

- ☐ Think about what you like and what you don't. What do others say you are good at? What are some jobs you might be good at, based on what you enjoy? Resource: [Vision Statement](#)
- ☐ Find some activities (classes, volunteer work) you could do right now to learn more about the job you want. For example, if you want to be a chef, you could take a cooking class and volunteer at a food pantry. These can also be great ways to make friends! Resource: [Kentucky Recreation Guide](#)
- ☐ Look for starter jobs, when you are ready, that can help you earn money, build work skills and experience. Some common paid jobs for young teens are yard work, babysitting, and more.
- ☐ Learn how to use technology to chat with other people. Texting and using social media can be goals you work on. Remember that social media can be a way employers learn about you in the future. Make sure what they see is good. Be responsible and safe when you are using social media. Resource: [Yo! Safety Tips](#)
- ☐ Explore opportunities at school that might interest you—like volunteering in the school office or library. Start working on skills that will be useful for jobs later.
- ☐ Find someone who has a job you're interested in to talk to. This might be someone you already know, or it may be a new person that your parents or teachers could help you meet?  
Resource: [Kentucky Disability Resource Guide](#)
- ☐ Practice skills like introducing yourself to someone new and learn how to treat other people the way you would like to be treated. Knowing how to get along with people can help you make friends and also get to know people who may work with you in the future.
- ☐ Learn how to understand your feelings and be appropriate during puberty. Resources: [The Girls' Guide to Growing Up](#) and [The Boys' Guide to Growing Up](#)
- ☐ Doing chores at home might be a good place to start learning how to work. Chores might not always be fun, but they teach you how to be independent, begin learning how to save money and spend on a budget, etc.  
Resource: [Money as You Grow](#)
- ☐ Learn if you will need more education (like college) or training after high school to get the job you want.  
Resource: [Charting the Lifecourse](#)

# Kentucky Checklist for a Bright Future: 11-15 Years Old

For students with disabilities



# Resources for a Bright Future: 11-15 Years Old

For students with disabilities

- Bright Futures Vision Statement <https://kentuckyworks.org/2018/08/07/brighter-futures-vision-statement/>
- Charting the Lifecourse: [lifecoursetools.com](http://lifecoursetools.com)
- Kentucky Recreation Guide: [recreation.wellness4ky.org](http://recreation.wellness4ky.org)
- Yo! Safety Tips: <http://www.yodisabledproud.org/resources/safety-online.php>
- Kentucky Disability Resource Guide: [resources.hdiuky.org/](http://resources.hdiuky.org/)
- The Boys' Guide to Growing Up: Choices & Changes during Puberty: <https://www.woodbinehouse.com/product/boys-guide-growing-up-puberty/>
- The Girls' Guide to Growing Up: Choices & Changes in the Tween Years: <https://www.woodbinehouse.com/product/the-girls-guide-to-growing-up-choices-changes-puberty/>
- Money as You Grow: Help for parents and caregivers: <https://www.consumerfinance.gov/consumer-tools/money-as-you-grow/>