

Discovering Life Skills

Chapter 1: Discover Yourself

Chapter Summary

During your teen years you enter the stage in your life when you become your own person. Your emotions come into focus, you undergo physical changes, and you develop your own values. Family, friends, and culture influence who you are. Your personality shows in your appearance, your communication, and your actions. A positive self-concept helps you cope with life. You are responsible for your own behavior and actions.

Taking care of your physical appearance contributes to the way other people see you. Grooming and personal care includes caring for your skin, hair, hands, feet, and teeth. When you are clean, you are healthy. You will learn how to care for your body in this section. Being well-groomed will help you make good first impressions when you meet people for the first time.