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Adolescence Health Education Programme



LifeSkills
achieve your personal best



Kerala State AIDS Control Society
State Council of Educational Research and Training



Life skills enable individuals
to translate knowledge,
attitudes and values into
'actual abilities'

That is.....

**"What to do and How to
do it".**

All that's needed is....

**"The desire to be heard"
"The will to learn"
...and "the ability to see"**



LifeSkills

Abilities for adaptive and positive behavior that enable individuals to deal effectively with the demands and challenges of every day life situations.

Life skills are the abilities that facilitate the physical and emotional well being of an individual



Life skills are abilities that enable individuals to behave in healthy ways, given the desire to do so and given the scope and opportunity to do so.

It help individuals to make informed decisions, communicate effectively, and develop coping and self-management skills that may help them lead a healthy and productive life.

WHY LEARNING LIFE SKILLS



- ➡ Learning to know
- ➡ Learning to be
- ➡ Learning to do
- ➡ Learning to live together



Development of life skills helps adolescents in career planning, decision-making, and forming positive relationships.



Development of life skills helps the adolescents to obtain good health and meet changes of everyday life.

Developing life skills among adolescents will empower them to avoid risks and hardships and involve them in decisions that affect their lives.



Effective acquisition and application of life skills can influence the way we feel about ourselves and others, and equally will influence the way we are perceived by others.

Life skills contribute to one's perceptions of self- efficacy, self-confidence and self-esteem.





Life skills play an important role in the promotion of mental well-being. The promotion of mental well-being contributes to our motivation to look after ourselves and others, the prevention of mental disorders, and the prevention of health and behavior problems.

Described this way, skills that can be said to be life skills are innumerable, and the nature and definition of life skills are likely to differ across cultures and settings.

However, analysis of the life skills field suggests that there is a core set of skills that are at the heart of skills-based initiatives for the promotion of the health and well being of children and adolescents.



