



*Through virtual to real*  
conference for and about teens

# *Lifeskills for Prevention*

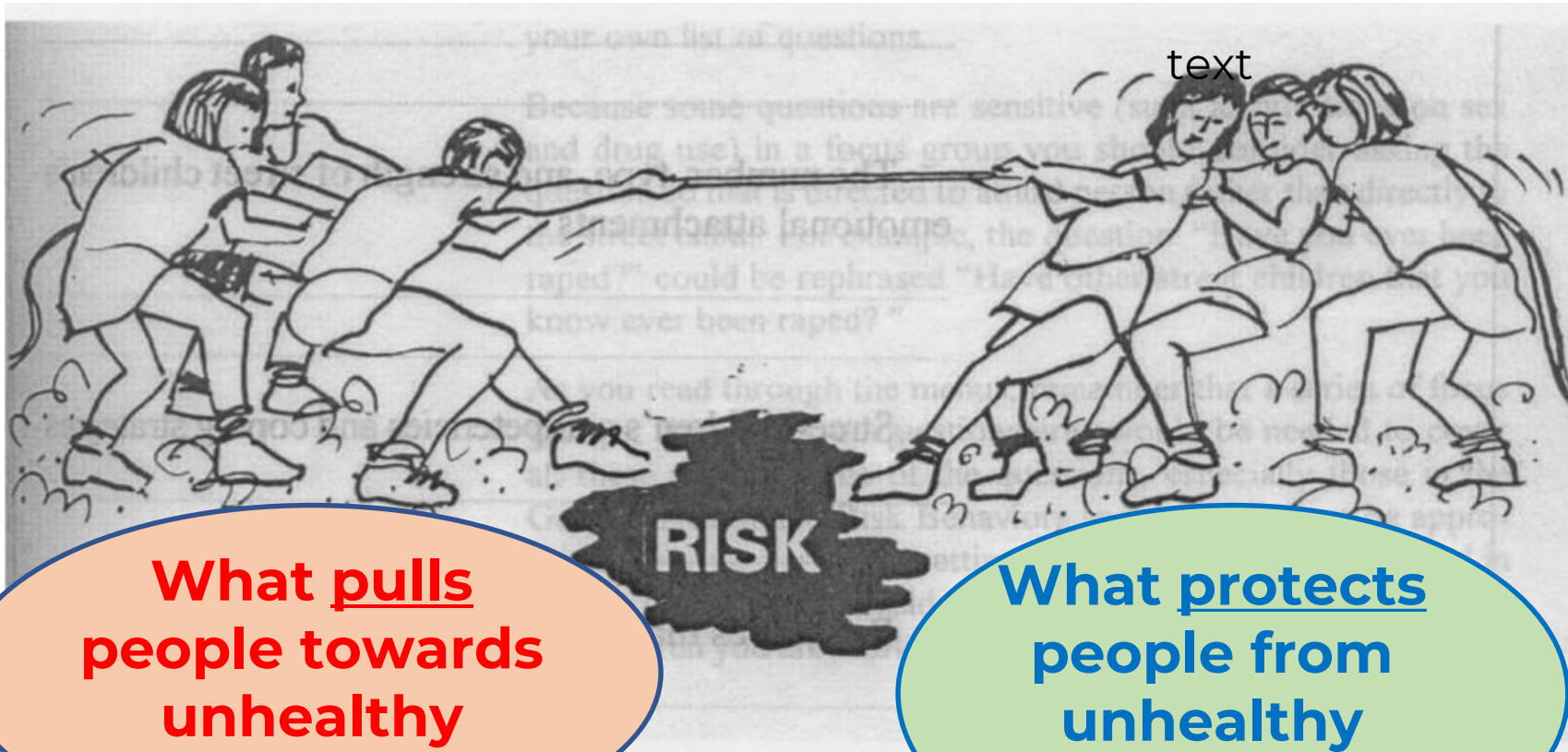
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**Youth Prevention Expert, UK**



