them to ask for help if they face challenges at work, such as stress or workload issues.

### **Advanced skills**

- Teach them how to check their eligibility for days off (for example, sick days, vacation time, breaks, etc.).

- Explain what a grievance procedure is (for example, ways to handle unfair treatment at work).
- Explain how to recognize the right times to talk with co-workers or supervisors at work.
- Create a simple plan for managing frustration or anger when dealing with work conflicts, deadlines, or customers.

### ***Exceptional skills***

- Help them practice using anger management strategies to stay calm in tough situations.
- Explain how to use a company's grievance process to resolve disagreements responsibly.
- Teach how to recognize and follow "unwritten rules" at work, like teamwork or workplace culture expectations.
- Talk about steps for earning promotions or improving performance at work.
- Provide a basic understanding of employee rights★, such as fair wages, workplace safety, and respectful treatment.



## **Emergency and safety skills**

### ***Basic skills***

- Teach them the roles of emergency services such as police, ambulance, and fire departments, and when to call 911★.
- Create a family safety plan, including where to meet during emergencies★ like fires.
- If they smoke, teach them to properly dispose of smoking materials to avoid fire risks★.
- Teach how to securely lock and unlock doors and windows to stay safe at home.
- Show how to check a smoke detector's★ battery and replace it when needed.

### **Intermediate skills**

- Discuss basic fire safety tips★, like not smoking in bed, avoiding overloaded electrical outlets/cords, and not leaving space heaters unattended.
- Teach how to use a fire extinguisher safely.
- Help them understand how improper use of appliances (like stoves or heaters) can lead to fires.
- Discuss what to do and who to call if they smell a gas leak.

### **Advanced skills**

- Teach them about different ways to put out specific types of fires★ (for example, grease fires versus electrical fires).
- Discuss safe storage of cleaning products to prevent accidental exposure or poisoning★.
- Teach them how to decide when professional medical help★ is needed versus taking care of an issue at home.
- Explain when to call numbers like 811 for health advice, 911 for emergencies, and 211 for community resources★.

### **Exceptional skills**

- If possible, encourage participation in First Aid or CPR training, so they know how to handle injuries until help arrives.



## **Knowledge of community resources**

### **Basic skills**

- Teach how to find emergency★ contact information, like the numbers for friends/family, police, ambulance, or fire services.
- Make a list of who they can contact if they're injured, feeling sick, or need help.

- Help them identify nearby essential locations, like grocery stores, pharmacies, or clinics.
- Show how to find emergency food★ and shelter★ options if needed.
- Explain when to call numbers like 811★ for health advice, 911★ for emergencies, and 211★ for community resources.

### ***Intermediate skills***

- Show them the nearest laundromat or alternative options for washing clothes.
- Help them locate personal banks or ATMs and explain how to safely make transactions.
- Help them learn how to use apps or websites (for example, the 211★ app or website) to find local supports and services.
- Explain how to find and use a post office★, including sending mail and buying postage.

### ***Advanced skills***

- Discuss what to do if utilities are disconnected, such as contacting the landlord or a utility provider.
- Show them how to register for services like Social Insurance Numbers (SIN)★ or Medicare cards★.
- Teach how to get important documents★ (birth certificate, Medicare card, driver's licence, SIN) and how to replace them if needed.
- Introduce specialized resources★ they might need, like mental health counseling, consumer counseling, student aid offices, animal control, etc.

### ***Exceptional skills***

- Discuss who their elected representatives★ are and how they can reach them if they have community concerns or issues.
- Encourage them to get a library card★ and explain the value of free resources like books, internet access, and workshops.



## Interpersonal skills

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### **Basic skills**

- Teach how to greet people, respond to introductions, and answer simple questions politely.
- Encourage them to identify one or more friends or trusted people they feel connected to.
- Practice making “small talk” in everyday situations (for example, asking how someone’s day is or talking about a shared interest).

### **Intermediate skills**

- Teach how to introduce themselves to new people or approach someone to start a conversation.
- Discuss personal boundaries, like respecting others' space and understanding their own limits.
- Talk about how to avoid harmful behaviours and respect others' safety and feelings.
- Encourage them to ask for help when needed, whether from a friend, teacher, or caregiver.
- Teach how to recognize and name emotions, like sadness, anger, or happiness, and explain why this is helpful.
- Help them identify relationships★ that may be unhealthy or dangerous and discuss how to create distance when needed.