Division of Mental Health and Prevention of Substance Abuse

**Self
Awareness**

Empathy

**Creative
Thinking**

**Critical
Thinking**

**Problem
solving**

**Decision
Making**

**Effective
Communicati
on**

**Interpersonal
Relationship**

**Coping with
Emotions**

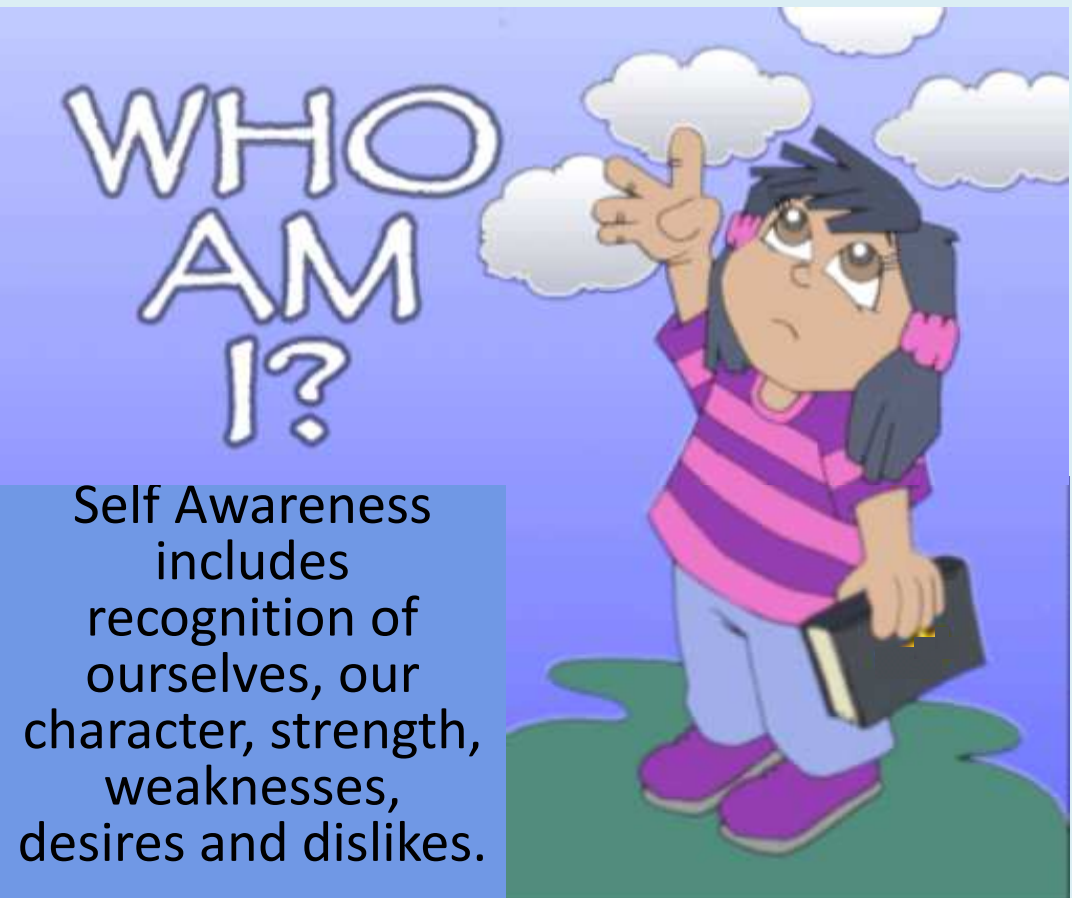
**Coping with
Stress**

**LIFE
SKILLS**

1. Self Awareness



Every individual has innate abilities and potentials. It may vary from person to person. When we get an opportunity we can identify our strengths and weakness and try to overcome our limitations, reduce or remove our weaknesses by recognizing and developing our strengths.



As a Life skill 'Self Awareness' helps adolescents

To understand the values of life

To identify and recognize one's own behavior

To identify our strength and weakness, likes and dislikes to lead a successful life.

To develop self confidence and judicious decisions and lead a better social life

To motivate adolescents to involve in constructive and investigative activities.



2. Empathy



Empathy is the ability to understand and accept others as they are, that is being nurturing and tolerant. It helps an individual to understand and accept others who may be very different from ourselves and improves social interactions.





- It is essential for developing human love, kindness and social responsibility.
- It encourages a positive behavior towards people in need of support, care and assistance and to avoid stigmatized behavior towards HIV infected/affected people.
- Empathy is the better understanding of the emotional status of other people without losing one's own emotional status.

3. Creative Thinking

- ② Creative thinking is an ability to analyze information and experience in an objective manner.
- ② It contributes to both decision making and problem solving by enabling to explore the available alternate choices and its various consequences.
- ② It is helpful for the effective and responsible utilization of resources.



Creative thinking is the mother of all tools of self- development.

It helps adolescents to develop the ability



- ❏ **To** solve problems
- ❏ **To** be a positive thinker
- ❏ **To** be a good communicator
- ❏ **To** manage stress well, by taking problems as challenges
- ❏ **To** develop better relationships

