

Notes: My teenage years

- *Where did you live during your teenage years? Perhaps you were still in your childhood home, or perhaps you moved to another area. Maybe you went away to boarding school.*
- *Which High School did you attend? You might wish to add the name of your favourite Teacher or Subject/lesson.*
- *As a teenager, what ambitions did you have?*
- *Think back to your friends during your teenage years. Some friendships might have continued from your you might have made new friends when you went to High School?*

Spare sheets have been included at the end of this document in case you need more space.

Notes: My teenage memories

- *What would you like people to know about your teenage years?
Here are some ideas to get you thinking:*
 - *What was being at High School/Senior School like? Did you have a school uniform? If so, what colour? How did you get to school; walk, cycle, bus? Who was your favourite (or least favourite) Teacher? What subjects/lessons did you particularly enjoy/not enjoy? Were you a good student or a scallywag? Are there funny stories you could share?*
 - *Can you remember having to make choices about the subjects you studied? How did you make those choices - did you opt for subjects you were good at, or were your choices dictated by what the school offered, or a career you wanted to pursue?*
 - *Did you attend any clubs or activities (in or out of school) e.g. sports clubs, youth clubs, Scouts, Guides, etc.?*
 - *Were you good at sport? Did you play for any school or county teams?*
 - *Did you receive any awards or certificates during your teenage years?*
 - *Did you sing or play a musical instrument? Were you in a*
 - *choir or orchestra?*
 - *Did you enjoy dance and/or drama? Did you take part in any plays or performances?*
 - *What did you/your friends do for leisure?*
 - *Did you go on any memorable trips or holidays*
 - *What kind of music/TV/movies did you enjoy?*
 - *Who did you look up to? Who were your role models?*
 - *How did you make decisions about what to do when you left school?*

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My teenage years

The place where I lived during my teenage years was...

I attended High School at...

My ambition, as a teenager, was to...

My friends during these years were...



My teenage memories

My memories of my teenage years are...



Notes: Work experience

For many people, their teenage years are when they find ways to make a bit of pocked money. What was your experience?

- *Did you have any part-time jobs during your teenage years?*
- *Perhaps you were given pocket money by your parents/carers for e.g. washing up, cleaning the car, helping with the shopping, etc. If you had chores to do, did you do them? (You might have some funny stories to share about excuses you concocted in order to get out of doing your chores, or perhaps you were adept at getting others (perhaps younger siblings) to do them for you!)*
- *Describe the work you did*
- *How old were you when you got your first part-time job? How did you feel?*
- *Did your teenage work experience help to shape what you went on to be, or do, when you left school?*

- *As a teenager, what sort of things did you spend your part-time earnings/pocket money on?*
 - *Perhaps you spent it all as soon as you got it,*
 - *Perhaps you began to pay toward “board and lodging”,*
 - *Perhaps you began to save for the future by opening a bank or savings account.*

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Notes: Teenage romance

- *Are there any memorable teenage romances you would like to share about?*
 - *How did you meet?*
 - *Where did you meet?*
 - *Describe your first date*

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Work experience

During my teenage years, to earn a bit of money I...

I spent my money on...



Teenage romance

My memories of teenage romance are...



Notes: Life changing moments

As we get older we can often see how childhood/teenage experiences impacted on our lives in a way that we could not see at the time. Looking back, what would you highlight as your life-changing moments?

- *What experiences impacted your childhood/teenage years; and how did they affect you?*
- *The list below includes a selection of both positive and negative experiences to help you to reflect and recall.*
 - *An experience of being given another chance or a fresh start in life*
 - *Breakdown of family/home life*
 - *Celebrating a big event e.g. birthday, coming of age.*
 - *Coming into money - either personally or as a family*
 - *Crime or being a victim of crime*
 - *Death of a close relative*
 - *Experiencing Illness/surgery, etc.*
 - *Experimenting with drugs/alcohol*
 - *Exploitation/abuse*
 - *Finding your faith*
 - *Going through adolescence/discovering your sexuality*
 - *Leaving home*
 - *Meeting someone famous*
 - *Missed opportunities*
 - *Opportunities that “just happened” to come your way.*
 - *Overcoming adversity*
 - *Passing academic or vocational qualifications*
 - *Passing your driving test/getting your first car*
 - *Realising you had a particular talent/ability for something*
 - *Recognising a true calling to a particular vocation*
 - *Securing an apprenticeship, vocational training, or a place at University*
 - *Taking on responsibility*
 - *War*

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Notes: Entering adulthood

- *What age were you when you left High School and what did you do next? Perhaps you went out to work, started an apprenticeship, did national service or joined one of the uniformed services, undertook specific vocational training, travelled, or went to college/university.*
- *Describe your memories of the period of your life between leaving High School and starting your working life.*

Notes: Teenage memorabilia

Personalise your book by adding photographs, newspaper cuttings or other memorabilia relevant to your teenage years. You might like to include:

- *Pictures from your High School/Teenage years*
- *The colours of your High School uniform, college scarf, etc.*
- *People you admired*
- *Pop or sporting idols,*
- *Moments of personal or national significance.*
- *Certificates or awards*
- *Driving licence*
- *Tickets or programmes from various events which might include:*
 - *Sporting events*
 - *Concerts/Theatre*
 - *Travel*
- *Photos of you with friends and relatives*
- *Colours of a team you played for or supported.*

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Life-changing moments

Things that changed in my life during my childhood/teenage years...



Entering adulthood

I left school at the age of and went on to...

My memories of that time of my life are...



Teenage memorabilia



Teenage memorabilia



Continuation sheet for:



Continuation sheet for:

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