



Life Skills-based Education

UNICEF





LSBE

- Communication and Interpersonal Skills
- Decision-Making and Critical Thinking Skills
- Coping and Self-Management Skills



LSBE

- **Communication and Interpersonal Skills**
 - Interpersonal communication skills
 - Negotiation/refusal skills
 - Empathy
 - Cooperation and Teamwork
 - Advocacy Skills



LSBE

- **Decision-Making and Critical Thinking Skills**
 - Decision making / problem solving skills
 - Critical thinking skills



LSBE

- **Coping and Self-Management Skills**
 - Skills for increasing internal locus of control
 - Skills for managing feelings
 - Skills for managing stress



LSBE

- **Interpersonal communication skills**
 - Verbal/Nonverbal communication
 - Active listening
 - Expressing feelings; giving feedback (without blaming) and receiving feedback



LSBE

- **Negotiation/refusal skills**
 - Negotiation and conflict management
 - Assertiveness skills
 - Refusal skills



LSBE

- **Empathy**

- Ability to listen and understand another's needs and circumstances and express that understanding



LSBE

- **Cooperation and Teamwork**

- Expressing respect for others' contributions and different styles
- Assessing one's own abilities and contributing to the group



LSBE

- **Advocacy Skills**
 - Influencing skills & persuasion
 - Networking and motivation skills



LSBE

- **Decision making / problem solving skills**
 - Information gathering skills
 - Evaluating future consequences of present actions for self and others
 - Determining alternative solutions to problems
 - Analysis skills regarding the influence of values and attitudes of self and others on motivation



LSBE

- **Critical thinking skills**

- Analyzing peer and media influences
- Analyzing attitudes, values, social norms and beliefs and factors affecting these
- Identifying relevant information and information sources



LSBE

- **Skills for increasing internal locus of control**
 - Self esteem/confidence building skills
 - Self awareness skills including awareness of rights, influences, values, attitudes, rights, strengths and weaknesses
 - Goal setting skills
 - Self evaluation / Self assessment / Self-monitoring skills



LSBE

- **Skills for managing feelings**
 - Anger management
 - Dealing with grief and anxiety
 - Coping skills for dealing with loss, abuse, trauma



LSBE

- **Skills for managing stress**
 - Time management
 - Positive thinking
 - Relaxation techniques