



**OVERVIEW
OF LIFE
SKILLS
EDUCATION**

BACKGROUND/ RATIONALE/ IMPORTANCE

LSE is a package of lessons that helps students to develop essential skills such as

- Self-confidence,
- Problem solving,
- Effective communication,
- Leadership, assertiveness.

It creates awareness around many other topics, such as

- Human rights,
- HIV/AIDS,
- Domestic violence,
- Peace and war,
- Living with purpose.





PROGRAMME STRUCTURE

It is delivered as a 3-day Training of Trainers through interactive methods such as role-plays, group discussions, etc. It covers the following

1. Principles of Participatory Learning
2. Life Skills Curriculum
3. Life Skills Training Methodology
4. Practice Facilitation (Peer and Students)

Overview of the curriculum

- It has a total of 26 lessons
- The lessons prioritize personal growth (ME) by fostering enhanced self-awareness
- This leads to improved decision-making;
- Topics on (US) focus on interpersonal development,
- Topics under (ALL) focus on social awareness.



01

Journey Towards My Improved Life: Encourages self-reflection and personal goal setting.

02

The Gift You Are: Focuses on self-esteem and recognizing personal value.

03

Be a Winner: Instils a winning mindset through self-discipline and perseverance.

04

HIV and AIDS Awareness: Provides essential knowledge about HIV, prevention, and stigma reduction.