4. Critical Thinking

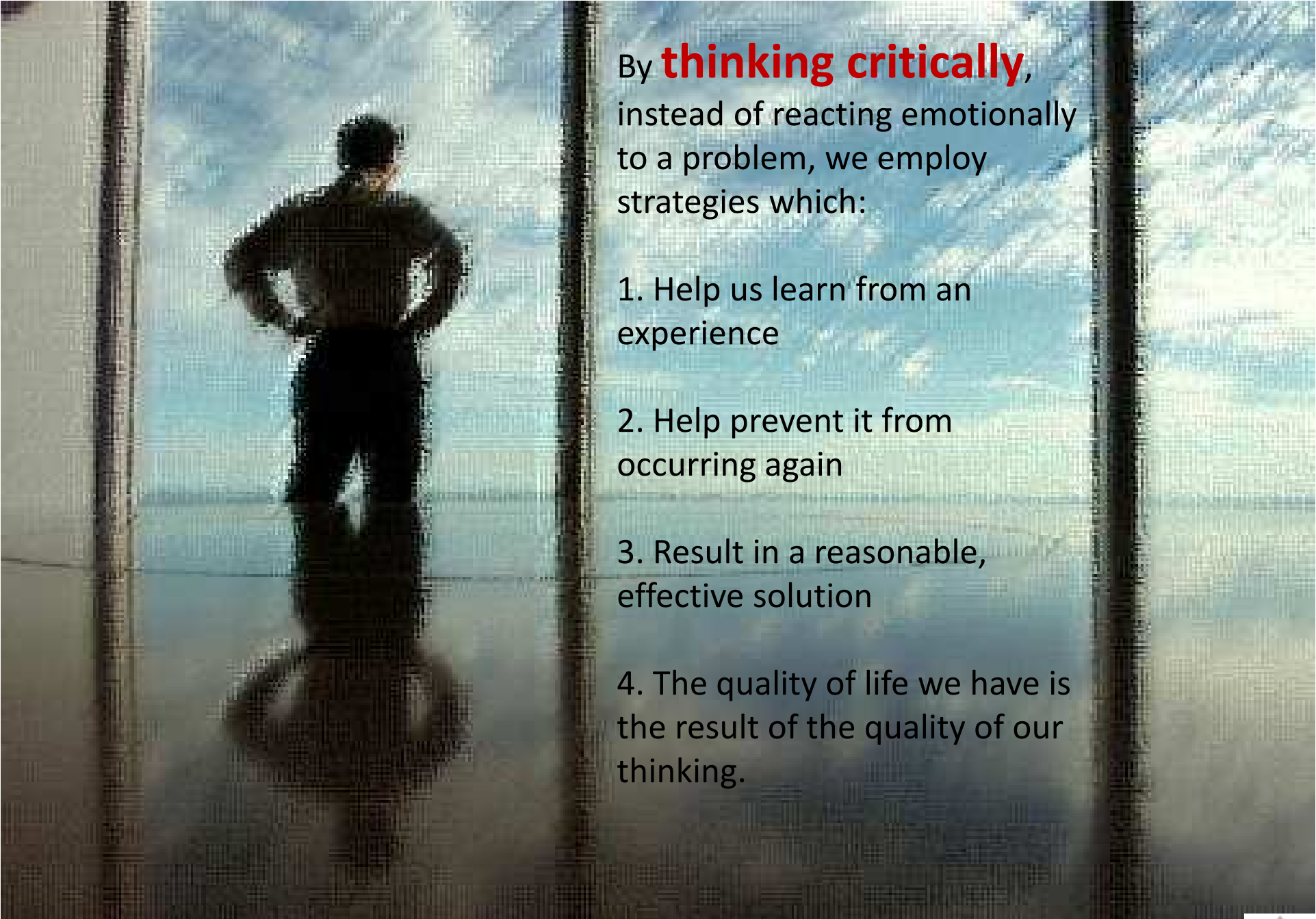
Critical thinking is the mental process of analyzing or evaluating information. It helps to form right attitudes towards life and developing responsible behavior

In order to assess our role in, and the consequences of any actions we take, we must be able to evaluate and determine what is taking place in a given situation.

This requires us to:

- 1. organize our thinking,**
- 2. integrate the information at hand,**
- 3. distinguish between what is fact and what is opinion, and then**
- 4. weigh potential outcomes.**





By **thinking critically**, instead of reacting emotionally to a problem, we employ strategies which:

1. Help us learn from an experience
2. Help prevent it from occurring again
3. Result in a reasonable, effective solution
4. The quality of life we have is the result of the quality of our thinking.

5. Problem Solving



Problem solving skills enable the adolescents to deal constructively with various problems in their lives.

