

Curriculum Resources

Curriculum selection when working with a group or classroom is a big choice. There are many things you will need to consider. Please use this tool to check out resources that are out there that may fit with what you are looking to cover. When using other curriculums, be sure to appropriately reference, get permission to use when necessary, and avoid plagiarizing materials.

Curriculum Name	Link	Age	Skill	Cost
Advocates on Health Care and the Transition to Adulthood	https://autisticadvocacy.org/2014/07/asan-unveils-toolkit-for-advocates-on-health-care-and-the-transition-to-adulthood/	16+	Transition skills for healthcare	Free
Amaze	https://amaze.org/	12+	Sex education and identity	Free
Civic Engagement Toolbox For Self-Advocates	https://autisticadvocacy.org/policy/toolkits/civic-2/	16+	Civic engagement	Free
Changes in Me: A resource for Educators on Puberty and Adolescent Development	https://www.peelregion.ca/health/commhlth/bodyimg/changes-in-me/lessons/	9-11	Adolescent development and relationships	Free
CHAT Family Toolkit	https://sys.mahec.net/media/brochures/Family_toolkit.pdf	16+	Family skills to transition healthcare	Free
CHAT Youth Toolkit	https://sys.mahec.net/media/brochures/youth_toolkit.pdf	16+	skills to self-directed healthcare	Free
Disability History Museum Education	https://www.disabilitymuseum.org/dhm/edu/lesson_results.html	11+	Disability history	Free
Overcoming Obstacles	https://www.overcomingobstacles.org/curriculum/	5-20	Communication, decision making, and goal setting	Free
FLASH	https://www.etr.org/flash/flash-curriculum/	5-22	Sex education and health	\$49.99-\$374.99
Follow the Money: The U.S. Budget and You	https://autisticadvocacy.org/policy/toolkits/budget/	14+	Financial literacy	Free
Guideposts for Success	www.ncwd-youth.info/wp-content/uploads/2018/03/Guideposts-for-Success-English-Print-Quality-1.pdf	13+	School preparation, youth development and leadership, family involvement, career Preparation	Free
Healthy Community Living	http://healthycommunityliving.com	18+	Community living skills, living well in the community	\$500
iBelong	http://onramptraining.com/ibelong/	5-13	Overview of specific disabilities and inclusion	\$1,099

Curriculum Name	Link	Age	Skill	Cost
Ignite	http://onrampttraining.com/ignite/	10-14	Self-exploration, self-advocacy, emotion regulation, goal setting, conflict resolution, transition plan process	\$499
I Know Where I am Going (But Will my Cash Keep Up)	Part 1 http://montanayouthtransitions.org/wp-content/uploads/2016/04/I-Know-Where-Im-Going-Part-One.pdf Part 2 http://montanayouthtransitions.org/wp-content/uploads/2016/04/I-Know-Where-Im-Going-Part-Two.pdf	14+	Financial literacy	Free
Learn How to Become	https://www.learnhowtobecome.org/	16+	Employment resources and skills	Free
MYTransition Soft Skills Curriculum	http://montanayouthtransitions.org/mytransitions-soft-skills-curriculum/	14+	Soft skills	Free (in-person training required)
Planning and Giving a Presentation: A Guide for Self-Advocates	http://www.theriotrocks.org/products/toolkits	14+	Teamwork, and leadership skills	\$30
Punch-In Employment Courses	http://success-network.punch-in.org/page/take-the-course	16+	Employment skills	Free
Real Work for Real Pay: A Self-Advocate's Guide to Employment Policy	https://autisticadvocacy.org/policy/toolkits/employment/	16+	Employment education	Free
Scarleteen Sex Ed for the Real World	https://www.scarleteen.com/	12+	Sex education	Free
Self-Determination and You	http://www.theriotrocks.org/products/toolkits	14+	Self-determination, self-advocacy and community involvement	\$30
SexEd Library	https://www.sexedlibrary.org/	10+	Sex education	Free
Skills to Pay the Bills: Mastering Soft Skills for Workplace Success	https://www.dol.gov/odep/topics/youth/softskills/	14-21	Communication, enthusiasm, attitude, teamwork, networking, problem solving, critical thinking, and professionalism	Free
Starkloff Disability Institute Resources	https://starkloff.org/resource-center/	14+	Networking, resume writing, disability disclosure	Free

Curriculum Name	Link	Age	Skill	Cost
Teaching Self-Advocacy Skills to Students	https://teachingselfadvocacy.wordpress.com/	13+	Self-advocacy	Free
Teaching Sexual Health	https://teachingsexualhealth.ca/teachers/	11+	Sexual education and health	Free
The 411 on Disability Disclosure: A Workbook for Youth with Disabilities	http://www.ncwd-youth.info/publications/the-411-on-disability-disclosure-a-workbook-for-youth-with-disabilities/	14+	Disability disclosure, education and employment skills.	Free
T'NT	http://onramptraining.com/tnt/	13-22	Post-secondary education, job training, soft skills, mock interviews, housing, insurance, financial literacy, and accessing community resources	\$879
Whose Future Is It Anyway?	http://www.ou.edu/education/centers-and-partnerships/zarrow/transition-education-materials/whos-future-is-it-anyway	14-22	Self-advocacy and self-determination	Free
Working Together for Change	http://helensandersonassociates.co.uk/person-centred-practice/paths/	14+	System change, self-advocacy, and teamwork	\$30
Youth Skills for Life Curriculum	https://www.vaprojectlife.org/professionals/youth-skills-for-life-curriculum-3/	14-22	Transitions: career preparation, education, health and nutrition, housing and home management, risk prevention, money management	Free



A publication of Independent Living Research Utilization (ILRU), developed in collaboration with the Association of Programs for Rural Independent Living (APRIL) and Utah State University Center for Persons with Disabilities, with input from CIL youth program staff and consumers. Support for development of this report was provided by the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201 under grant number 90ILTA0001. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.

For additional information please contact ILRU at ilru@ilru.org.