



THE REPUBLIC OF UGANDA

MINISTRY OF GENDER, LABOUR AND SOCIAL DEVELOPMENT

Youth Social and Economic Empowerment through Civil Society and Local Authorities (YSEECs)

MODULE 1 LIFE SKILLS

APRIL 2020



EUROPEAN UNION



AGA KHAN FOUNDATION



KOBOKO DISTRICT



Topic 1:



Introduction to Life Skills



1. What will happen to the egg?
2. That is how precious one's life is.
3. One needs skill of good relationship with self, others and effective communication with decision making to live a complete life.

Topic 2:



Skills necessary to have a good relationship with oneself

Session 1



Self Awareness



1. What are the positives and negatives about Grace?
2. Do you know your strength and weaknesses?
3. Self-Awareness is having a clear understanding of who you are. Your strengths, weaknesses, thoughts, beliefs, feelings and motivation

Topic 2:

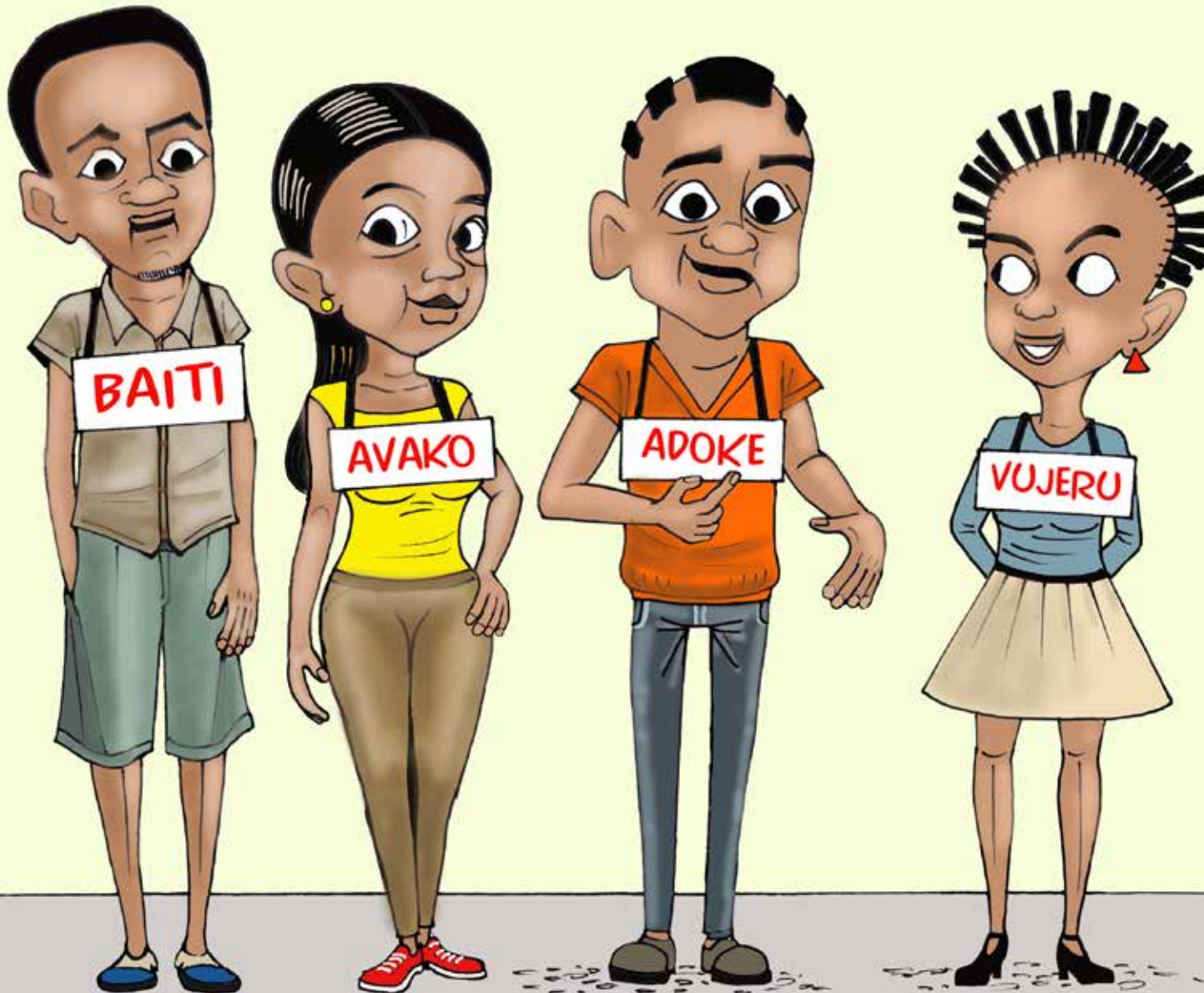


Skills necessary to have a good relationship with oneself

Session 2



Self Esteem



1. What is the meaning of your name?
2. Does your character reflect your name? Why?
3. Self-Esteem is having confidence in one's ability/self. Valuing oneself.

