Annexure 1: Life Skills Education

Life Skills are:

- Psychosocial competencies and interpersonal skills that help people in taking informed decisions, think critically and communicate effectively; and
- Abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life.²

Life Skills Commandments

- Life skills are essentially those abilities that help promote overall well-being and competence.
- Life skills are the beginning of wisdom which focuses on behavioural change.
- Life skills enable individuals to translate knowledge, attitude and values into actual abilities, that is, what to do and how to do it, given the scope and opportunity to do so.
- Effective acquisition and application of life skills can influence the way one feels about others, ourselves and will equally influence the way we are perceived by others. It contributes to perception of self-confidence and self-esteem.
- We all use life skills in different situations such as:
  - To negotiate effectively at home, school or work place, we need to have thinking skills as well as social skills; and
  - When faced with difficult situations we tend to think critically, to analyze all the pros and cons of the situation, to think out of box, and to find a solution to seemingly difficult problems.

² As defined by the World Health Organization