### **Advanced skills**

- Help them recognize their strengths and areas for growth.
- Support them in creating a realistic plan with steps to reach their goals.
- Encourage accepting invitations to social activities, like gatherings, team events, or group hobbies.
- Practice planning social activities, such as going to the park or hosting a game night with peers.

- Teach how to resolve interpersonal conflicts by finding solutions together or asking for help if needed.
- Talk about saying “no” confidently if someone pressures them to do something uncomfortable.
- Discuss the connection between choices and consequences, helping them think through decisions in advance.
- Teach table manners, such as using utensils correctly and being polite during meals with others.
- Discuss how to avoid hurtful or toxic relationships★ and recognize when they need help getting out of one.

### **Exceptional skills**

- Practice expressing strong emotions, like anger or frustration, in a healthy way (for example, talking calmly, stepping away, journaling, or talking to someone they trust).
- Teach how to say “no” to peer pressure in challenging situations, including unsafe behaviours.
- Help them follow and adjust their plan to reach their goals.
- Promote healthy ways to handle the end of friendships or relationships, such as setting boundaries or saying goodbye with respect.



## **Legal issues and administrative skills**

### **Basic skills**

- Encourage them to record phone numbers of people they can turn to in emergencies or if something bad happens.
- Teach basic laws★ that apply to everyone (for example, stealing, and driving without a licence, assault, etc) and possible consequences.
- Show them how to keep important documents safe, like ID cards, a passport, or a Social Insurance Number (SIN).

### **Intermediate skills**

- Talk about their personal rights★ if they are questioned or arrested (for example, staying calm, asking for a lawyer, and not answering unnecessary questions).
- Explain the role of a lawyer★ and when they might need legal advice.
- Teach legal age limits★, such as when they can buy alcohol, tobacco, or cannabis.
- Discuss what “legal age” means and what they can and cannot do at different ages. For example (when they can get married, drive, or buy alcohol/tobacco/cannabis).
- Show how to read and understand basic contracts, like leases or service agreements.
- Explain how and why someone might be placed under the care of social development and what steps are involved.
- Explain how to register to participate in elections.

### **Advanced skills**

- Introduce free or low-cost legal services★ in the community that can provide advice if they need help.
- Teach the consequences of signing contracts or leases and why they should read them carefully before agreeing.
- Discuss common legal penalties★ for offences, like underage drinking, shoplifting, or driving without insurance.

### **Exceptional skills**

- Explain the rights and responsibilities of citizens★ and how to act responsibly in the community.
- Talk about why voting★ is important and show them where and how to cast their ballot.



### Basic skills

- Show them where the nearest sexual health clinic★ is and what services it offers (for example, birth control, STI testing, or information sessions).
- Discuss different options for birth control★ and how to access them.
- Talk about options available in the case of pregnancy★, like parenting, adoption, or termination.
- Discuss why avoiding drugs, alcohol, and tobacco during pregnancy is important for their and the baby's health★.
- Explain what pre-natal care★ is and how regular doctor visits during pregnancy support their and the baby's health.

### Intermediate skills

- Explain where to go for pre-natal care★ in your area (for example, public health clinics or family practitioners).
- Discuss the importance of always supervising children. Teach how to provide appropriate supervision for different ages.
- Help build their confidence in taking care of a child on their own, encouraging them to ask questions and be hands-on.
- Teach basic tasks, like bathing a baby, changing diapers, or dressing a child appropriately for the weather.
- Show how to access local services and supports★, such as parenting groups or public health resources.
- Teach how to engage with the child through activities, like reading, singing, or playing.
- Discuss childcare★ options, ranging from daycare to family or trusted babysitters. Help them identify reliable babysitting options.
- Explain how to recognize signs of illness in children and where to go for treatment when needed (for example, calling a family practitioner or visiting a walk-in clinic) ★.

### ***Advanced skills***

- Help them choose toys appropriate for the child's age and developmental stage.
- Discuss positive ways to manage a child's behaviour, focusing on patience and avoiding harmful practices (for example, hitting, screaming, withholding necessary food or care).
- Teach how to plan and arrange for regular, reliable childcare★.
- Encourage spending meaningful, quality time with the child each day, such as listening, playing, or sitting together.
- Talk about where they can find parenting advice, whether from professionals, community programs, or support networks★.