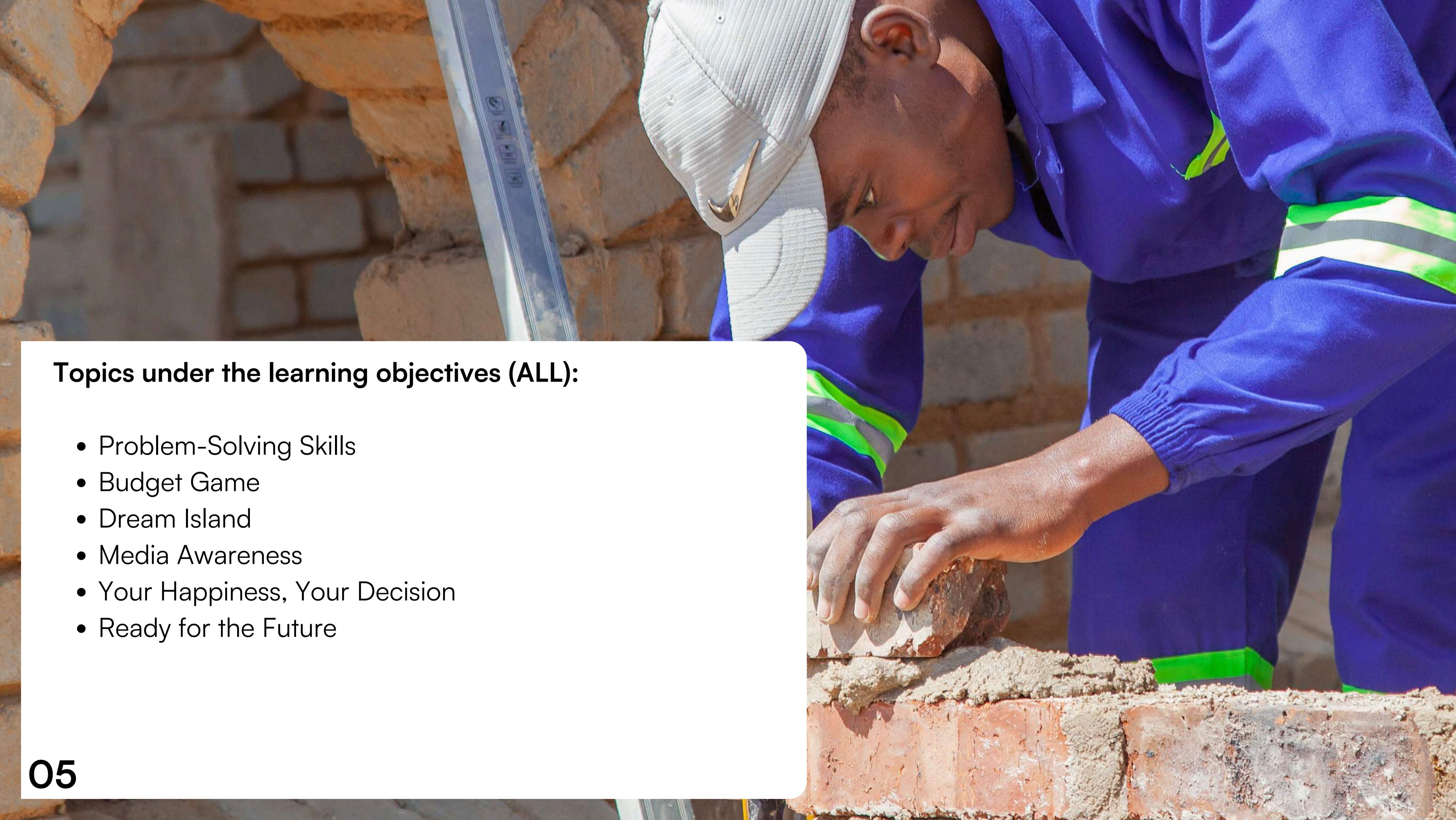
05

How to Make Things Happen: Teaches practical skills for goal setting and time management.

Topics under **US** are:

- Effective Communication
- Assertiveness
- Empathy
- Friendship and True Love
- Gender Awareness and Sex and Relationships
- Our Norms and Values





Topics under the learning objectives (ALL):

