



LIFE SKILLS BASED EDUCATION



WHY IS LIFE SKILLS-BASED EDUCATION IMPORTANT FOR ADOLESCENT GIRLS?

- To create positive changes in the attitudes and self-esteem for their empowerment.
- To equip them with the knowledge of and ability to effectively manage issues faced in their adolescence, a crucial time when the mind and body are both undergoing vast transformations.
- To empower them with knowledge of their basic rights and enable them to distinguish right from wrong.
- To provide them with the salient skills for self-protection from social and other evils.
- To nourish their confidence and allow them to express themselves in meaningful and effective ways.
- To create Agents for Change to breed a generation of empowered, skilled and knowledgeable girls to rise despite any obstacles in their path.

WHAT ARE LIFE SKILLS?

Life skills are abilities for adaptive and positive behavior, that enable individuals to deal effectively with the demands and challenges of everyday life.

WHO

WHAT DOES A³G's LIFE SKILLS-BASED EDUCATION COMPONENT INCLUDE?

Our LSBE component has been carefully designed to equip our adolescent girls with the most salient life-skills in an eight-week program. Our curriculum comprises of the following 10 units, which our Health Officers have been intensively trained on:

- Unit 1: Introduction to Life Skills-Based Education
- Unit 2: Knowing My Body (Developmental Changes of Adolescent Girls)
- Unit 3: Health and Hygiene
- Unit 4: Friends and Relationships (Me and My World)
- Unit 5: Gender Sensitization (Boys and Girls, Men and Women)
- Unit 6: Self-Protection
- Unit 7: Self-Awareness (World Starts with ME)
- Unit 8: Effective Communication Skills
- Unit 9: Decision Making and Problem Solving
- Unit 10: Claim Your Rights

For more information on our Life Skills-Based Education component, Please contact: lsbecoordinator@itacec.org