Topic 2:



Skills necessary to have a good relationship with oneself

Session 3



Assertiveness

NAME:	POSITIVE CHARACTER:
AUMA	ABLE
BAITI	BRLLIANT
CANDIRU	CALM
DIBALA	DELIGHTFUL
ELIOT	ENCOURAGING
FARUK	FRIENDLY
GANDHI	GENEROUS
HABIB	HONEST
IKILAI	IMPRESSIVE
JOROGE	JOVIAL
KAITESI	KIND
LIMA	LIVELY
MASELLE	MOTIVATING
NELLY	NURTURING
PATEL	PATIENT

1. Characters of Assertive person- Speaks openly, makes good eye contact, matches expression with message, have self-control, emotional stability, has self-esteem, participates actively, values one-self.
2. Assertiveness is the quality of being self-assured and confident without being aggressive.

Topic 2:

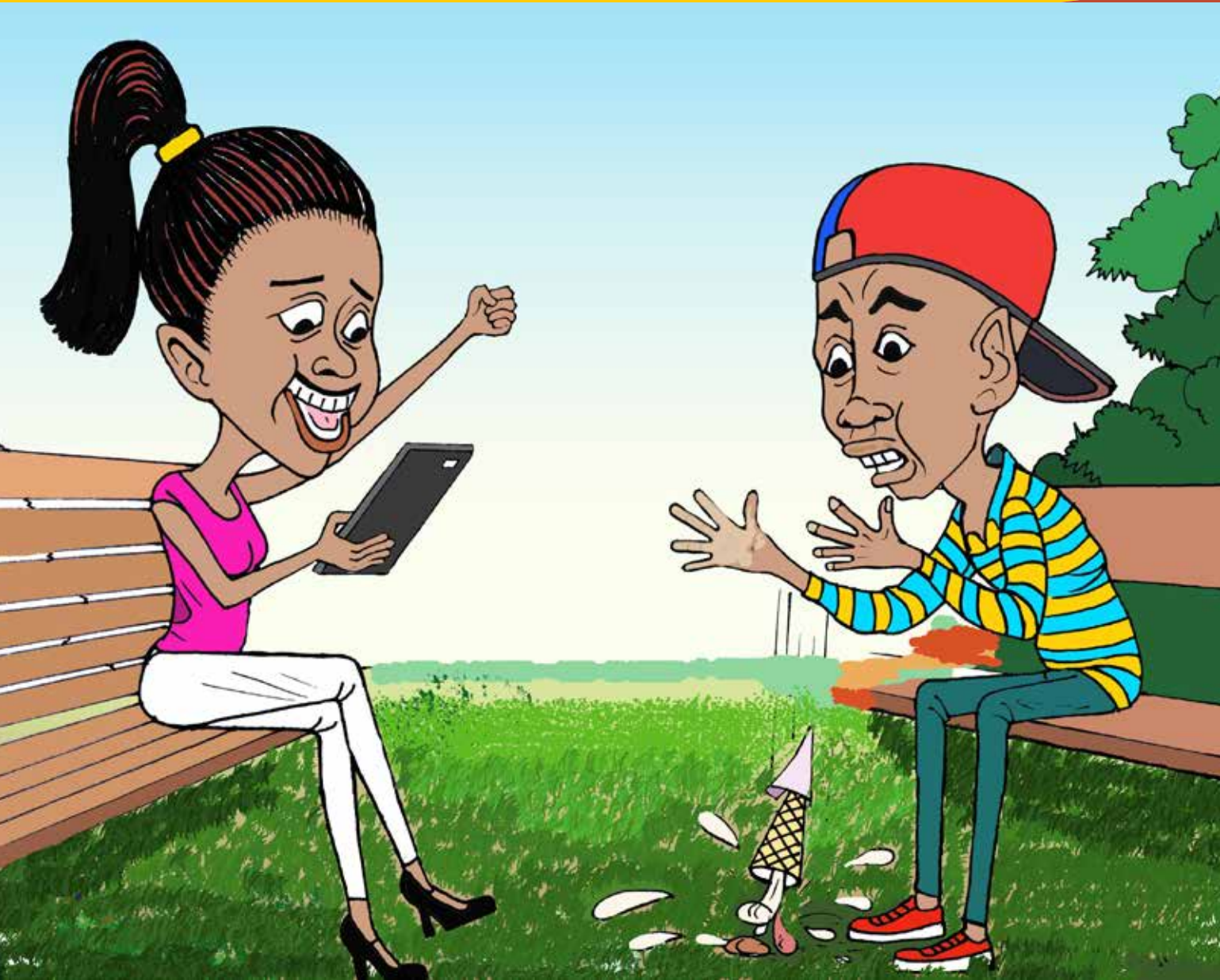


Skills necessary to have a good relationship with oneself

Session 4



The ability to Cope with Emotions



1. What makes one happy and unhappy?
2. Emotions are feelings which are positive and negative. e.g happiness, love, fear, anger etc.

The ability to cope with emotions is using positive emotions to transform ones live a better quality of life on

Topic 2:



Skills necessary to have a good relationship with oneself

Session 5



Building Positive Attitude and Mindset



1. Positive attitude is a state of mind that envisions and expects favorable results.
2. The willingness to try doing new things
3. It is a mental attitude that sees the good and the accomplishments in your life, rather than the negative and the failures.
4. It is a mindset that uses the words, "I can", and "it is possible".