# *Identify Risk and Protective Factors*



**What pulls  
people towards  
unhealthy  
behaviours?**

**What protects  
people from  
unhealthy  
behaviours?**



*There are many risk factors – Stress is an important one*



*(The Stress is here caused by a dysfunctional family)*

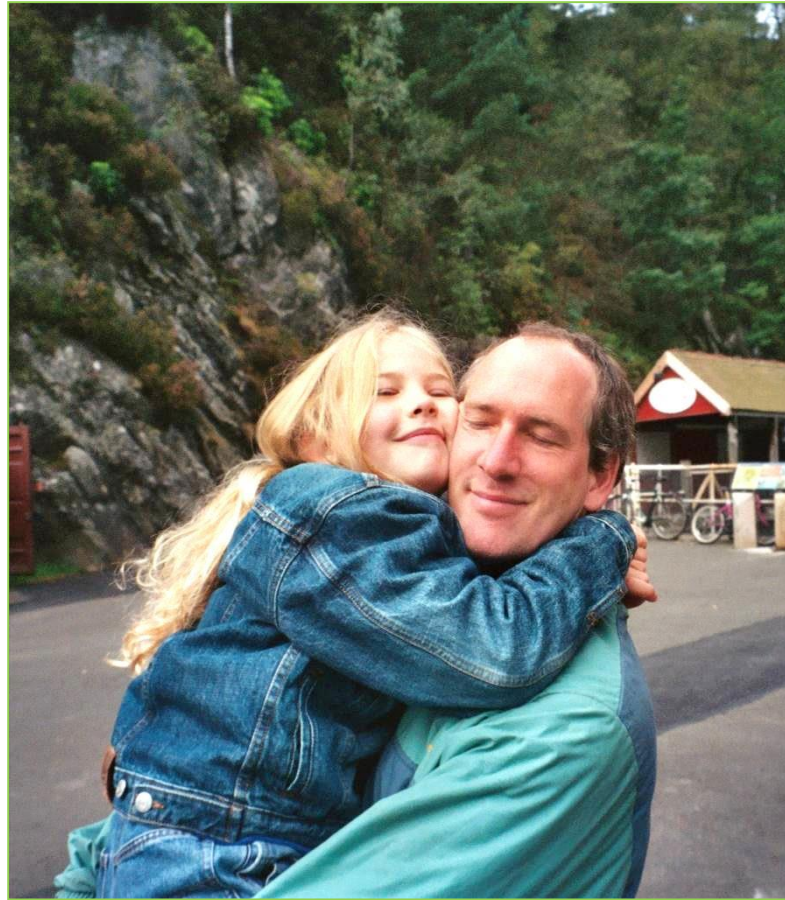





*So a protective factor would be a functional family*



*Especially attachment to parents*





*So, to Protect & to Empower  
young people*

*we can aim to:*

**Reduce the risks**

&

**Increase the protections**





## *Reducing Risk & Increasing Protection*

### Reduce Risk

- ✓ Make environment safer
  - ✓ Empower young people
- 


### Increase Protection

- ✓ Make environment safer
  - ✓ Empower young people
- 





## *Make the environment safer – examples*

- ✓ Reduce the supply of drugs
  - ✓ Reduce HIV transmission rates
  - ✓ Reduce teenage pregnancies
- 
- ✓ Improve family life
  - ✓ Supply more viral-suppressing HIV drugs
  - ✓ Make contraception more easily available
- 

*Protect, yes, but also empower Young People*

“If the water is rising, build a wall around your house – and teach your children to swim.”

