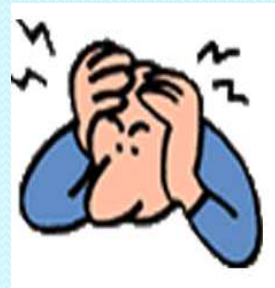


# Perspective Building on Life Skills Development



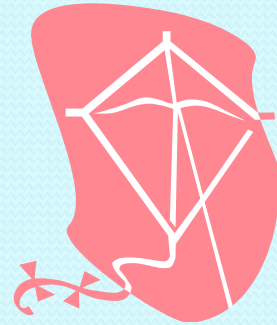
## LIFE SKILLS

Life skills are abilities for **adaptive** and **positive behaviour** that enable individuals to deal effectively with the demands and challenges of everyday life. **Life skills are abilities that facilitate the physical, mental and emotional well-being of an individual (WHO)**

(WHO)

# What are the “Life Skills” ?

- **Decision Making**
- **Creative Thinking**
- **Critical Thinking**
- **Problem Solving**
- **Negotiation Skills**
- **Interpersonal Relationship**
- **Self Awareness**
- **Empathy**
- **Effective Communication**
- 



# FRAMEWORK

## LIFE SKILLS FOR AEP

### Thinking Skills

- Self awareness
- Problem solving/decision making
- Critical thinking/creative thinking
- Planning and goal setting

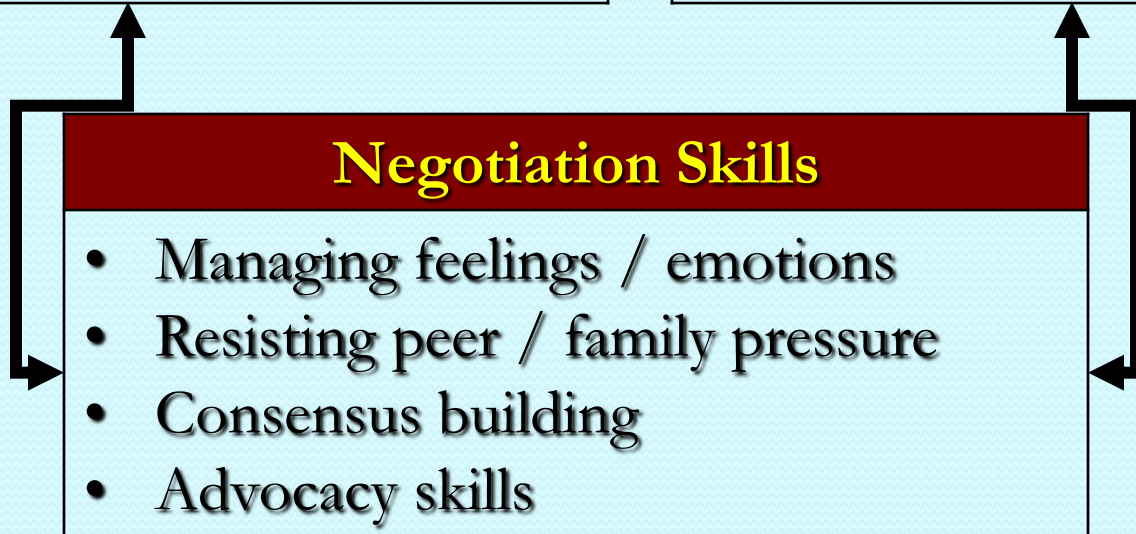
### Social Skills

- Interpersonal relationships
- Communicating effectively
- Cooperation & teamwork
- Empathy building



### Negotiation Skills

- Managing feelings / emotions
- Resisting peer / family pressure
- Consensus building
- Advocacy skills



# Self Awareness

*Self-awareness* includes our recognition of ourselves, of our character, of our strengths and weaknesses, desires and dislikes.

**Developing self-awareness can help us to recognize when we are stressed or feel under pressure.**

It is also often a prerequisite to effective communication and interpersonal relations, as well as for developing empathy for others.

