

LIFE PLANNING SKILLS FOR YOUNG PEOPLE



As young people grow up, they undergo various changes both physically and emotionally this influences the way they do things, behave in the community and relate to others. It shapes the way their future will be. URCS mobilizes young people in 50 branches to share this reality and help them understand how to focus their future in a better and constructive way.

Objectives

- To create an understanding among the youth aged 10 -30 yrs about their personality and how they view it in relation to the current and future level.
- Training of trainers in Life skills development to equip them with relevant skills that they use to train fellow youth.
- Mobilizing and training life planning skills facilitators at branch and community level to be able to reach other fellow youth with life skills messages.
- Developing the parent to children and children to children communication skills on life development, roles and responsibilities and career path.
- Conducting Life planning skills peer sessions at community level; in school links and out of school to discuss the various life challenges and to interface with peer influence and pressure.
- Dyministifying the 'myth', stigma, imagination and mystery, regarding menstruation among school going girls, school drop outs and orphans and vulnerable children.
- Creating a forum for interaction among the young people on life challenges such as adolescence and its effects, relationships, falling in love, sex and sexuality, among others.



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Young people

- Young people were awakened to the fact that the programme was addressing issues affecting them directly and the approaches used enabled them to participate in identifying the challenges and finding solutions for themselves.
- Communication among the peers on issues of importance to them as individuals but also the group in general.
- Focusing on the future in as far as carrying out any programme. Young people are empowered to cultivate a journey that leads them to a better future.
- Breaking the communication barrier between the children and their parents on issues regarded as 'obscene' such as falling in love, sex and sexuality pregnancy etc. the role of parents and children is discussed and support system developed.
- Career guidance is conducted which gives the young people the skills to weigh options available for them in determining the destiny of their future.
- The disadvantaged category of youth such as the orphans, disabled and the out of school youth are reached and given messages of hope. Through the youth camps and fellowships, they are helped to associate, share, interact and exchange ideas which motivate their lives.

Additional information

The life skills development programme is an initiative that is implemented by a team of volunteers from Uganda Red Cross society and the Danish Red Cross youth as a specific focus under the international youth exchange programme between the 2 national societies.