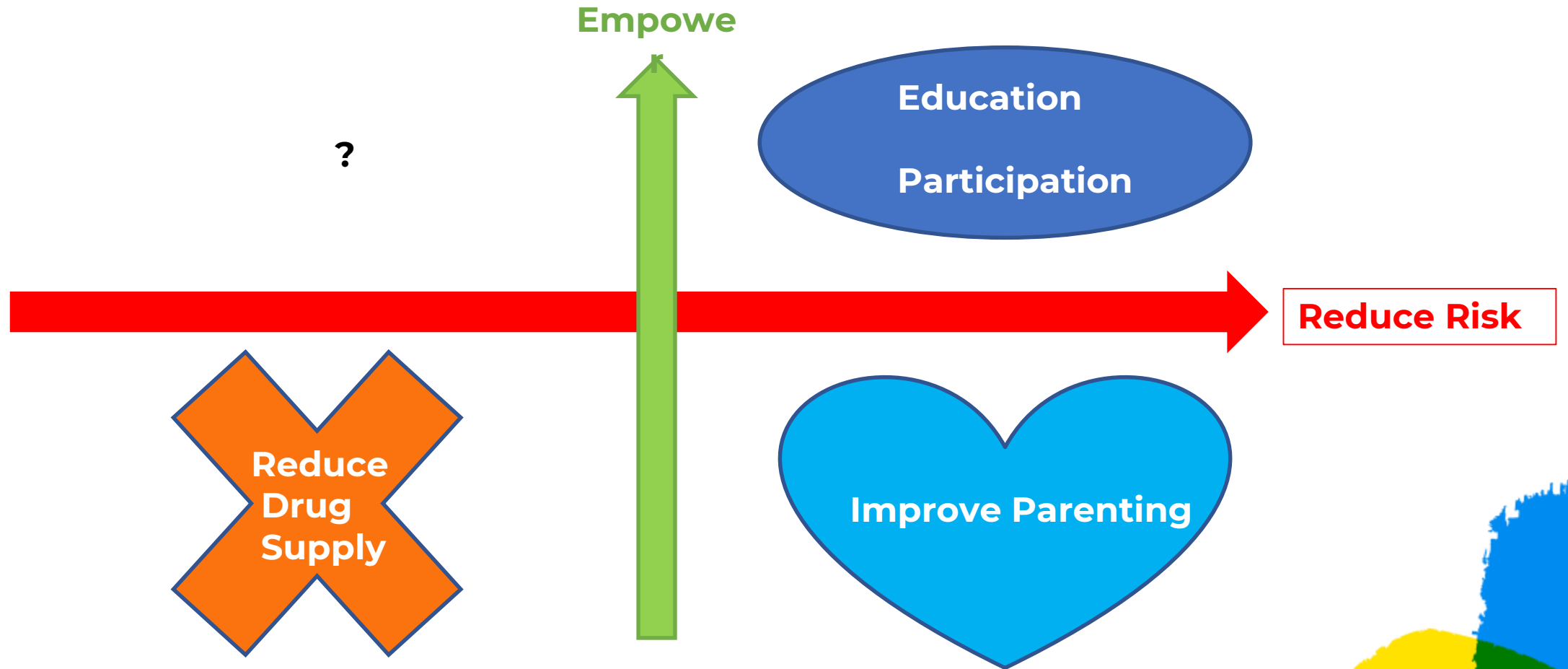


## *Empower Young People – examples*

- ✓ **Lifeskills Education**
- ✓ **Give young people “a say” – Participation by young people:**
  - at home
  - in school, college, and uni.
  - in the community
  - in the wider society




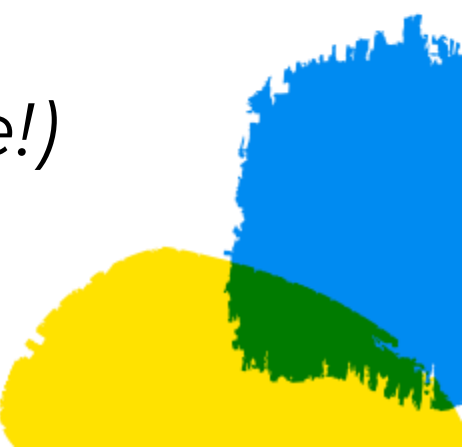
# *Effective Actions*





*BUT: it has to be the right kind of education –*

*Not these:*

- x 'Just Say No'
  - x Scary Stories and Frightening Facts
  - x Information (on its own)
  - x Lectures and other forms of 'telling' (on their own)
  - x Outside Speakers (without safeguards)
  - x *(and all the other mistakes we have made!)*
- 
- 





## *What is the 'right kind' of education?*

- ✓ Accurate information about risks, etc.
- ✓ A range of methods: talks; group work; exercises, etc.
- ✓ Informed, skilled and sympathetic teachers
- ✓ Lifeskills development, involving practice
- ✓ Helping young people to explore their values & beliefs

