

Chapter -1



**Life skills
Development**

Rights of adolescents & young people



- Access to adequate knowledge and information.
- Guidance in education, health and career.

Life skills education for adolescents



To become responsible adults -

- Development of skills to manage stressful conditions in daily life.
- Support and maintain a family.
- Live a healthy life.
- Create a better society.



Acquiring life skills can help in development of individual character



- Personality development
- Emotional independence
- Healthy relationship between boys and girls
- Mental stability
- Competence
- Developing good values and correct attitudes
- Social development



What are life skills?



Developing abilities :
qualities that need to be acquired.

Adapting to life



Life skills can be defined as abilities for adaptive and positive behavior that empower us in making informed choices in the real life.

Adaptation –

Willingness to change, being flexible, adapting as per the changing circumstances.

Positive behavior –

Thinking constructively, behaving amicably, helping others.

Empowerment to make informed choices in real life



- Acquire confidence and competence.
- Make correct decisions or correct choice.
- Take appropriate actions.
- Face stresses and difficult situations boldly.

Dealing with special situations among adolescents



Violence



Dealing with family
and peer pressure



Substance abuse/
addicting drugs



Rebellion

Which are the situations that create stress in life ?



- My parents want me to score above 90% in each exam.
- I have to struggle very hard to reach to school.
- I don't understand Mathematics / English.
- I don't get enough time to play.
- There are too many assessments and projects.
- Some of my fellow students harass me.
- I fall sick off and on.
- I cannot concentrate on studies.

Which behaviors & techniques can help me to reduce the stress ?



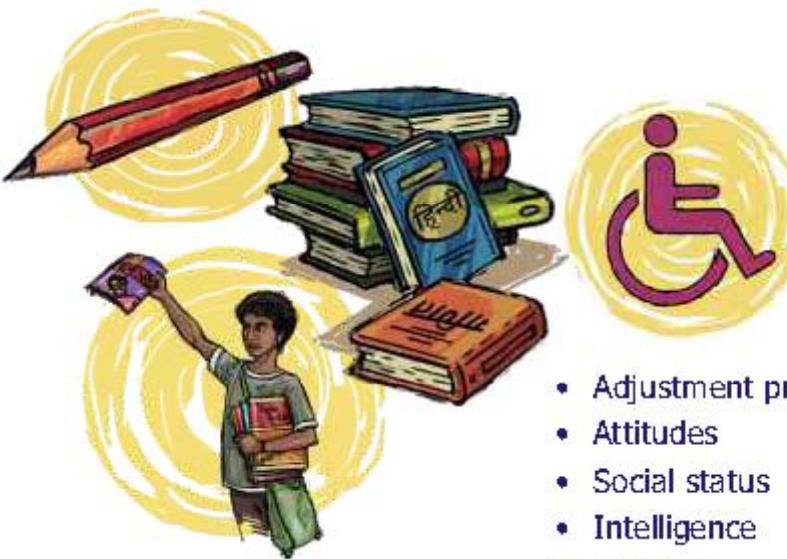
- Exercise and eat regularly.
- Avoid excess caffeine intake, don't use illegal drugs, alcohol and tobacco.
- Learn relaxation exercises, take breaks.
- Develop practical coping skills.
- Rehearse and practice situations which cause stress.
- Learn to feel good.
- Take a little time off everyday to introspect or think of day's events.

Managing your life



- Give importance to good food habits, exercise and sleep.
- Learn to say "yes" and "no" - give a careful thought.
- Maintain a sense of humour.
- Look at yourself - accept what can't be changed.
- Build a network of friends, choose your friends carefully.
- Manage your time well.
- Organize yourself always.
- Keep extra time at hand.

Factors influencing scholastic attitudes and performance



- Adjustment problems
- Attitudes
- Social status
- Intelligence
- Memory
- Sustained attention/ Concentration
- Distractions
- Disability
- Time management

What are various life skills adolescents should acquire ?



- Creative and critical thinking
- Problem solving and decision making
- Empathy
- Communication skills
- Self-awareness and self-esteem
- Coping with stress and emotions

Problem solving and decision making



Critical thinking

- Helps in problem solving : considering possible consequences.
- Helps in decision making : Choose the best option in the best interest of yourself, your family and the society.

Problem solving

- What is the problem? Understanding the problem and how it would affect you and your family.

Decision making

- Consider all possible options to solve the problem.
- If problem remains unsolved, it might lead to stress and diseases.

Effective communication



Communication is the ability to express both verbally and non-verbally as appropriate to the culture and situation.

- Verbal communication : aggressive, assertive, passive.
- Non-verbal communication : pictorial, written, action, eye contact, symbolic and combinations of many/ all of the above.

How to communicate effectively?



The speaker should

- Express clearly.
- Narrate sincerely and genuinely.
- Control emotions while expressing.
- Keep the talk short and simple.

The listener should

- Listen carefully.
- Show interest and respect.
- Suggest alternatives and actions.



“We have to learn to acquire good life skills to be competent and decent human beings to ensure that our family and the country progresses to new heights”