Define the problem

- A person cannot solve a problem until he clearly understands and identifies the problem.

Develop alternative solutions

- This is better known as brainstorming. Try to predict your ability to accomplish each solution and predict the consequences.

Make a decision and execute

- Pick the best solution and solve the problem using the solution you picked.

Evaluate the outcome

- This is where a lot of learning takes place. If the outcome was successful, then the person learns that this is a good solution if the problem arises again. If it was unsuccessful, the person knows that it would be best not to try that solution in the future.

6. Decision Making

Decision making is the ability to assess different options/choices available regarding a particular situation and what consequences the different decisions may have.



Decision making helps us to deal constructively with decisions about our lives by assessing the different options, and what effects different decisions may have.



7. Effective Communication

Communication is the process of exchanging information.

Information is conveyed as words, tone of voice, and body language.

Communication is the process of transferring information from a sender to a receiver with the use of a medium in which the information is communicated.



Requisites of Effective Communication



Active Listening

- The key to active listening is relaxed attention
- Listen with your whole body by using verbal and non verbal skills like facing the person and maintaining eye contact.
- To be ease and avoid interrupting speaker, let others speak.

Direct and Assertive expressions

- Speak and Expresses what you think , feel or need in a clear, true and non defensive way.
- Openness

Body Languages

- Be aware of your body language that includes facial expression, eye contact and stance or movements of arms, hands and legs.

Dialogues

- Allow others to finish their dialogues.
- Respect others thoughts, feelings , views and realities even when they are differ from your own.
- Avoid unnecessary controversies.
- Listen in a supportive way.
- Use local/familiar language.
- Appropriate explanations whenever they are needed.