- Problem-Solving Skills
- Budget Game
- Dream Island
- Media Awareness
- Your Happiness, Your Decision
- Ready for the Future

BENEFITS OF YOUNG AFRICA LIFE SKILLS EDUCATION

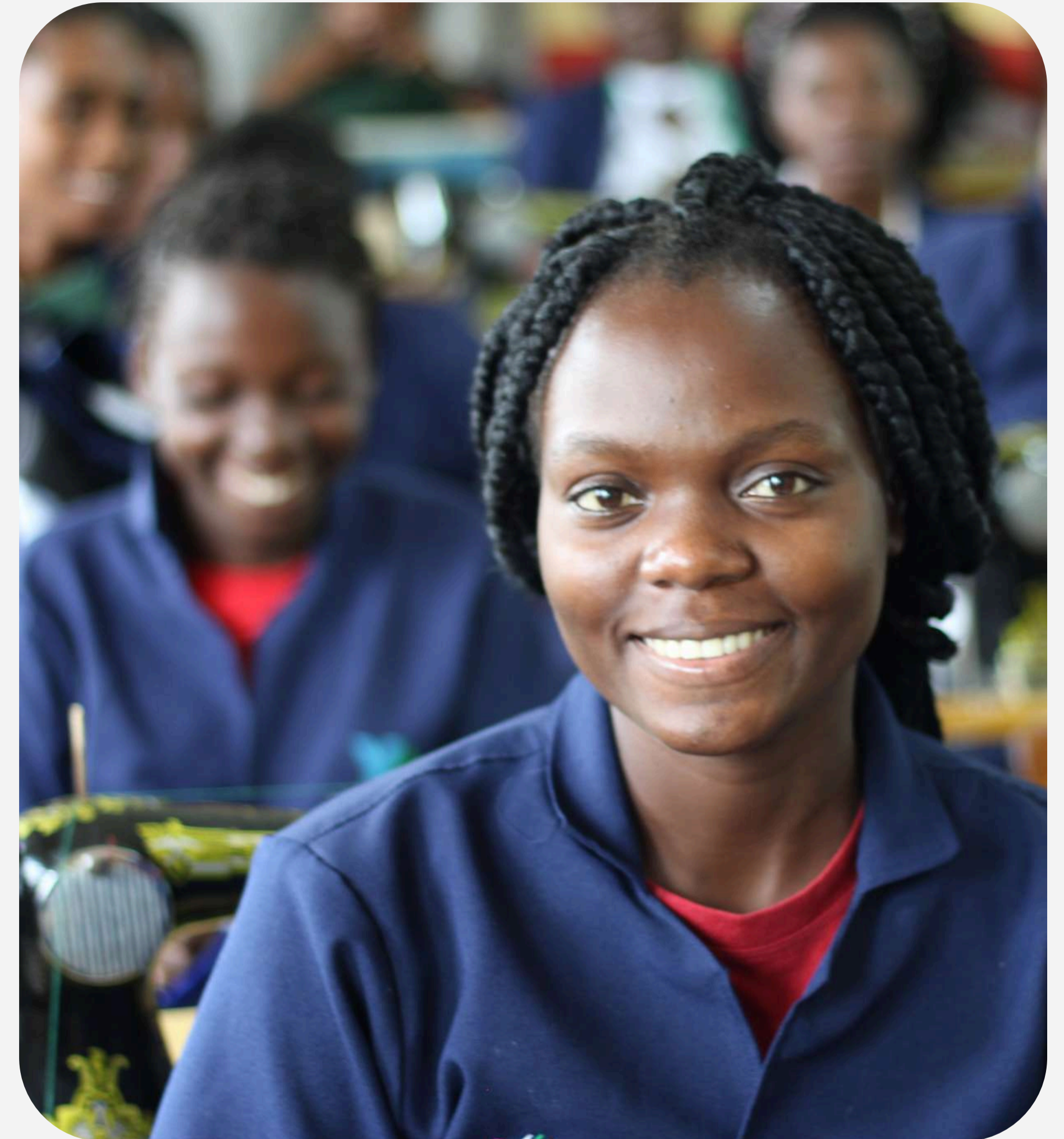
Young Africa's life skills education program offers a comprehensive approach that equips young people with.

