

Detailed Contents List for Life Skills E-handbooks



Introduction: The purpose of this handbook

- How to use this book
- Definitions
- Life skills and children's rights

Section One: What are life skills and why are they important?

- What are life skills?
- The needs of children and young people
- How life skills help
- Organising life skills programmes

Section Two: Planning, managing and implementing a life skills programme

- Introducing a lifeskills programme
- Planning a life skills programme
- How to organise the order of topics
- Planning an individual life skills session
- Approaches to teaching
- Tips and tools for life skills educators
- Training for life skills educators

Section Three: Life skills Activities

In this section there are 61 Activity sessions divided into three parts:

- **Part One: where are we now?**
- **Part Two: moving forward**
- **Part Three: endings and beginnings**

PART ONE: Where Are We Now?

Self Awareness

- Activity 1: special me
- Activity 2: my place on the tree
- Activity 3: the timeline

Identity factors

- Activity 4: What are identity factors?
- Activity 5: making changes easier using our identity factors

Influences

- Activity 6: what is my network of relationships?
- Activity 7: adverts and media

Friendships

- Activity 8: what is a friend?
- Activity 9: being a friend
- Activity 10: circles of friendship
- Activity 11: resolving conflicts in a friendship
- Activity 12: negotiating roles and responsibilities in a group

Communication Activities

- Activity 13: missing the message
- Activity 14: body language
- Activity 15: mime the lie
- Activity 16: I see. Do you see?
- Activity 17: drawing together
- Activity 18: listening well
- Activity 19: you and I
- Activity 20: how assertive are you?
- Activity 21: negotiation
- Activity 22: saying no
- Activity 23: fight and flight

PART TWO: Moving Forward

Rights

- Activity 24: rights and responsibilities

Problem-solving

- Activity 25: identifying our problems
- Activity 26: what risks do we take and why?

Decision-making

- Activity 27: the three C's in decision-making
- Activity 28: practising making decisions

Taking Harmful Substances

- Activity 29: what do I think about substance abuse
- Activity 30: responsibility and consequences (drugs and alcohol)
- Activity 31: peer pressure
- Activity 32: avoiding risks

Sexuality

- Activity 33: let's talk about it
- Activity 34: love and sex
- Activity 35: the myths
- Activity 36: bad touch
- Activity 37: fleet of hope
- Activity 38: islands of the future

Behaviour that Hurts

- Activity 39: what makes me angry?
- Activity 40: what happens to us when we get angry
- Activity 41: helping to sort out conflict
- Activity 42: spiralling into trouble

Discrimination

- Activity 43: gender roles in society and in the group
- Activity 44: coping with discrimination

PART THREE: Our Future

Goal Setting

- Activity 45: returning to the tree of life
- Activity 46: setting short term goals
- Activity 47: reaching the goal

A Stronger Me

- Activity 48: resisting pressure using SWISH
- Activity 49: preparing for the unexpected

Coping with Emotions

- Activity 50: emotional pressure
- Activity 51: attack and avoid
- Activity 52: stress
- Activity 53: fear and courage
- Activity 54: breaking the cycle of hurt

Preparation for Relationships

- Activity 55: long term, intimate relationships
- Activity 56: the job of being a parent

Endings and Beginnings

- Activity 57: making a stronger me
- Activity 58: where am I now?
- Activity 59: my timeline/lifeline
- Activity 60: my new network
- Activity 61: moving on

Games and closing activities