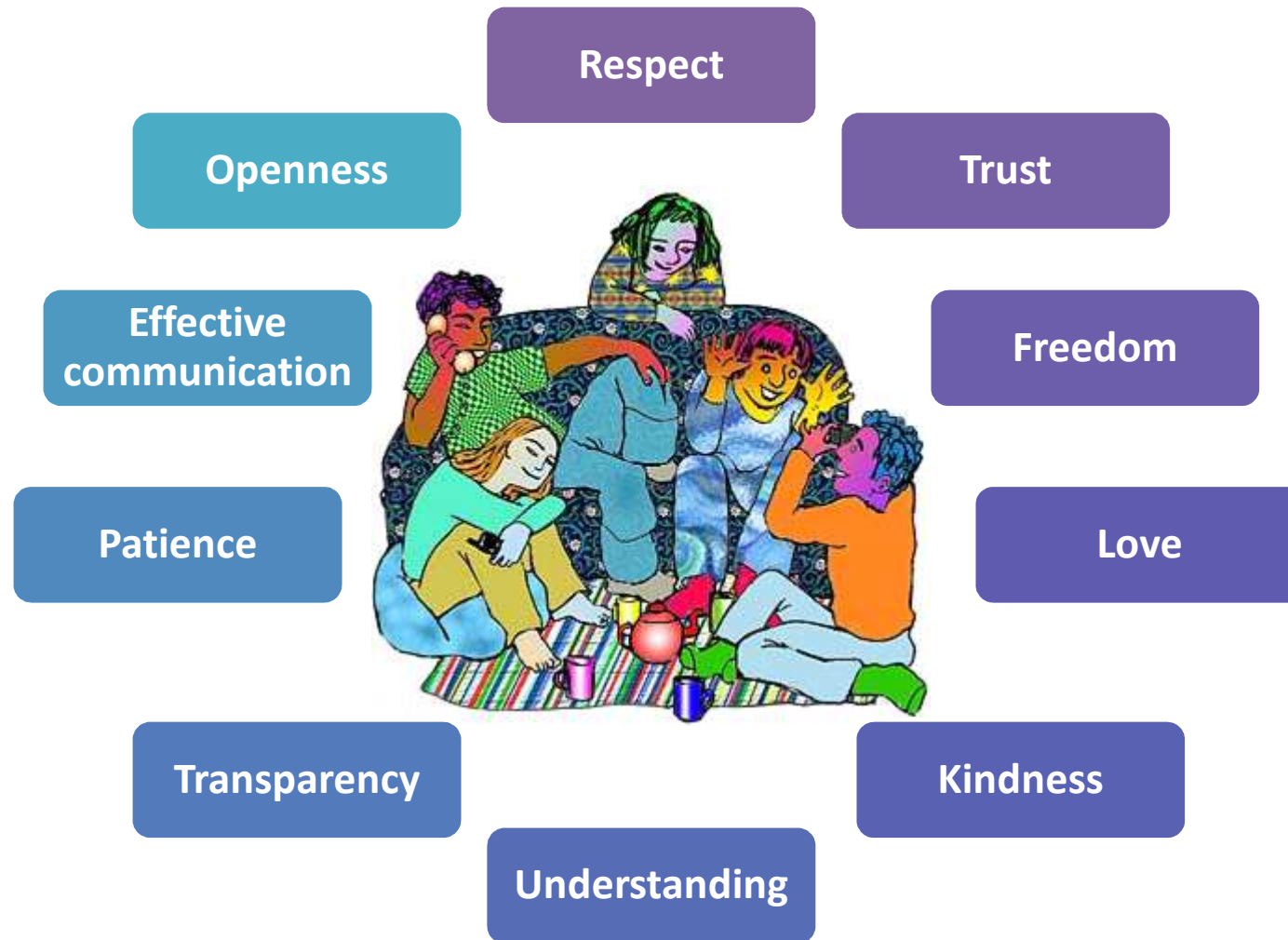
8. Interpersonal Skills

No matter how hard you work or how many brilliant ideas you may have, if you can't connect with the people who work around, your life will suffer.

Interpersonal skills help us to relate with others in a positive manner.



The components of a successful interpersonal relationships are



It helps us to form and maintain a good and healthy relationship with others and enables us to end harmful relationship constructively.

9. Coping with Emotions & Stress



Coping with Emotions involves recognizing the effect of emotions on others and ourselves, being aware of how emotions influence behaviors and being able to respond to emotions appropriately.

Coping with Stress is about recognizing the source of stress in our lives recognizing how these affect one and acting in ways that help to control level of stress.

It also means learning how to relax so that tensions created by unavoidable stress do not give rise to health problems



Stress reducing steps

Recognize the source of Stress and emotions.

Diagnose how this affects us

Acting in ways that help to control or reduce the level of stress and emotions by making changes to our physical environment or life style.

To avoid stress we need to develop skills to evaluate situations objectively and approach problems scientifically and realistically.

**Methods can be adopted to
cope up with emotions and
stress**



Meditation

Music

Yoga

Exercise

Picnic/outing


Gardening

Watching films, TV programmes


Sharing with relatives, teachers or friends

Recreation.


Application of Life skills



Life skills education is designed to facilitate the practice and reinforcement of psychosocial skills in a culturally and developmentally appropriate way.



It contributes to the promotion of personal and social development, the prevention of health and social problems, and the protection of human rights.



Life skills education is aimed at facilitating the development of psychosocial skills that are required to deal with the demands and challenges of everyday life.



It includes the application of life skills in the context of specific risk situations and in situations where children and adolescents need to be empowered to promote and protect their rights.



Life skills education contributes to

Basic education

Gender equality

Democracy

Good citizenship

Child care and
protection

Quality and
efficiency of the
education system

The promotion of
lifelong learning

Quality of life

Healthy life

The promotion of
peace

Areas of primary prevention for which life skills are considered essential include

Adolescent pregnancy

HIV/AIDS

Violence

Child abuse

Suicide

**Problems related to the
use of alcohol, tobacco
and other psychoactive
substances**

Injuries

Accidents

Racism

Conflict

Environmental issues

Thank you



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