Topic 2:



Skills necessary to have a good relationship with oneself

Session 6



The Ability to Cope with Stress



1. Stress are things that cause harm to one-physically, emotionally, socially, economically, politically etc.
2. Stress can't be avoided totally but managed positively
3. Use healthy and positive ways to manage stress

Topic 3:



Skills necessary to have good relationship with others

Session 1



Good Social Manners



1. Good social manners are those acceptable behaviors and practices that enable one to relate well with others.

Topic 3:



Skills necessary to have good relationship with others

Session 2



Empathy



1. The question is what will you do if it were you?
2. Empathy is the ability to put yourself in someone else's position. It means you understand other people's situation and feelings then you communicate with that understanding.

Topic 3:

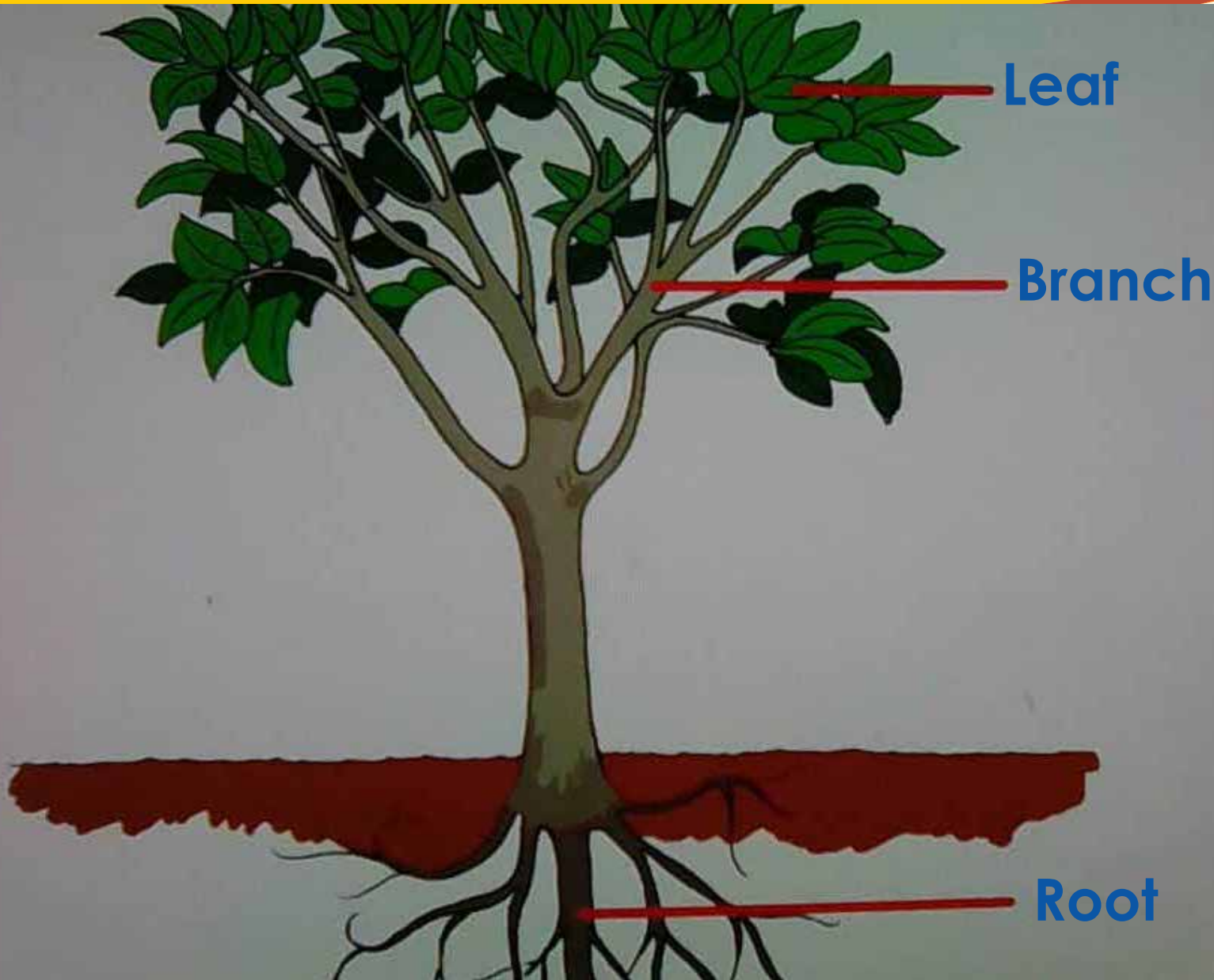


Skills necessary to have good relationship with others

Session 3



Friendship Formation



1. Friendship formation helps young people find peers or other people with whom they can relate and share experiences. The friends we have are a true reflection of who we are.
2. Leaf friend – temporary, make you feel nice, absent during bad times; branch friend – hold you for some time, link you with others who can help, they are of different walks of life; root friend – reliable, true friend, dependable, help you grow.