# What is Decision Making ?

- Abilities to assess available options
- To foresee the consequences of different decisions (actions/non-actions)

No decision is also a decision



# Decision Making

## Major Life Decisions

### GOALS

Develop, Prioritize, attain

### CHOICE

Of life style, study & food habits, hobbies

### COPING UP

With stress, alcohol, drugs, STD, AIDS

### CAREER

Choice of profession, further study



# Critical Thinking

*Critical thinking* is an ability to analyze information and experiences in an objective manner.

- Critical thinking can contribute to health by helping us to recognize and assess the factors that influence attitudes and behavior, such as values, peer pressure, and the media.



# Creative Thinking

- ***Creative thinking*** contributes to both decision making and problem solving by enabling us to explore the available alternatives and various consequences of our actions or non-action.

# Problem Solving

*Problem solving* enables us to deal constructively with problems in our lives. Significant problems that are left unresolved can cause mental stress and give rise to accompanying physical strain.

# ***Interpersonal relationship skills***

*Interpersonal relationship skills* help us to relate in positive ways with the people we interact with. This may mean being able to make and keep friendly relationships, which can be of great importance to our mental and social well being.

It may mean keeping good relations with family members, which are an important source of social support. It may also mean being able to end relationships constructively.

# ***Empathy***

*Empathy* is the ability to imagine what life is like for another person, even in a situation that we may not be familiar with.

- . Empathy can help us to understand and accept others, who may be very different from ourselves, which can improve social interactions, for example, in situations of ethnic or cultural diversity.

# ***Effective communication***

*Effective communication* means that we are able to express ourselves, both verbally and non-verbally, in ways that are appropriate to our cultures and situations.

This means being able to express opinions and desires, but also needs and fears. And it may mean being able to ask for advice and help in a time of need.

# Managing feelings and emotions

*Managing feelings and emotions* includes skills for increasing internal locus of control for managing emotions, anger and stress. This may mean that we take action to reduce the sources of stress, for example, by making changes to our physical environment or lifestyle. Or it may mean learning how to relax, so that tensions created by unavoidable stress do not give rise to health problems.

Behavior  
change  
through

Life Skills



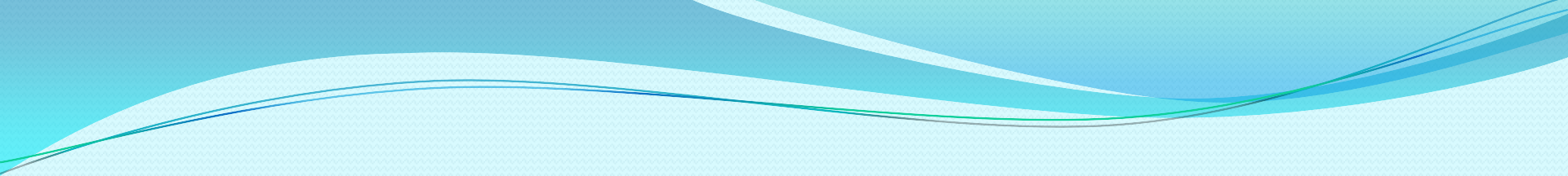
1. Removes Ignorance
2. Generates Awareness
3. Concern
4. Creates Knowledge
5. Motivation
6. Readiness to change
7. Willingness to change
8. Acceptance
9. Inculcates Good Habits
10. Lifestyle

# Take Pleasure & Pride in saying NO when one wants to say “no”

- *Ways to say NO*
  - Polite refusal
  - Give reason
  - Repeat refusal
  - Walk away
  - Ignore the person
  - Avoid the situation
  - Find others’ support
  - Talk about your own feelings





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- **By knowing our positive qualities we are more sure of ourselves and more able to accomplish things.**
  - **Self-esteem is how a person feels about himself or herself. Knowing oneself and feeling good about oneself is an important aspect of the process of growing up.**

# Cont...

- Low self-esteem especially among young girls, often results in a variety of problems and difficulties. Therefore, it is important that adolescents should be helped in improving their self-esteem.
- By liking ourselves we feel good around other people and better at anything we are doing.

# Key messages

- In every situation of life we use some skills
- Thinking “**out of the box**” can often find a solution to a seemingly difficult problem.
- By critical thinking we can analyze all the pros and cons of any situation.



THANK YOU