

Project Name: LIFE SKILLS FOR YOUTH

Organization: International Youth Change Maker

Background of the Project: A combination of psychosocial competencies and interpersonal abilities known as life skills are described as "helping people solve issues, think critically and creatively, communicate effectively, and make informed decisions."

Manifest healthy relationships, demonstrate empathy for others, and effectively handle and manage their daily life. According to the World Health Organization, "Life skills may be oriented toward personal acts, actions toward others, as well as toward actions to modify the surrounding environment to make it favorable to health" (WHO).

The Basic Life Skills curriculum provides young people with the emotional, social, and intellectual capabilities they need to succeed in life on a personal, interpersonal, community, and workplace level, keeping in mind the WHO criteria.

Youth is the future of tomorrow. That's why we have to prepare them properly to face the new world. IYCM works for the youth and with the collaboration of youth. Through the project, IYCM will enrich youths' life-skills abilities and create awareness in society about the importance of life skills for youth.

Key Points:

- **Self-awareness**
- **Interpersonal Skills**
- **Thinking Skills**
- **Progress of Life Skills for Youth**
- **Mentoring Youth for Tomorrow**



Why Life Skill for Youth is Important?

The Life Skills program equips young people with easily accessible tools to handle the demands and challenges of daily life, from controlling their emotions to making wise decisions. Additionally, it supports the growth of young people's personalities, talents, and mental and physical capacities, as well as helps them realize their full potential by developing self-awareness and decision-making skills that will enable them to coexist peacefully in society. Life skills were listed as a crucial learning tool for survival, capacity development, and a good quality of life in Education for All (2000). It also said that all children and adults have the "the right to benefit from an education that involves learning to know, to do, and to live together," emphasizing the significance of communal living as much as studying in an academic setting.

What Is Life Skill For Youth For?

- ❖ **Objective:** In order to positively impact Azerbaijani society and succeed as they enter adulthood and the workforce, young generations must establish positive attitudes and values.
- ❖ **Target Audience:** The life skills lesson plan is designed to be applied to young people (10 to 24 years old) who visit youth houses with the goal of fostering a healthy environment that will support and progress youth initiatives.
- ❖ **Expected outcome:** Through life skills education, young people gain the fundamental abilities needed for the transition to productive adulthood. These abilities include managing stress, learning to deal with difficult emotions, practicing positivism, improving self-esteem, feeling empathy, learning to set personal boundaries, handling conflict diplomatically, communicating confidently, setting goals, making decisions, solving problems, and thinking critically.

Life Skills for Youth: The Life Skills for Youth program relies on an evidence-based psychosocial paradigm that incorporates mindfulness, cognitive-behavioral therapy, and exercises to promote resilience. By developing these abilities, young people can better comprehend who they are, get along with others, and acquire the means to deal with life's inevitable challenges.

- ❖ **Self-awareness:** This theme addresses issues that help students develop their relationships with and understanding of themselves, including their ideas, feelings, and behaviors.
 - ❑ **Stress management**
 - ❑ **Emotional regulation**
 - ❑ **Positive thinking**
 - ❑ **Self-esteem**
 - ❑ **Anger Management**
- ❖ **Interpersonal Skills:** The lessons in this theme address how to build positive, respectful relationships; they emphasize the use of assertiveness, non-violent communication, and conflict resolution.
 - ❑ **Empathy**
 - ❑ **Listening skills**
 - ❑ **Interpersonal effectiveness**
 - ❑ **Handling disputes**
 - ❑ **Time & Money Management**
 - ❑ **Managing relationships**

❑ **Confident communication**

- ❖ **Thinking Skills:** Making wise judgments: This subject emphasizes tangible ways of thinking and doing things to help youngsters make wise decisions, develop sensible goals, and become knowledgeable information consumers.

❑ **Goal setting**

❑ **Decision making**

❑ **Problem solving**

❑ **Critical and creative thinking**

❑ **Executive function skills**

❑ **Resilience (bouncing back from adversity)**

Progress of Life Skills for Youth: The UNICEF-developed Basic Life Skills program was expanded to one more Youth House backed by the Ministry of Youth and Sports as well as three Career Institutes supported by the Youth Foundation after being successfully tested through the two pilot Youth Houses in Baku-Binagadi and Mingachevir. Parallel to this, discussions about possible BLS program integration into the official school curriculum are being had with the Ministry of Education.

IYCM will keep an eye on the initiative by tracking the youth's progress and collaborating with the government to execute it precisely.