### ***Exceptional skills***

- Teach how to recognize healthy child development★ and behaviour for different ages.
- Help plan for the costs of raising a child, discussing childcare★, clothing, and other basics.



## **Social media**

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### ***Basic skills***

- Teach how to use privacy settings on social media platforms★ to control who sees their posts and profile.
- Talk about respecting others in online interactions, encouraging kindness in posts and comments.
- Explain what cyberbullying★ is and why it's important to avoid or report it.

### ***Intermediate skills***

- Show them how to protect personal information★, like avoiding sharing phone numbers, addresses, or passwords online.

- Talk about the dangers of oversharing private details, like vacation plans or sensitive personal information.
- Review the rules of different social media platforms together and why they're in place.
- Teach cybersecurity★ basics, like creating strong passwords that are unique for each account.
- Show how to block or report anyone engaging in harassment or trolling.

### **Advanced skills**

- Teach how to fact-check posts or news stories before sharing them to avoid spreading false information.
- Explain what copyright means and how to avoid sharing or using content without permission.
- Show how to enable two-factor authentication for extra account security.
- Teach them to recognize phishing attempts, like suspicious messages asking for login details or personal information★.
- Discuss how to report inappropriate or harmful content they might see online.



## **Culture and identity**

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### **Stay connected to culture**

- Attend local events together (for example, festivals, cultural gatherings, or days of reflection that honour history and experiences).
- Help youth find programs or groups that reflect their background or interests (for example, cultural youth groups, dance classes, or language programs).
- Support transportation to cultural programs and events so they can take part easily.

### ***Learn about family and heritage***

- Share family stories and traditions. Talk about where your and their family comes from, important memories, or ways of celebrating holidays.
- Create a simple family tree or memory book with photos, names, and stories.
- Explore land-based or nature activities that build connection, such as walks, camping, or workshops in traditional skills.

### ***Support beliefs and belonging***

- Respect and encourage their spiritual or religious identity. Ask questions, listen, and give them space to explore what feels right for them.
- Connect them with supportive people or mentors who share similar beliefs or values.
- Encourage friendships and social circles where they can feel accepted and proud of who they are.

# ★ Helpful resources



Below are some helpful resources to support young adults as they build independence:

## Help finding programs and services

- **211 New Brunswick:** The front door to help. Free, confidential, and available 24/7, 211 will give you information on mental health resources, financial assistance, food access, social services and more! To get started, [download the 211 app](#), visit <https://nb.211.ca>, or call 2-1-1.
- **Social Supports NB:** A user-friendly website that helps New Brunswickers navigate government programs and community services. Find information on community food programs, emergency shelters, saving money on your utilities, applying for social assistance, and more! Visit [socialsupportsnb.ca](http://socialsupportsnb.ca).
- **Yellow Pages:** If you're looking for local businesses or services like plumbers, mechanics, coffee shops, or a dentist, the Yellow Pages is a great directory. Visit [yellowpages.ca](http://yellowpages.ca).

## Education and employment

- **WorkingNB:** Get free career counselling, resume help, training, and job search support. Visit [workingnb.ca](http://workingnb.ca).
- **Student financial services:** Learn about and apply for student loans, grants, and bursaries to help pay for post-secondary education. Search online for ["Student Financial Services GNB."](#)
- **Financial and Consumer Services Commission (FCNB):** Get practical advice on budgeting, saving, using credit wisely, and avoiding scams. Visit [fcnb.ca](http://fcnb.ca).
- **WorkSafeNB:** Information about rights, safety, and responsibilities in the workplace. Visit [worksafenb.ca](http://worksafenb.ca).

## Health and wellness

- **Accessing healthcare in New Brunswick:** Information on finding and accessing healthcare services in New Brunswick. Learn how to register for a family doctor or nurse practitioner, apply for a Medicare card, book appointments at a walk-in clinic, access mental health supports, use Tele-

Care 811 for health advice, and more! Search online for “[Accessing Healthcare GNB](#)”.