- Tools they need to thrive in every aspect of their lives.
- Empowers young people to become successful and responsible members of society.
- Prepares them for both future careers and a fulfilling life filled with healthy relationships and positive contributions to their communities.



LSE IMPACT

- **Personal Impact:** Through topics like "The Gift You Are," this program fosters self-esteem and confidence including skills to manage peer pressure and deal with stress
- **Interpersonal Impact:** Topics like "Effective Communication," "Friendship," "True Love," "Sex and Relationships," and "Assertiveness" equip young people to build respectful, empathetic, and supportive relationships.
- **Cognitive Impact:** Through topics like "Problem-Solving Process," "Dream Island," and "Media Awareness" young people can analyse situations critically, develop sound judgment, and make informed decisions.
- **Social Impact:** Topics like "Gender Awareness" and "Our Norms and Values" equip young people with an understanding of respect for diversity, equality, and shared societal responsibilities.
- **Preparing Youth for a Bright Future:** "Ready for the Future" and "Your Happiness, Your Decision" empower young people to enter post-school life with confidence and direction.

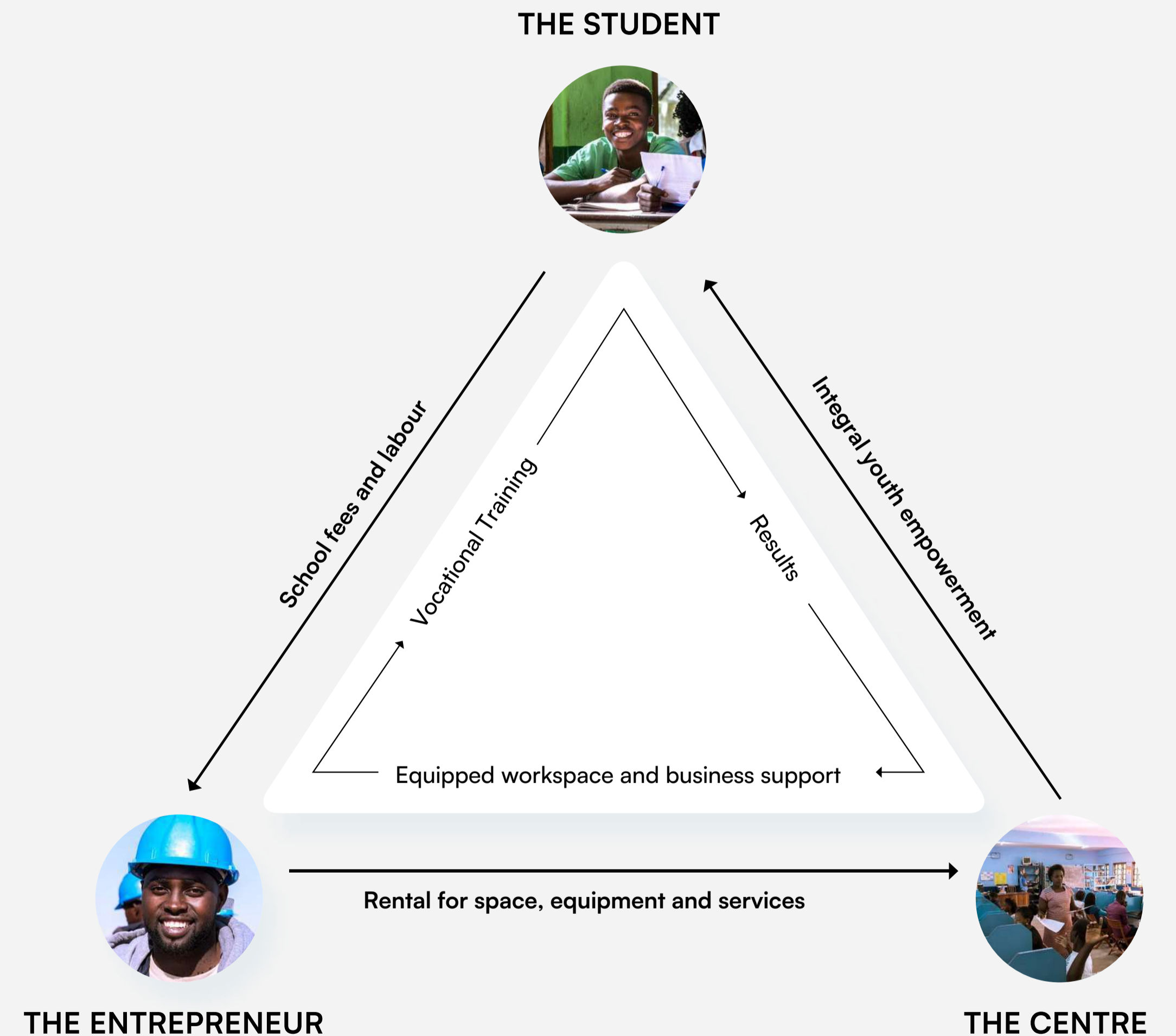


SHARING OUR MODELS

Young Africa also shares other models with other organisations which includes the following:

1. Franchise Business Model

Young Africa, as the franchise holder, builds a training centre and its facilities, and equip the workshops that double as training units. Each training unit is rented out to a local entrepreneur, who trains YA students in the production process.





MOBILE TRAINING

- Young Africa's mobile training units move with the mission of taking vocational training to underserved communities in conflict zones, border towns, and rural areas in Africa.
- The YA mobile training solution takes tailor-made professional training directly to youths, and links them directly to the local market.

Key Result

- 67% of Young Africa mobile training graduates find employment or start a business within 3 months after training!



HEAD OFFICE

Young Africa International Africa Hub Trust | 147 Greendale Avenue
Harare, Zimbabwe | ya.hub@youngafrica.org

FOUNDING & SUPPORT OFFICE

Stichting Young Africa International | Linnaeusstraat 2C, 1092 CK
Amsterdam, The Netherlands | ya.int@youngafrica.org



www.youngafrica.org