

DRCY TOOL – LIFE SKILLS

Life Skills is a number of exercises for young people that makes them reflect on themselves, their relations and their community. They learn how to set boundaries, how to deal with peer pressure, how to handle conflicts, how to be a good listener, how to deal with stress and much more. Basically, all the things young people don't learn in school. Life skills is extremely efficient for improving self-confidence and psychosocial well-being among youth, increasing tolerance and understanding between young people from different groups and improving resilience and leadership among youth and communities.

Danish Red Cross Youth supports National Societies in working with Life Skills. DRCY can send trainers (staff and volunteers) to provide the training of local facilitators and can assist in contextualizing the Life Skills methodology to fit the thematic focus and the specific target group. For example, DRCY have assisted in developing Life Skills Manuals on SRHR for both Zimbabwe and Malawi. In example, we have assisted in developing a Life Skills manual tailored to the need of peer facilitators in rural Malawi.

CASE

In 2019, three youth volunteers from DRCY trained 20 life skills-facilitators in Bila Tserkva, Ukraine. Special focus was put on non-violent communication and active listening which are important areas for Ukrainian youth. In 2020, DRCY conducted a supervision and contextualization workshop where the trained Ukrainian life skills facilitators improved their facilitation skills and developed new exercises, relevant in the Ukrainian context – for example regarding the use of social media. The life skills concept has now spread to several branches in Ukraine and URCS have themselves trained new life skills facilitators and trainers.

About Danish Red Cross Youth

The Danish Red Cross Youth is Denmark's largest humanitarian youth organization with more than 10.000 children and young people participating in our activities. We have more than two decades of pioneering experience in developing youth engagement, implementing trainings of youth and strengthening leadership skills for young RC/RC volunteers.