

The Importance of Life skills acquisition in Relation to Global Citizenship



**Empowering Citizens with Life Skills for Healthy Living
Prepared by**

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Experience

The introduction of Health and Family Life Education (HFLE)

What is (HFLE)?

HFLE is a comprehensive life skills based programme, which focuses on the development of the whole person in that it :

- ▶ enhances the potential of young persons to become productive and contributing adults.
- ▶ fosters the development of the knowledge , skills and attitudes that make for healthy family life.
- provides opportunities to demonstrate sound health related knowledge, attitudes and practices.
- increases the ability to practice responsible decision making about social and sexual behaviour.
- ▶ aims to increase the awareness of children and youths of the fact that the choices they make in everyday life profoundly influence their health and personal development in adulthood

What are life skills ?

The World Health Organization (WHO) defines life skills as “***abilities that enable one to adopt positive behaviours***’.

List of life skills

- ▶ Decision making
- ▶ Problem solving
- ▶ Creative thinking
- ▶ Critical thinking
- ▶ Effective communication
- ▶ Interpersonal relationship skills
- ▶ Self awareness
- ▶ Empathy
- ▶ Coping with emotions
- ▶ Coping with stress
- ▶ Negotiation skills
- ▶ Refusal skills
- ▶ Assertiveness skills
- ▶ Healthy self management and monitoring skills

HEALTH & FAMILY LIFE EDUCATION

PROMOTES THE DEVELOPMENT OF



LIFE SKILL

NO. 1

REFUSAL

SAYING NO WITH YOUR BODY

- **Look at the person directly**
- **Maintain eye contact**
- **Avoid making nervous movements with your hands**
- **Speak clearly and slowly**
- **Do not mumble**
- **If you are afraid, try to look calm**
- **Adopt a stance that says you mean what you say**
- **Leave the situation as soon as it is possible**
- **Know where you stand on the matter; and look serious about it.**



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PROMOTES THE DEVELOPMENT OF**

LIFE SKILL

NO. 4

ADVOCACY SKILLS

- **Identify target audience**
- **Present information that appeals to audience**
- **Information is accurate**
- **Information about the issue or programme implicitly or explicitly shows effect**
- **Suggest different ways to implement or resolving the issue**
- **Identify how the programme or solution to the issue changes the behaviour.**

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LIFE SKILL

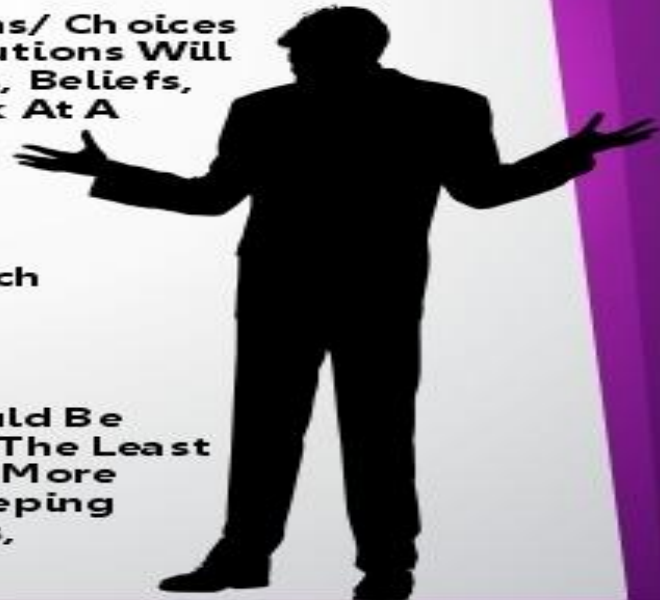
NO. 6



DECISION - MAKING

The ability to choose a course of action from a number of options, which may result in a specific outcome or involve the resolve to behave in a certain way in the future.