**(Really, it is just *good* education!)**



## *Lifeskills*

“Life skills are abilities for adaptive and positive behaviour that enable humans to deal effectively with the demands and challenges of life.” (WHO)



## *Lifeskills*

*(WHO 1999)*

decision making  
creative thinking  
communication  
self-awareness  
assertiveness  
handling emotions

problem solving  
critical thinking  
interpersonal skills  
empathy  
equanimity  
coping with stress



# *Decision-making and Problem-solving*





## Creative thinking and Critical thinking





# *Communication and Interpersonal skills*



# Self-awareness and Empathy





# *Handling emotions and Dealing with stress*



# *Assertiveness and Equanimity*





# *Teaching Lifeskills*

- ✓ Across the whole curriculum
- ✓ Active learning
- ✓ Involve young people
- ✓ Develop a positive classroom – and school – culture





# *Active Learning Techniques*

- ✓ brainstorming
- ✓ role play
- ✓ games and simulations
- ✓ developing opinions through discussions and debates
- ✓ making posters, writing leaflets, booklets etc
- ✓ stories
- ✓ use of audio-visual material, and the creation of audio visual material
- ✓ peer work.



# *Pompidou Group Lifeskills Manual, 2007*

## **ПОСІБНИК З ФОРМУВАННЯ ЖИТТЄВИХ НАВИЧОК**

**РІЧАРД ДЖОН АЙВС**

**Training manual on Lifeskills**

**By Richard IVES**

Ukranian version adapted by Zaporochye charity foundation "SANTIS" :

Oleg Filatov

Alexandre Kozlov

Diana Grigoryeva

Tatyana Kasatkina

**НАВЧАННЯ МОЛОДІ ЖИТТЄВИМ НАВИЧКАМ ТА НАБУТТЯ ДОСВІДУ ЇХНЬОГО  
ВИКОРИСТАННЯ**

**Посібник для педагогів, психологів, медичних працівників та  
інших фахівців, які працюють із дітьми й підлітками**

**Адаптований варіант українського перекладу та технічної редакції здійснив  
Запорізький благодійний фонд «САНТІС» :**

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- Олександр КОЗЛОВ
- Діана ГРИГОР'ЄВА
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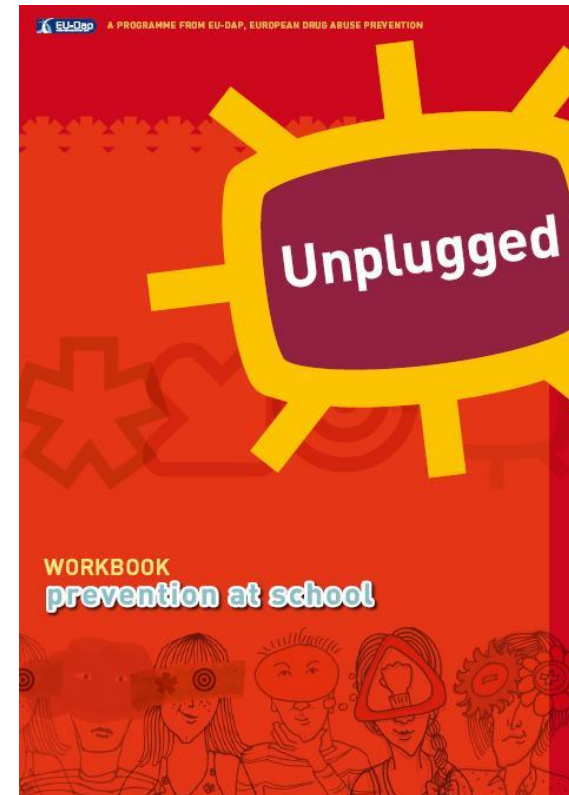


# *'Unplugged' Lifeskills*



**Unplugged - a Comprehensive Social Influence programme for schools: life skills training with correction of normative beliefs**

(see the EMCDDA website  
([https://www.emcdda.europa.eu/best-practice/xchange/unplugged\\_en](https://www.emcdda.europa.eu/best-practice/xchange/unplugged_en))





# Thanks for Listening!

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