Topic 3:

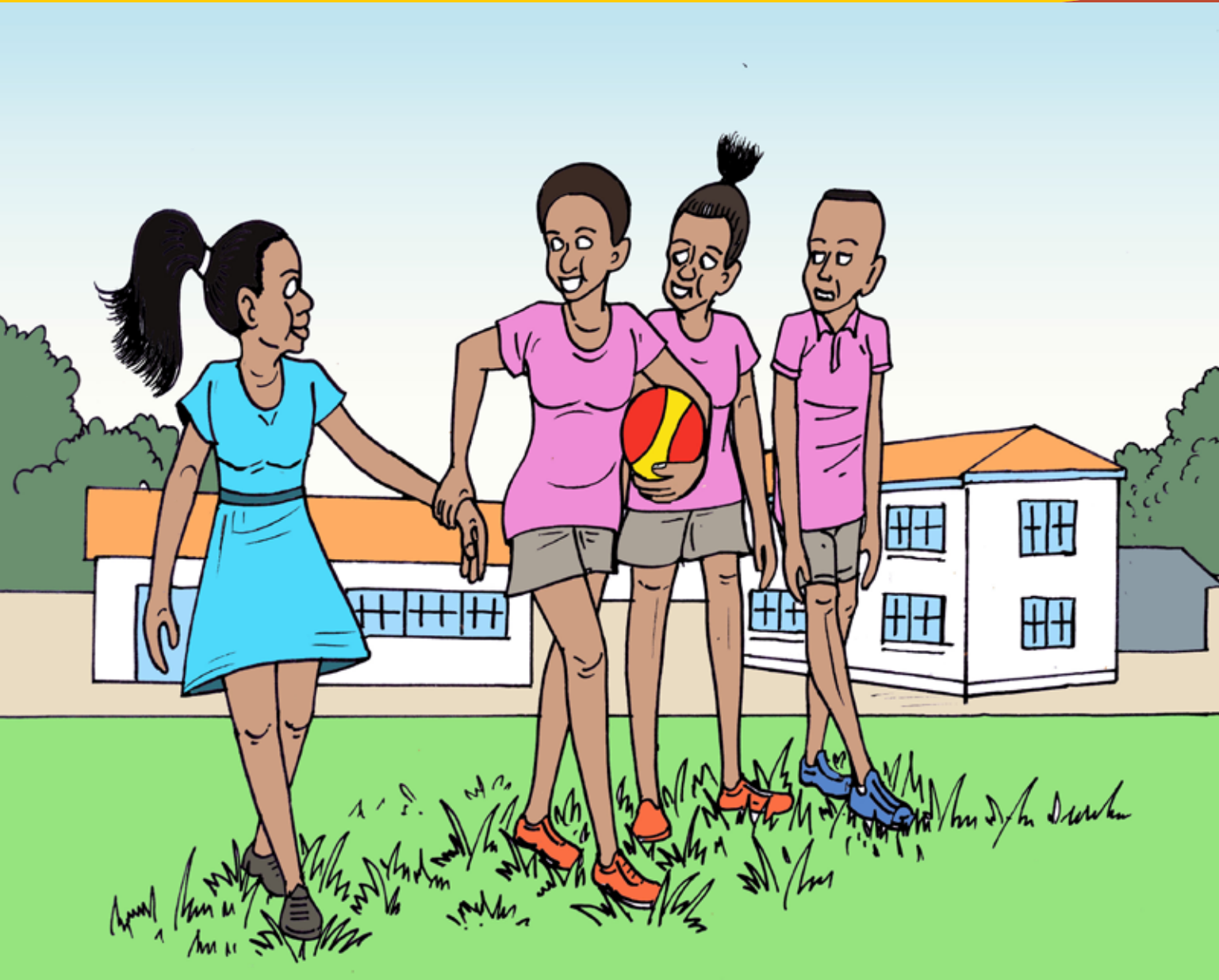


Skills necessary to have good relationship with others

Session 4



Peer Resistance Skills



1. Peer resistance when a friend or friends of an equal age to you say something which you disagree with or don't like, you resist them and do what you believe is right.
2. Peer Pressure is the influence one has from friends and others of his/ her own age to do things that he/she doesn't agree and willingly do.

Topic 4:



Skills necessary for Effective Communication and Good Decisions

Session 1



Effective Communication



1. Effective Communication is transfer of information, thoughts or ideas to create shared understanding between a sender and receiver

Topic 4:

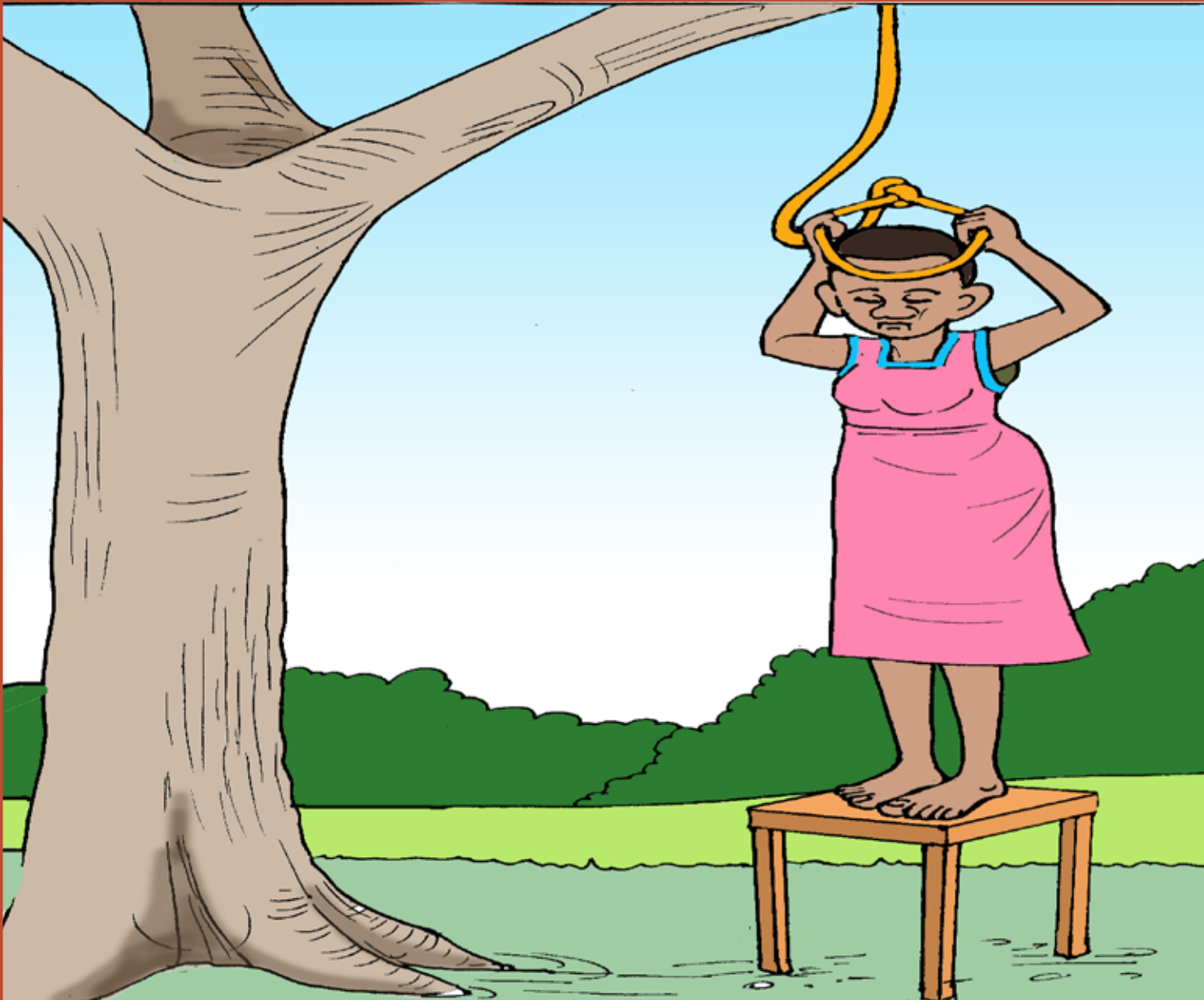


Skills necessary for Effective Communication and Good Decisions

Session 2



Critical Thinking



1. Critical thinking is the ability to think clearly and realistically about what to do or what to believe in.
2. List the critical thinking skills

Topic 4:

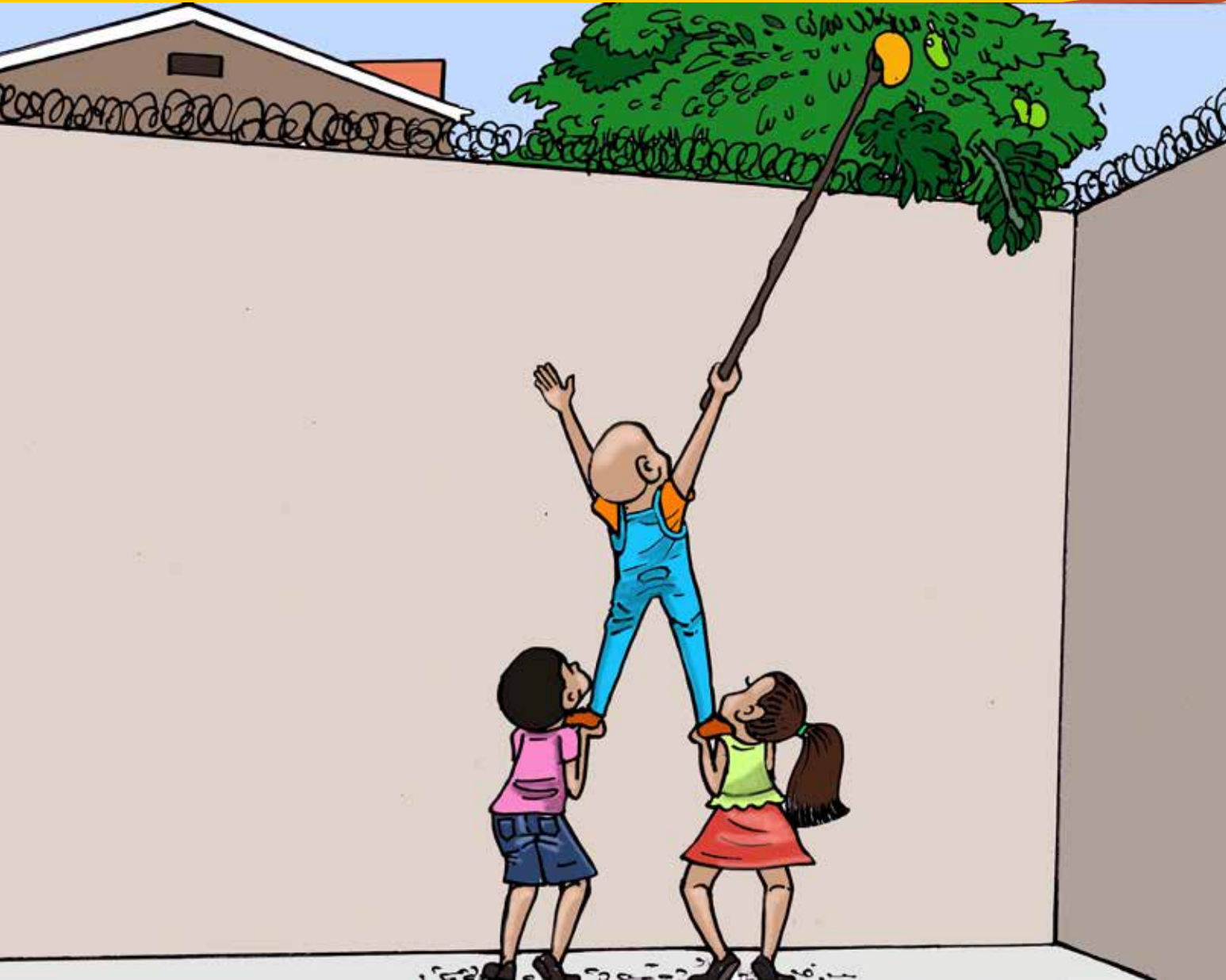


Skills necessary for Effective Communication and Good Decisions

Session 3



Creative Thinking



1. Creative thinking is the ability to think clearly and realistically about what to do or what to believe in.
2. List the creative thinking skills

Topic 4:

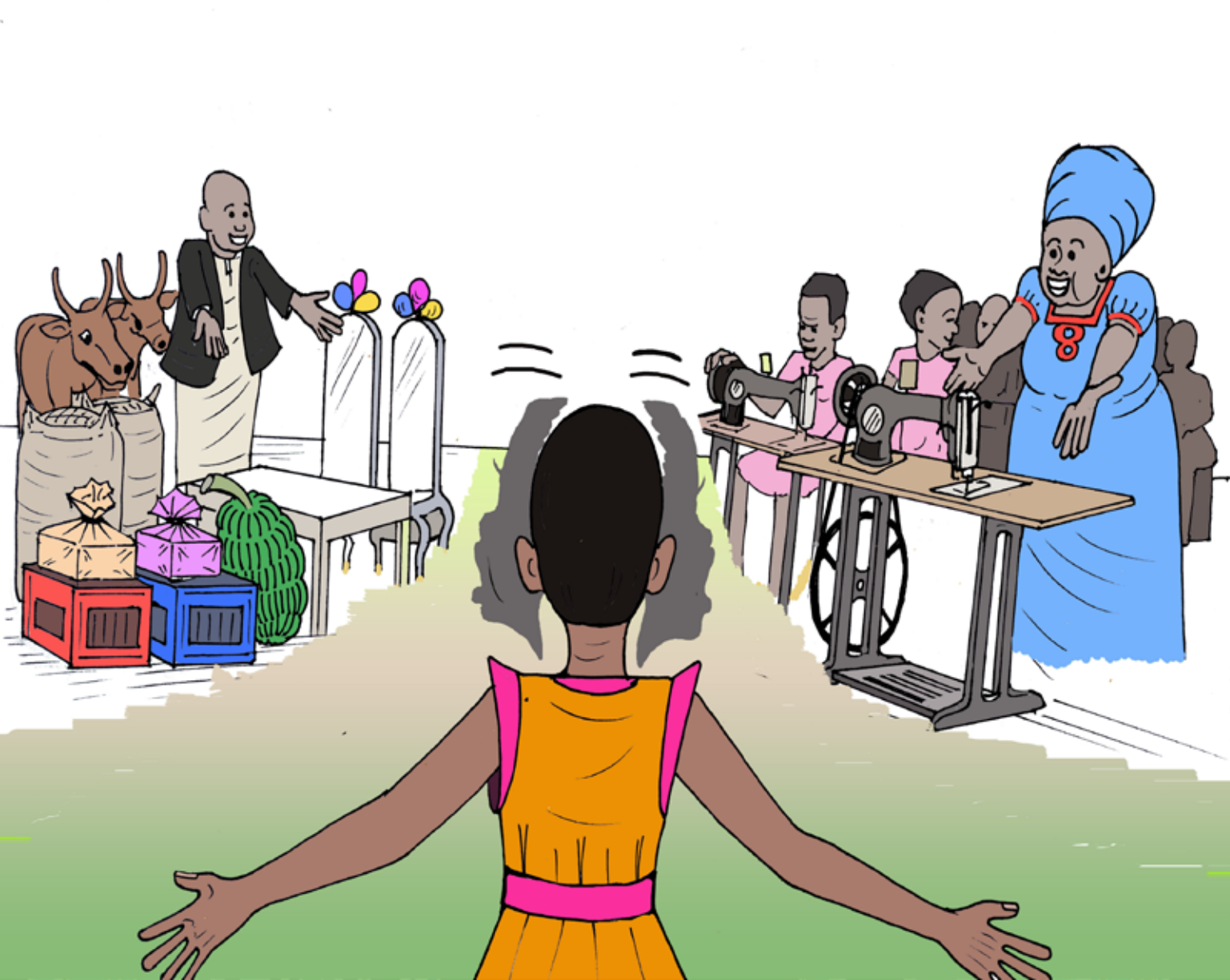


Skills necessary for Effective Communication and Good Decisions

Session 4



Decision Making



1. Decision making is a process of making a choice out of options. Decisions are influenced by our values, preference, beliefs and sometimes situations one finds himself/self in.
2. List the steps involved in major decision making.

Topic 4:



Skills necessary for Effective Communication and Good Decisions

Session 5



Negotiation



1. Negotiation is a process of reaching an agreement without an argument and quarrel. It is a method of settling differences between people.
2. List the skills for effective negotiation

Topic 4:



Skills necessary for Effective Communication and Good Decisions

Session 6



Problem Solving



1. Problem Solving is the act of defining a problem, identifying cause, prioritizing and selecting alternatives for a solution and implementing it.
2. Stages in problem solving

Topic 5:



HIV/AIDS

Session 1



Understanding HIV/AIDS



1. Meaning of HIV/AIDS in full. (page 70)
2. Ways of transmission and prevention

Topic 5:

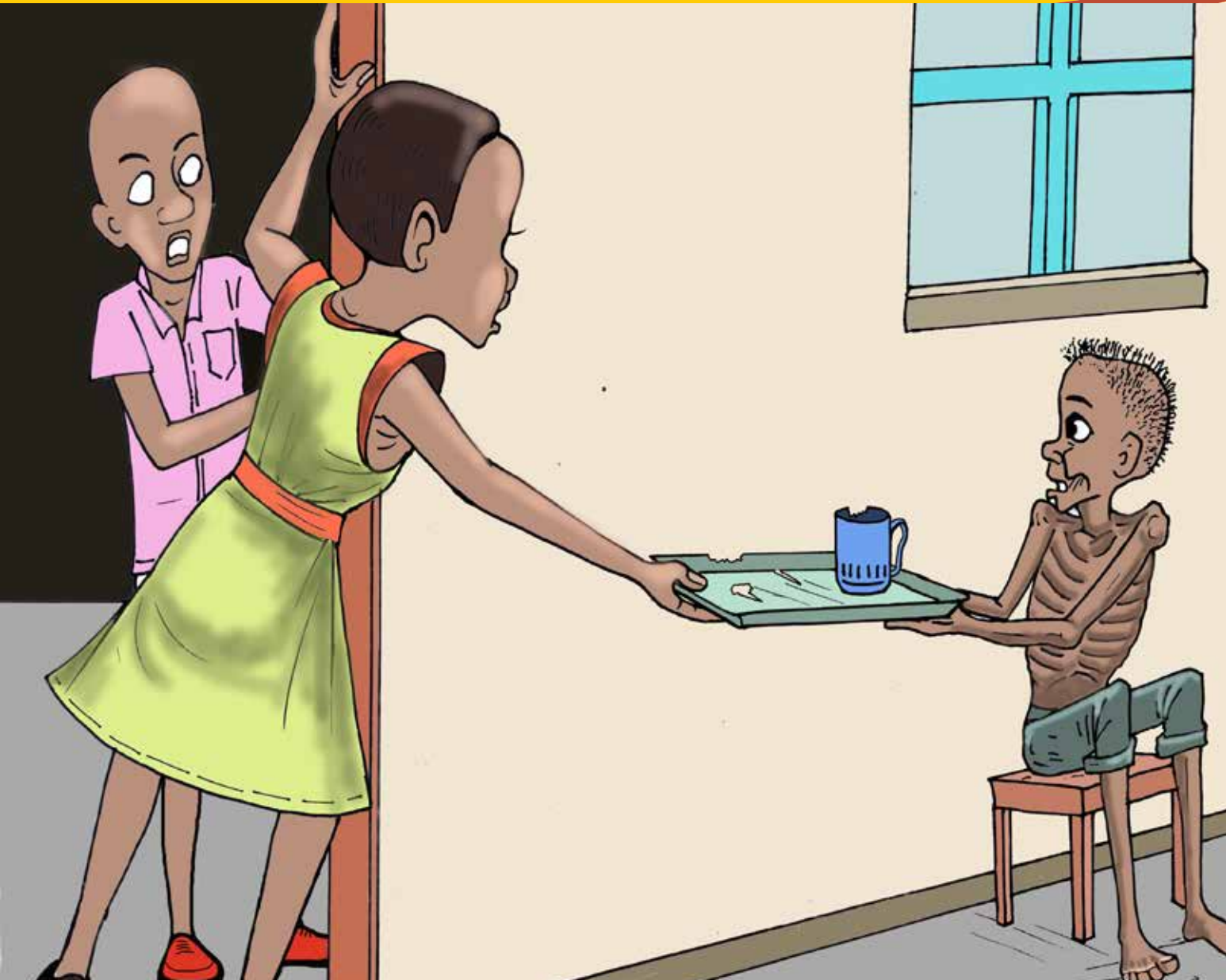


HIV/AIDS

Session 2



Managing HIV/AIDS

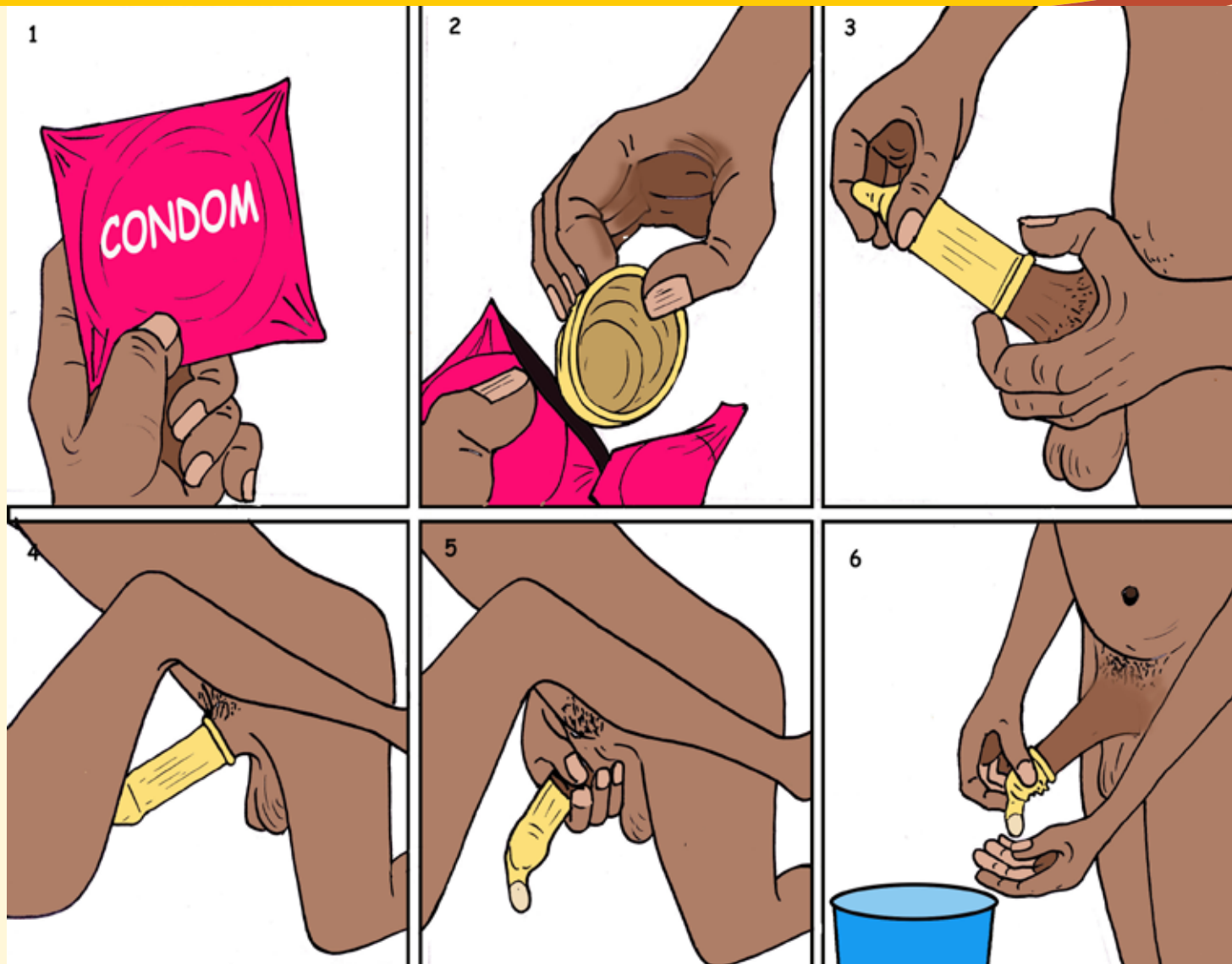


1. Manage HIV/AIDS by getting tested, safe sex, use of ARVs, Counselling, visiting health facility for treatment, feed well.
2. HIV/AIDS Stigma is real or perceived negative feeling to a person or group of persons by the fact of being HIV positive. A person is ignored, socially excluded and treated differently from others because of their HIV status.

Topic 6:



Safe Sex



1. Safe Sex is protecting yourself and your partner from sexually transmitted infections and diseases.

Topic 7:



Gender Based Violence



1. Gender Based Violence is any harmful act that is done against a person's will just because the person is a male or a female.
2. How to address GBV