- 1. Define The Problem.**
- 2. Identify The Desired Solution.**
- 3. Gather Necessary Information.**
- 4. Identify All Possible Solutions/ Choices And How These Possible Solutions Will Impact Your Life, Your Values, Beliefs, Your Significant Others. Look At A Wide Range Of Alternatives. Don't Limit Yourself To A Few Choices.**
- 5. List The Negative And Positive Consequences Of Each Solution OR Choice.**
- 6. Select ONE Solution/Choice.**
- 7. Evaluate Your Choice. It Should Be Based On The Solution With The Least Negative Consequences And More Pros. It Should Also Be In Keeping With Your Values And Beliefs, As Well As Your Life Goals.**



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LIFE SKILL

NO. 5

CRITICAL THINKING SKILLS

Asking a series of probing questions

- **What evidence exists to support your conclusions**
- **Where did/would you search for such evidence**
- **How does this evidence impact the issue**



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LIFE SKILL

NO. 3

SELF - AWARENESS SKILLS

UNDERSTAND YOUR PERSONALITY:

an understanding of your our personalities can help find situations in which we thrive, and help us avoid situations in which we will experience to much stress.

KNOW AND FOCUS ON YOUR VALUES:

It is important to know and focus on your values. When we focus on our values, we are more likely to accomplish what we consider most important.

IDENTIFY YOUR HABITS:

Identify all your habits that increase and decrease your effectiveness.

IDENTIFY YOUR NEEDS:

It is important to re-think about your needs as they drive behaviours. If needs are not satisfied they could make you frustrated.

UNDERSTAND YOUR EMOTIONS:

It is important to know your own feelings, what causes them, and how they impact your thoughts and actions. A person with high emotional self-awareness understands the internal process associated with emotional experiences and, therefore, has greater control over them.



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LIFE SKILL

NO .2

**PROBLEM
SOLVING
SKILLS**

FOR YOUNGER LEARNERS:

- **STOP**, check out the scene, and remind yourself to think before acting.
- **THINK** (become aware of the choices and consider the consequences).
- **ACT** (choose the best alternative and act on it).
- **REVIEW** (decide whether the action has helped or hurt).

FOR OLDER LEARNERS:

- Define the problem
- Identify the desired solution
- Gather necessary information
- Identify all possible solutions
- List the negative and positive consequences of each solution
- Select one solution/choice



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Advantages of Acquisition of Life Skills?

Research has shown that:

- ▶ Behaviours and skills are learnt more easily when an individual is young.
- ▶ An individual needs information in order to develop or change behaviour.
- ▶ The individual also needs acquire skills.
- The individual needs opportunities and an environment that allows him/her to learn values and attitudes.
- Students will adopt the behaviours that will enable him/her to deal effectively with the demands of daily life.

School is therefore, one of the best places to begin to teach these skills and to ensure through interaction with and involvement of parents that these lessons are reinforced.

Global Citizenship

- In broad usage, the term **global citizenship** or world **citizenship** typically defines a person who places their identity with a "**global** community" their identity as a citizen of a particular nation or place.
- **Global Citizens'** Initiative - "**global** citizen is someone who identifies with being part of an emerging world community and whose actions contribute to building this community's values and practices."
- Education for global citizenship helps enable young people to develop the core competencies which allow them to actively engage with the world, and help to make it a more just and sustainable place.

Why this Experience is considered to be a good practice

- The life skills methodology sees the teacher as a facilitator in the learning process.
- Lessons are student centred.
- Teacher provides opportunities to help children understand the topic in their own way.
- Promote positive social adjustment that allows one to deal effectively with the demands and challenges of everyday life.
- Research has shown that skills based health education is the most effective approach to health education.
- It has help many to become productive citizens.

Factors that led to the Success of the experience

- ❑ Capacity building-Training
- ❑ Monitoring and Evaluation of the programme-
 - use of the monitoring instruments
 - Classroom observation
 - Check list
 - Administrative interviews
 - Log Book /Journal
 - Record Keeping
- ❑ Available Resource materials

Recommendations / Conclusion

- Life skills education is implemented in a systematic way.
- It is a slow and gradual process.
- Attitude change occurs at all levels :
 - principals must change
 - teachers must change in the classroom
 - some parents must change
 - all of us must change
 - training opportunities must always be provided.

Whether you are from Guyana ,Chile or any where else in the world Citizenship education is important .



Thank you