

# LIFE SKILLS EDUCATION FOR CHILDREN AND ADOLESCENTS IN SCHOOLS

## Introduction and Guidelines to Facilitate the Development and Implementation of Life Skills Programmes

This document was compiled in 1993 to assist with the further development of life skills education. It has been in great demand since that time, and since it is now being reprinted, the opportunity has been taken to make a few small changes. It should be emphasized however, that the document has not been changed in any substantial way. Its purpose is to outline a framework for life skills programme development, both conceptually and practically. The materials focus on the teaching of life skills to children and adolescents in schools. This document is therefore targeted at those agencies involved in school curriculum development, health education, and the development of school-based health and social interventions. Life skills education is relevant to everyone and the contents of this document, although directed at schools, can be adapted and interpreted to guide the development of life skills education for children that are not in schools, as well as for adult education and as part of community development projects.

The two parts contained in this document (Part 1, Introduction to Life Skills for Psychosocial Competence and Part 2, Guidelines: The Development and Implementation of Life Skills Programmes) may be used in conjunction with another document (WHO/MNH/PSF/93.7B.Rev.1) Training Workshops for the Development and Implementation of Life Skills Education by those who are involved in the setting up of programmes. It should be emphasized that the material in these training workshops is not related to classroom activities and is not intended to help individual teachers who may wish to introduce life skills education into their own teaching programmes; it is primarily to assist the training of those people who will be involved in the development and implementation of life skills programmes at national or subnational level.

This document is being circulated as part of the life skills project of the Programme on Mental Health, WHO, Geneva. The Newsletter 'Skills for Life' is also available. This describes life skills initiatives around the world, as well as the work of WHO and other UN agencies in the support and promotion of life skills education. For more information contact The Life Skills Education Project, The Programme on Mental Health, World Health Organization, 1211 Geneva 27, Switzerland.



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