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To the Student

Living on your own can be a great experience! You can choose and decorate your own place. You can decide for yourself what and when to eat. You can set your own hours. In short, you are free to make your own choices about your lifestyle.

Along with these freedoms comes responsibility. Living on your own means it's up to you to take care of yourself when you're sick or hurt. You are now the one who must be sure your nutritional, physical, and emotional needs are met. No one will be watching over you to ensure your personal safety. No one will be looking to make sure you make good decisions about alcohol, drugs, and tobacco. It's up to you!

But that's not all! You must make good choices as you choose and set up your home. You must keep your home safe and clean. And you must use your money wisely to meet your needs.

You will have a better experience living on your own if you are prepared to meet your new responsibilities. The six books in the *Steps to Independent Living* series will teach you the skills you need to make it on your own.

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To the Teacher

Steps to Independent Living is a series of books for students or adults with special needs. Its purpose is to give students an introduction to a variety of skills needed for successful independent living.

The *Steps to Independent Living* series consists of six student activity texts of easily manageable length with a reading level of 2.5. The material in each book includes the most essential, most immediately applicable facets of that topic. The material in the books can be greatly extended with the “Additional Activities” contained in this Teacher Guide.

The books in the *Steps to Independent Living* series are as follows:

- How to Get Well When You're Sick or Hurt
- How to Use Your Money Wisely
- How to Take Care of Your Home
- How to Stay Healthy
- How to Look Out for Yourself
- How to Set Up a Home

The emphasis of *Steps to Independent Living* is to keep the material simple, attractive, and easy to understand, while conveying essential information for successful living. The interest level of the material is grade 8 to adult.

This Teacher Guide to *Steps to Independent Living* provides many ideas for you to use as enrichment, as a challenge for more able students, or as a way to expand the books. You will find these additional activities—mainly hands-on—invaluable in reinforcing the concepts