- **Canada’s Food Guide:** Tips for healthy eating, meal planning, and building balanced meals. Visit [food-guide.canada.ca](#).
- **ParticipACTION:** Get easy ideas for staying active and improving your health. Visit [participation.com](#).
- **Mental Health and Addictions Services NB:** Find information on local counselling and addiction supports, including crisis resources. Visit [gnb.ca/mentalhealth](#).
- **Health and wellness NB:** A comprehensive hub for health-related information and services in the province. Search online for “[Health and wellness GNB](#)”.

## Government services

- **Service New Brunswick (SNB):** Access a range of provincial services, including renewing or replacing IDs, registering for Medicare, applying for or renewing a driver’s license, and more. Visit [snb.ca](#) or call 1-888-762-8600.
- **Service Canada:** Access federal programs and documents, including applying for a Social Insurance Number (SIN), Employment Insurance (EI), the Canadian Dental Care Plan (CDCP), or other federal services. Visit [canada.ca/msca](#).

## Legal aid, rights, and responsibilities

- **Public Legal Education and Information Service of New Brunswick (PLEIS-NB):** Easy-to-understand information about legal rights and responsibilities. Visit [legalinfonb.ca](#).
- **Justice and public safety NB:** Information on laws, services for people affected by crime, and public safety programs. Visit [gnb.ca/publicsafety](#).
- **Legal Aid New Brunswick:** If you’re in need of affordable legal advice or assistance, this service may be able to help. Visit [legalaid-aidejuridique-nb.ca](#).

## Transportation

- **Driving and transportation:** Information about licensing, vehicle registration, road safety, and rules of the road. Search online for “[Driving and Transportation GNB](#)”.
  - **New Brunswick Driver's Handbook:** This handbook will provide you with the information you need to prepare for testing and increase your knowledge of the rules of the road and safe driving practices. Search online for “[NB Driver's Handbook](#)”.
- **Public transportation:** Information on buses, trains, ferries, and other public transit options across New Brunswick. Search online for “[Public Transportation GNB](#).”
- **Community transportation services:** A network of non-profit organizations providing affordable and accessible transportation where public services are limited. Visit [socialsupportsnb.ca/communitytransportation](http://socialsupportsnb.ca/communitytransportation).

## Emergency preparedness and online safety

- **Emergency preparedness and alerts:** Learn how to prevent, plan, and prepare for emergencies. Search online for “[Emergency preparedness and alerts NB](#)”.
- **Get Cyber Safe:** Learn about the simple steps you can take to protect yourself and others online. Visit [getcybersafe.ca](http://getcybersafe.ca).

## Daily living

- **Canada post:** Information on mailing services, locations, and shipping. Visit [canadapost.ca](http://canadapost.ca).
- **Elections NB:** Information about voter registration, voting locations, and how to vote. Visit [electionsnb.ca](http://electionsnb.ca).
- **Public libraries:** New Brunswick libraries aren't just about books, they also offer free internet, workshops, and community activities. Find one near you at [socialsupportsnb.ca/library](http://socialsupportsnb.ca/library).

## Housing

- **Housing and Property:** Find information on rent support programs, property assessments, and other housing related programs. Search online for “[Housing and Property GNB](#)”.

## Parenting and childcare

- **Help paying for early learning and childcare:** Programs to help families pay for early learning and childcare. Visit [socialsupportsnb.ca/childcare](http://socialsupportsnb.ca/childcare).
- **Support for new Parents:** Services and programs to help new parents care for their baby and themselves. Visit [socialsupportsnb.ca/newparents](http://socialsupportsnb.ca/newparents).
- **Support during pregnancy:** Learn about the programs that help with prenatal vitamins, the cost of food, and other supports to keep parents and babies healthy. Visit [socialsupportsnb.ca/pregnancy](http://socialsupportsnb.ca/pregnancy).

## Abuse and neglect

- **Intimate partner violence:** Find information and supports for leaving an abusive relationship. Call 211 or visit [yourcall.nb.211.ca](http://yourcall.nb.211.ca) for more information.
- **Report abuse or neglect:** If you think a child, adult with a disability, or senior is being abused or neglected, contact the Department of Social Development at 1-833-733-7835 for help. Visit [socialsupportsnb.ca/report](http://socialsupportsnb.ca/report).