

# Preparing Adolescents for Young Adulthood

## PAYA

Welcome to PAYA (Preparing Adolescents for Young Adulthood)! PAYA is a life skills curriculum for adolescents ages 14 and older in DCF placement developed to support and enhance their life skills and experiences with emerging adulthood. PAYA is based on the premise that all youth need at least one permanent connection to a caring adult along with the opportunity to learn and practice life skills to be successful. PAYA is taught to young adults by their foster parents, Adolescent Outreach Workers, DCF Social Workers, program staff and other supportive adults. It was first created over 25 years ago by the Massachusetts Department of Children and Families Adolescent Services Unit and has been revised and updated throughout the years. The modules in this curriculum aid youth in learning about money and home management; personal care, relationships, health, and safety; education and employment skills; housing, and other essential life skills through community based, real-life experiences. Enjoy yourself, and have fun helping youth learn the skills to reach their goals!

