

## **Sexuality and life skills: Participatory activities on sexual and reproductive health with adolescents and young people**

Hove: Frontline AIDS, 2019. 172 p.

### **Organizations:**

Frontline AIDS

### **Description:**

This toolkit is written for anyone who wants to facilitate participatory learning activities with adolescents and young people to equip them with the knowledge, positive attitudes and skills to grow up and enjoy sexual and reproductive health and well-being. This includes peer educators and leaders, outreach workers, teachers, community workers and others. It aims to assist facilitators to: Provide accurate and complete factual information to adolescents and young people in a non-judgemental atmosphere; Plan appropriate educational activities for groups of adolescents and young people that enable them to: - Analyse their own situations, resources and needs, - Apply new knowledge to their own lives, Increase awareness of their own values and attitudes, - Develop their self-esteem and confidence, Develop life-skills, for example, communication and assertiveness skills, problem-solving and decision-making, - Build trust and take collective action; Follow up and evaluate their work.

### **Links:**

[Sexuality and life skills: Participatory activities on sexual and reproductive health with adolescents and young people](#) <sup>[1]</sup>

### **Themes:**

[Sexuality education](#) <sup>[2]</sup>

### **Resource types:**

[Toolkits and practical guides](#) <sup>[3]</sup>

### **Keywords:**

[adolescent](#) <sup>[4]</sup>

[life skills](#) <sup>[5]</sup>

[sex education](#) <sup>[6]</sup>

[sexual and reproductive health](#) <sup>[7]</sup>

[youth](#) <sup>[8]</sup>

[youth participation](#) <sup>[9]</sup>

### **Languages:**

[English](#) <sup>[10]</sup>

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**Links**

- [1] <https://frontlineaids.org/wp-content/uploads/2019/06/Sexuality-and-Life-skills-Toolkit.pdf>
- [2] [https://hivhealthclearinghouse.unesco.org/library/search/\\_all\\_/theme/sexuality-education](https://hivhealthclearinghouse.unesco.org/library/search/_all_/theme/sexuality-education)
- [3] [https://hivhealthclearinghouse.unesco.org/library/search/\\_all\\_/type/toolkits-and-practical-guides](https://hivhealthclearinghouse.unesco.org/library/search/_all_/type/toolkits-and-practical-guides)
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